

Individual Best Times (All Time)

Jay Snowden - (1110615) - Cardiff Metropolitan University

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.44	24.60	555	29/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Freestyle	54.32	52.80	641	31/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1
200 Freestyle	1:59.77	1:56.80	617	31/03/18	Millfield Super Series	Millfield	SW180107	1
400 Freestyle	4:13.15	4:07.60	656	05/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
800 Freestyle	8:47.28	8:36.20	630	07/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
1500 Freestyle	16:48.49	16:27.90	644	02/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
50 Breaststroke	39.45	38.60	284	16/11/14	Aquae Sulis Grand Prix	Bristol	SW4483	1
100 Breaststroke	1:33.05	1:31.70	228	14/07/13	Plymouth Leander Non-National Qualifiers Meet	Plymouth	SW3469	3
200 Breaststroke	3:11.10	3:08.30	283	16/11/13	Aquae Sulis Grand Prix	Bristol	SW3266	1
50 Butterfly	27.52	26.80	529	31/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1
100 Butterfly	1:04.78	1:03.60	444	18/11/17	Plymouth Leander Winter National Qualifier Open	Plymouth	SW171930	1
50 Backstroke	32.90	32.30	366	24/05/15	Plymouth Level 1 Long Course Open Meet	Plymouth	SW150205	1
200 Individual Medley	2:22.18	2:19.40	515	30/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.71	25.50	543	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Freestyle	53.63	55.20	584	17/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
200 Freestyle	1:56.47	1:59.40	621	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
400 Freestyle	4:12.29	4:17.80	595	06/11/16	ASA SWR Winter Championships	Millfield	SW162268	2
1500 Freestyle	17:08.15	17:28.00	558	06/11/15	ASA South West Short Course Championships	Millfield	SW151638	2
50 Breaststroke	34.17	35.10	389	17/12/16	Plymouth Leander L3 Christmas Meet	Plymouth	SW161122	3
100 Breaststroke	1:29.30	1:30.70	237	06/10/13	Carn Brea & Helston SC Open Meet 2013	Bodmin	SW3209	3
200 Breaststroke	3:10.21	3:13.00	252	06/10/13	Carn Brea & Helston SC Open Meet 2013	Bodmin	SW3209	3
50 Butterfly	27.19	27.90	511	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Butterfly	1:04.43	1:05.60	407	18/12/16	Plymouth Leander L3 Christmas Meet	Plymouth	SW161122	3
50 Backstroke	30.28	30.90	389	02/11/19	CoC Keith Bewley Memorial Sprint Meet	Cardiff	WL191350	2
200 Individual Medley	2:35.78	2:38.30	348	04/10/14	Carn Brea & Helston Meet	Penzance	SW4246	3
100 Individual Medley	1:05.62	1:05.60	423	02/11/19	CoC Keith Bewley Memorial Sprint Meet	Cardiff	WL191350	2