

Individual Best Times (All Time)

Jessica Spooner - (1145267) - Deepings SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.53	28.80	511	26/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
100 Freestyle	1:04.81	1:03.50	507	02/07/17	19th Netherlands Invitational Meet	Eindhoven	GBR541	1
200 Freestyle	2:15.96	2:13.40	571	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
400 Freestyle	4:52.85	4:48.00	519	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1
800 Freestyle	9:45.52	9:35.60	567	07/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
1500 Freestyle	19:18.08	19:00.10	502	28/04/18	Swim England East Midland Championships 2018	Corby	EM180959	1
50 Breaststroke	48.08	47.40	223	01/07/17	19th Netherlands Invitational Meet	Eindhoven	GBR541	1
100 Breaststroke	1:48.23	1:47.10	208	03/07/16	50m Netherlands Invitational Meet	Eindhoven	GBR397	1
50 Butterfly	30.95	30.30	491	25/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
100 Butterfly	1:12.60	1:11.50	446	14/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
200 Butterfly	2:38.69	2:36.70	452	09/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
50 Backstroke	33.78	33.20	502	02/07/17	19th Netherlands Invitational Meet	Eindhoven	GBR541	1
100 Backstroke	1:11.85	1:10.70	508	14/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
200 Backstroke	2:32.44	2:30.20	527	25/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
200 Individual Medley	2:44.70	2:42.30	449	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.04	29.80	492	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
100 Freestyle	1:02.48	1:03.80	520	19/11/17	Boston ASC 13th Open Meet	Grantham	EM171183	3
200 Freestyle	2:14.59	2:17.10	550	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2
400 Freestyle	4:39.44	4:44.40	567	21/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
800 Freestyle	9:30.58	9:40.60	585	17/02/18	Lincolnshire County Championships 2018	Grantham	EM180024	2
50 Breaststroke	45.66	46.30	239	25/06/17	Deeping Club Championships	Deeping	EM171321	4
100 Breaststroke	2:01.28	2:02.30	135	23/11/14	Deepings Club Championships	Deepings	EM4699	4
50 Butterfly	31.84	32.40	448	01/10/17	Rob Welbourn Open Meet 2017	Deeping	EM171153	3
100 Butterfly	1:10.69	1:11.80	447	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
200 Butterfly	2:37.24	2:39.20	440	18/11/17	Boston ASC 13th Open Meet	Grantham	EM171183	3
50 Backstroke	32.87	33.50	453	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
100 Backstroke	1:09.87	1:11.00	484	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
200 Backstroke	2:27.42	2:29.70	525	16/12/17	Northampton Winter Festival	Rugby	EM171978	3
200 Individual Medley	2:40.38	2:42.80	438	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
400 Individual Medley	5:32.47	5:37.70	472	11/06/17	Deeping Club Championships	Deeping	EM171319	4
100 Individual Medley	1:14.68	1:14.70	433	18/11/17	Boston ASC 13th Open Meet	Grantham	EM171183	3