

Individual Best Times (All Time)

Jessica Lay - (1177653) - Brompton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.89	35.30	284	16/10/16	LAC Legacy Level 3 Open Meet 2016	London	LR161790	3
100 Freestyle	1:20.16	1:19.10	268	16/10/16	LAC Legacy Level 3 Open Meet 2016	London	LR161790	3
50 Breaststroke	42.88	42.10	314	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Breaststroke	1:33.58	1:32.20	321	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
50 Butterfly	38.07	37.60	264	25/03/17	MCASA Open Meet	London	LR170009	1
50 Backstroke	38.41	37.90	341	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Backstroke	1:27.71	1:26.80	279	01/10/17	BWFSC County Qualifier Meet	London Aqua Centre	LR171707	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.57	33.20	348	17/06/18	Brompton Summer Club Championships 2018	Fulham Pools	LR181405	4
100 Freestyle	1:18.25	1:19.30	264	16/04/16	MCASA County Spring Development 2016	Enfield	LR160635	3
200 Freestyle	2:44.24	2:46.30	302	23/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
400 Freestyle	6:04.08	6:07.90	256	16/04/16	MCASA County Spring Development 2016	Enfield	LR160635	3
800 Freestyle	12:09.16	12:17.10	280	01/10/16	MCASA Winter Development Meet	Enfield	LR161659	3
50 Breaststroke	41.00	41.80	331	02/12/17	Ealing Christmas L3 Open	London	LR170531	3
100 Breaststroke	1:30.80	1:32.20	323	02/12/17	Ealing Christmas L3 Open	London	LR170531	3
200 Breaststroke	3:19.42	3:22.10	307	28/02/16	Ealing February L3 Open Meet	Northolt	LR160332	3
50 Butterfly	38.38	38.90	256	03/12/17	Ealing Christmas L3 Open	London	LR170531	3
100 Butterfly	1:41.80	1:42.50	149	04/10/15	MCASA Winter Development Meet	Enfield	LR151830	3
50 Backstroke	37.39	37.90	307	02/12/17	Ealing Christmas L3 Open	London	LR170531	3
100 Backstroke	1:22.50	1:23.50	294	03/12/17	Ealing Christmas L3 Open	London	LR170531	3
200 Backstroke	2:58.89	3:00.70	293	22/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
200 Individual Medley	3:07.56	3:09.70	274	27/11/16	Brompton Winter Club Championships	London	LR162510	4
100 Individual Medley	1:24.63	1:24.60	297	26/11/17	Brompton Winter Club Champs 2017	London	LR172447	4