

Individual Best Times (All Time)

Emily Jones - (1122813) - Bedford Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.88	27.10	607	04/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
100 Freestyle	1:02.11	1:00.70	577	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
200 Freestyle	2:22.64	2:20.20	495	15/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
400 Freestyle	4:50.63	4:45.80	531	28/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
800 Freestyle	10:14.47	10:05.00	491	15/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
50 Breaststroke	35.61	34.70	549	02/02/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190246	1
100 Breaststroke	1:21.61	1:20.10	485	27/01/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190245	1
200 Breaststroke	3:18.74	3:16.10	331	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
50 Butterfly	29.80	29.20	550	02/02/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190246	1
100 Butterfly	1:09.19	1:08.10	515	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
200 Butterfly	2:47.68	2:45.80	383	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
50 Backstroke	31.51	30.90	619	03/02/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190246	1
100 Backstroke	1:08.63	1:07.40	582	26/01/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190245	1
200 Backstroke	2:29.59	2:27.30	557	04/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
200 Individual Medley	2:31.67	2:29.00	574	26/01/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190245	1
400 Individual Medley	5:27.42	5:22.00	535	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	27.68	28.40	568	04/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
100 Freestyle	1:01.76	1:03.10	538	17/12/17	1st Christmas Cracker Open Meet	Biggleswade	ER172069	3
200 Freestyle	2:14.54	2:17.10	551	17/03/18	West Norfolk Open Meet 2018	Kings Lynn	ER180171	3
400 Freestyle	4:41.76	4:46.70	553	18/06/17	CMKSC Summer Open Meet Level 3	Bletchley	SE171026	3
800 Freestyle	10:59.77	11:08.50	378	03/01/16	Modernians Last Chance Meet	Bedford	ER160312	4
50 Breaststroke	35.82	36.70	496	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	ER192086	2
100 Breaststroke	1:20.36	1:21.90	467	25/11/18	Last Chance Open Meet	Bletchley	ER181224	3
200 Breaststroke	3:05.76	3:08.60	380	25/06/16	CMKSC Annual End of Season Open Meet	Milton Keynes	SE160696	3
50 Butterfly	30.50	31.10	510	25/11/18	Last Chance Open Meet	Bletchley	ER181224	3
100 Butterfly	1:09.54	1:10.60	469	17/12/17	1st Christmas Cracker Open Meet	Biggleswade	ER172069	3
200 Butterfly	2:42.89	2:44.80	395	18/03/18	West Norfolk Open Meet 2018	Kings Lynn	ER180171	3
50 Backstroke	32.17	32.80	483	18/03/18	West Norfolk Open Meet 2018	Kings Lynn	ER180171	3
100 Backstroke	1:08.40	1:09.60	516	04/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
200 Backstroke	2:26.79	2:29.00	531	25/11/18	Last Chance Open Meet	Bletchley	ER181224	3
200 Individual Medley	2:29.23	2:31.80	544	04/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
400 Individual Medley	5:18.78	5:24.20	535	19/03/17	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER170330	3
100 Individual Medley	1:18.67	1:18.70	370	24/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3