

# Individual Best Times (All Time)

Jamie Valentine - (1176206) - Flixton SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	42.84	43.30	104	21/05/16	Flixton Swim Team Club Championship Sprint Meet	Urmston	NW160791	4
100 Freestyle	1:30.59	1:31.50	121	14/05/17	Flixton Club Championship Sprint Meet	Urmston	NW171148	4
200 Freestyle	3:21.62	3:23.30	119	12/11/16	Flixton Swim Team Club Championships Distance Meet	Urmston	NW162146	4
50 Breaststroke	55.13	55.70	92	27/11/16	Bolton Metro SS November Sprint Meet 2016	Bolton	NW161619	3
100 Breaststroke	1:58.61	1:59.70	101	15/10/16	Greater Manchester Autumn Meet 2016	Wigan	NW160336	3
200 Breaststroke	4:00.85	4:03.00	124	12/11/16	Flixton Swim Team Club Championships Distance Meet	Urmston	NW162146	4
50 Backstroke	46.97	47.40	104	14/05/17	Flixton Club Championship Sprint Meet	Urmston	NW171148	4
100 Backstroke	1:48.22	1:49.00	89	15/10/16	Greater Manchester Autumn Meet 2016	Wigan	NW160336	3
200 Backstroke	3:37.94	3:39.50	113	02/10/16	Greater Manchester Autumn Meet 2016	Wigan	NW160335	3
200 Individual Medley	3:45.31	3:47.10	115	19/11/17	Flixton Club Championship Distance Meet	Urmston	NW171145	4
100 Individual Medley	1:45.62	1:45.60	101	17/09/16	Swim Trafford Early Bird Meet	Stretford	NW161322	3