

Individual Best Times (All Time)

Jack Rawson - (1157321) - Hornchurch SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.93	34.30	214	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
50 Breaststroke	37.18	36.30	340	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Breaststroke	1:39.36	1:38.10	187	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
200 Breaststroke	3:38.40	3:36.00	189	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
50 Butterfly	32.37	31.80	325	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
50 Backstroke	36.62	36.10	265	01/02/20	Essex Age Group Championships 2020	London	ER200176	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.41	30.10	322	06/10/19	9th David Jacobs Memorial Meet	Basildon	LR192264	3
100 Freestyle	1:04.74	1:06.00	332	06/10/19	9th David Jacobs Memorial Meet	Basildon	LR192264	3
50 Breaststroke	37.33	38.20	298	06/10/19	9th David Jacobs Memorial Meet	Basildon	LR192264	3
100 Breaststroke	1:26.61	1:28.10	260	05/10/19	9th David Jacobs Memorial Meet	Basildon	LR192264	3
200 Breaststroke	3:31.12	3:33.60	184	29/03/15	Redbridge March Regional Qualifier	Fullwell Cross	LR150168	3
50 Butterfly	31.80	32.40	319	29/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	ER192639	3
100 Butterfly	1:16.91	1:17.90	239	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	ER192639	3
50 Backstroke	34.53	35.10	262	29/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	ER192639	3
100 Backstroke	1:14.37	1:15.40	274	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	ER192639	3
200 Individual Medley	2:46.34	2:48.70	286	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	ER192639	3
100 Individual Medley	1:15.74	1:15.70	275	06/10/19	9th David Jacobs Memorial Meet	Basildon	LR192264	3