

Individual Best Times (All Time)

Jack Pope - (1102761) - Bedford Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.63	24.80	543	26/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
100 Freestyle	59.12	57.70	497	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
200 Freestyle	2:17.62	2:15.10	407	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
50 Breaststroke	32.35	31.40	516	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
100 Breaststroke	1:13.64	1:11.90	460	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Breaststroke	2:46.23	2:43.00	430	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
50 Butterfly	28.59	27.90	472	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
50 Backstroke	39.87	39.40	206	05/07/14	Bishop Stortford End of Season Open Meet	Luton	ER4530	3
100 Backstroke	1:27.87	1:26.90	202	05/07/14	Bishop Stortford End of Season Open Meet	Luton	ER4530	3
200 Individual Medley	2:27.58	2:24.90	460	03/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.87	26.70	473	01/10/17	Modernian Golden Eagle Meet	Bletchley	ER170315	2
100 Freestyle	57.29	58.70	479	01/10/17	Modernian Golden Eagle Meet	Bletchley	ER170315	2
200 Freestyle	2:09.80	2:12.40	448	18/12/16	Modernian Last Chance County Qualifier	Bedford	ER162472	4
400 Freestyle	5:21.98	5:26.30	286	04/01/15	Modernian Club Championships	Bedford	ER150188	4
50 Breaststroke	32.71	33.70	443	08/04/17	Newmarket & District 9th April Open Meet	Newmarket	ER170120	3
100 Breaststroke	1:12.12	1:13.80	450	18/03/17	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER170330	3
200 Breaststroke	2:37.65	2:41.00	442	19/03/17	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER170330	3
50 Butterfly	29.65	30.30	394	30/09/17	Modernian Golden Eagle Meet	Bletchley	ER170315	2
100 Butterfly	1:07.01	1:08.10	362	17/06/17	CMKSC Summer Open Meet Level 3	Bletchley	SE171026	3
50 Backstroke	32.75	33.40	307	18/12/16	Modernian Last Chance County Qualifier	Bedford	ER162472	4
100 Backstroke	1:23.22	1:24.20	195	15/11/14	City of MK Annual 502400's Meet	Milton Keynes	SE4279	3
200 Backstroke	3:01.43	3:03.30	197	27/04/14	Team Luton 2014 Short Course Open Meet	Luton	ER4085	3
200 Individual Medley	2:26.52	2:29.20	418	17/06/17	CMKSC Summer Open Meet Level 3	Bletchley	SE171026	3
100 Individual Medley	1:10.55	1:10.60	340	25/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3