

Individual Best Times (All Time)

Jamie Cook - (1168209) - Hornchurch SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.09	32.70	247	04/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	SE4064	3
100 Freestyle	1:11.96	1:13.10	241	01/12/13	Thurrock County Qualfier	Thurrock	ER3291	3
200 Freestyle	2:33.97	2:36.20	268	12/01/14	Killerwhales last Chance County Qualifier	Grays	LR4069	3
50 Breaststroke	42.09	42.80	208	03/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	SE4064	3
100 Breaststroke	1:32.44	1:33.80	213	03/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	SE4064	3
200 Breaststroke	3:18.17	3:20.80	222	12/01/14	Killerwhales last Chance County Qualifier	Grays	LR4069	3
50 Butterfly	36.79	37.30	206	04/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	SE4064	3
100 Butterfly	1:24.34	1:25.20	181	04/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	SE4064	3
50 Backstroke	40.33	40.80	164	01/12/13	Thurrock County Qualfier	Thurrock	ER3291	3
100 Backstroke	1:27.38	1:28.30	169	15/12/13	Borough of Waltham Forest B Grade Meet	Waltham	LR3698	3
200 Individual Medley	2:52.34	2:54.60	257	04/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	SE4064	3
100 Individual Medley	1:19.51	1:19.50	238	03/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	SE4064	3