

# Individual Best Times (All Time)

Jocelyn Lafferty - (1133637) - Black Lion SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.28	39.80	201	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
50 Butterfly	37.83	37.30	269	11/02/18	Kent Swimming Championships 2018	London	SE180335	1
50 Backstroke	49.47	49.10	160	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.48	32.10	386	25/11/18	Black Lion Level 3 Winter Open Meet	Medway Park LC	SE180478	3
100 Freestyle	1:11.21	1:12.40	351	06/05/18	Black Lion Level 3 Spring Open Meet	Medway Park LC	SE180477	3
200 Freestyle	2:32.45	2:34.70	378	24/11/18	Black Lion Level 3 Winter Open Meet	Medway Park LC	SE180478	3
400 Freestyle	5:40.60	5:44.70	313	23/09/18	BLSC Club Championships 2018	Medway Park	SE181823	4
800 Freestyle	11:21.92	11:30.40	343	04/11/18	BLSC Club Championships 2018	Medway Park	SE181826	4
50 Breaststroke	47.52	48.20	212	07/10/18	BLSC Club Championships 2018	Medway Park	SE181824	4
50 Butterfly	34.59	35.10	350	24/11/18	Black Lion Level 3 Winter Open Meet	Medway Park LC	SE180478	3
100 Butterfly	1:20.85	1:21.80	298	06/05/18	Black Lion Level 3 Spring Open Meet	Medway Park LC	SE180477	3
200 Butterfly	3:14.12	3:15.70	233	07/10/18	BLSC Club Championships 2018	Medway Park	SE181824	4
50 Backstroke	36.89	37.40	320	18/11/18	Medway ASA Championships 2018	Gillingham	SE180429	3
100 Backstroke	1:18.66	1:19.70	339	25/11/18	Black Lion Level 3 Winter Open Meet	Medway Park LC	SE180478	3
200 Backstroke	2:49.42	2:51.40	346	24/11/18	Black Lion Level 3 Winter Open Meet	Medway Park LC	SE180478	3
200 Individual Medley	3:03.20	3:05.30	294	23/09/18	BLSC Club Championships 2018	Medway Park	SE181823	4
400 Individual Medley	6:20.34	6:24.90	315	15/11/18	BLSC Club Championships 2018	Medway Park	SE181827	4
100 Individual Medley	1:24.51	1:24.50	298	16/09/18	BLSC Club Championships 2018	Medway Park	SE181822	4