

Individual Best Times (All Time)

Jessica Tong - (1175147) - Derwentside SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.41	31.80	386	24/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
100 Freestyle	1:11.55	1:10.40	377	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
200 Freestyle	2:36.48	2:34.20	375	28/01/18	Burns Meet 2018	Sheffield	NE180177	1
50 Breaststroke	42.88	42.10	314	28/01/18	Burns Meet 2018	Sheffield	NE180177	1
100 Breaststroke	1:31.84	1:30.50	340	27/01/18	Burns Meet 2018	Sheffield	NE180177	1
200 Breaststroke	3:18.56	3:15.90	332	27/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
50 Butterfly	35.48	34.90	326	27/01/18	Burns Meet 2018	Sheffield	NE180177	1
100 Butterfly	1:32.88	1:32.10	213	08/07/17	City of Sunderland Summer Splash 2017	Sunderland	NE171638	3
50 Backstroke	37.34	36.80	372	27/01/18	Burns Meet 2018	Sheffield	NE180177	1
100 Backstroke	1:18.16	1:17.10	394	10/02/18	N & D 2018 Championships	Sunderland	NE180243	1
200 Backstroke	2:47.33	2:45.30	398	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
200 Individual Medley	2:55.03	2:52.80	374	28/01/18	Burns Meet 2018	Sheffield	NE180177	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.17	32.80	362	03/06/17	Derwentside 8th Annual Charity Swim Meet	Stanley	NE170152	3
100 Freestyle	1:09.47	1:10.70	378	15/10/17	BOSSS Winter Swim Festival 2017	Billingham	NE172050	2
200 Freestyle	2:31.24	2:33.50	388	09/06/18	Derwentside 9th Annual Charity Swim Meet	Stanley	NE180179	3
400 Freestyle	5:29.60	5:33.80	345	15/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3
50 Breaststroke	41.12	41.90	328	04/03/17	Derwentside Development Meet	Stanley	NE170164	3
100 Breaststroke	1:29.69	1:31.10	336	14/05/16	Wear Valley Level 3 Meet May 2016	Bishop Auckland	NE160597	3
200 Breaststroke	3:13.46	3:16.20	336	03/12/16	Derwentside Christmas Cracker Meet 2016	Stanley	NE160159	3
50 Butterfly	35.81	36.30	315	04/06/17	Derwentside 8th Annual Charity Swim Meet	Stanley	NE170152	3
100 Butterfly	1:25.24	1:26.10	254	19/11/17	Derwentside Club Championships 2017	Stanley	NE172261	4
200 Butterfly	3:14.65	3:16.30	232	10/06/18	Derwentside 9th Annual Charity Swim Meet	Stanley	NE180179	3
50 Backstroke	35.85	36.40	349	09/06/18	Derwentside 9th Annual Charity Swim Meet	Stanley	NE180179	3
100 Backstroke	1:16.36	1:17.40	371	03/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
200 Backstroke	2:40.61	2:42.70	406	05/03/17	Derwentside Development Meet	Stanley	NE170164	3
200 Individual Medley	2:48.50	2:50.80	378	14/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3
400 Individual Medley	6:13.86	6:18.50	332	12/11/17	Wear Valley November L3 Meet	Bishop Auckland	NE170293	3
100 Individual Medley	1:19.54	1:19.50	358	14/10/17	BOSSS Winter Swim Festival 2017	Billingham	NE172049	2