

Individual Best Times (All Time)

Rhys Jones - (1122975) - Caerphilly County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.40	28.70	359	29/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Freestyle	1:09.32	1:08.10	308	30/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
200 Freestyle	2:52.18	2:50.10	207	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
400 Freestyle	5:10.40	5:05.80	356	30/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
50 Breaststroke	42.51	41.80	227	13/07/19	Cardiff Bay Sprint Meet	Cardiff	WL191348	3
100 Breaststroke	1:42.35	1:41.10	171	17/02/18	Cardiff Closed Invitational Meet	Cardiff	WL180096	3
50 Butterfly	35.20	34.70	253	13/07/19	Cardiff Bay Sprint Meet	Cardiff	WL191348	3
50 Backstroke	37.21	36.70	253	13/07/19	Cardiff Bay Sprint Meet	Cardiff	WL191348	3
100 Backstroke	1:24.82	1:23.90	225	30/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
200 Backstroke	3:12.08	3:10.30	197	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
200 Individual Medley	2:46.11	2:43.70	323	13/07/19	Cardiff Bay Sprint Meet	Cardiff	WL191348	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.81	29.50	342	19/10/19	Greater Gwent Fastwater Open Meet	Newport	WL191444	2
100 Freestyle	1:06.16	1:07.40	311	07/09/19	Caerphilly County Swim Squad Club Championships	Caerphilly	WL192558	3
200 Freestyle	2:22.05	2:24.50	342	04/02/20	Swim Wales South East Regional Championships	Newport	WL200035	2
400 Freestyle	5:55.00	5:58.90	213	28/11/15	Swim Wales South East Sub Regional Championships	Newport	WL151214	3
800 Freestyle	11:55.40	12:03.50	238	10/09/16	Caerphilly County Swim Squad Club Championships	Caerphilly	WL161581	3
1500 Freestyle	20:35.52	20:52.10	322	06/09/19	Caerphilly County Swim Squad Club Championships	Caerphilly	WL192558	3
50 Breaststroke	38.58	39.40	270	04/02/20	Swim Wales South East Regional Championships	Newport	WL200035	2
100 Breaststroke	1:27.52	1:29.00	251	06/09/19	Caerphilly County Swim Squad Club Championships	Caerphilly	WL192558	3
200 Breaststroke	3:15.02	3:17.70	233	07/09/19	Caerphilly County Swim Squad Club Championships	Caerphilly	WL192558	3
50 Butterfly	43.15	43.60	128	13/12/15	City of Newport Christmas Cracker	Newport	WL152216	3
100 Butterfly	1:13.67	1:14.70	272	04/02/20	Swim Wales South East Regional Championships	Newport	WL200035	2
200 Butterfly	2:54.75	2:56.60	228	06/09/19	Caerphilly County Swim Squad Club Championships	Caerphilly	WL192558	3
50 Backstroke	36.91	37.50	214	04/05/19	City of Newport SC Spring Open Meet	Newport	WL190510	2
100 Backstroke	1:15.47	1:16.50	262	08/09/19	Caerphilly County Swim Squad Club Championships	Caerphilly	WL192558	3
200 Backstroke	2:41.34	2:43.40	280	07/09/19	Caerphilly County Swim Squad Club Championships	Caerphilly	WL192558	3
200 Individual Medley	2:41.26	2:43.70	314	04/02/20	Swim Wales South East Regional Championships	Newport	WL200035	2
400 Individual Medley	6:04.40	6:09.20	267	24/11/18	SW South East Sub Regional Championships	Newport	WL180058	3
100 Individual Medley	1:36.07	1:36.10	134	28/02/15	Llanelli Open Meet 2015	Llanelli	WL150527	2