

Individual Best Times (All Time)

Jessica Trotter - (1145700) - Nova Centurion SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:26.68	1:25.70	212	09/07/16	City of Coventry Graham Sykes Meet 2016	Coventry	WM160573	3
50 Butterfly	51.17	50.80	108	09/07/16	City of Coventry Graham Sykes Meet 2016	Coventry	WM160573	3
200 Backstroke	3:28.75	3:27.10	205	09/07/16	City of Coventry Graham Sykes Meet 2016	Coventry	WM160573	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.73	35.30	287	11/02/17	Grantham Grand Prix	Grantham	EM170223	3
100 Freestyle	1:20.69	1:21.70	241	13/11/16	Grantham Club Championships	Grantham	EM162349	4
200 Freestyle	2:49.74	2:51.80	274	13/11/16	Grantham Club Championships	Grantham	EM162349	4
400 Freestyle	6:01.64	6:05.50	261	12/11/16	Grantham Club Championships	Grantham	EM162349	4
50 Breaststroke	44.38	45.10	261	11/02/17	Grantham Grand Prix	Grantham	EM170223	3
100 Breaststroke	1:41.63	1:42.90	231	13/11/16	Grantham Club Championships	Grantham	EM162349	4
200 Breaststroke	3:38.09	3:40.50	234	19/11/16	Boston Club 12th Open Meet	Grantham	EM161367	3
50 Butterfly	44.05	44.50	169	18/03/17	Grantham Grand Prix	Grantham	EM170224	3
100 Butterfly	1:44.53	1:45.30	138	12/11/16	Grantham Club Championships	Grantham	EM162349	4
200 Butterfly	3:56.19	3:57.50	129	12/06/16	Grantham Club Championships 2016	Grantham	EM161050	3
50 Backstroke	41.72	42.20	221	18/03/17	Grantham Grand Prix	Grantham	EM170224	3
100 Backstroke	1:34.57	1:35.40	195	12/11/16	Grantham Club Championships	Grantham	EM162349	4
200 Backstroke	3:13.05	3:14.80	233	05/06/16	Lincoln Vulcans L3 Short Course Meet	Grantham	EM160421	3
200 Individual Medley	3:09.10	3:11.20	267	11/02/17	Grantham Grand Prix	Grantham	EM170223	3
400 Individual Medley	7:24.36	7:28.30	197	01/11/15	Grantham Club Championships 2015	Grantham	EM151259	4
100 Individual Medley	1:28.48	1:28.50	260	12/06/16	Grantham Club Championships 2016	Grantham	EM161050	3