

# Individual Best Times (All Time)

Jack Scarff - (1182131) - Team Ipswich Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.06	28.30	372	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
100 Freestyle	1:03.48	1:02.10	402	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
50 Breaststroke	39.37	38.60	286	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
50 Butterfly	32.95	32.40	308	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
50 Backstroke	32.97	32.40	364	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
100 Backstroke	1:09.99	1:08.80	400	07/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
200 Backstroke	2:31.68	2:29.50	401	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
200 Individual Medley	2:38.43	2:35.90	372	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.04	27.80	414	15/03/20	Teamipswich March Open Meet 2020	Ipswich	ER200335	3
100 Freestyle	58.71	1:00.10	445	14/03/20	Teamipswich March Open Meet 2020	Ipswich	ER200335	3
200 Freestyle	2:07.74	2:10.40	470	03/02/19	Suffolk County Championships 2019	Ipswich	ER190366	2
400 Freestyle	4:38.75	4:43.70	441	06/01/19	Sudbury & District January Last Chance Time Trial	Sudbury	ER190028	3
1500 Freestyle	18:55.14	19:13.20	415	23/06/18	Teamipswich Long Distance Invitational Meet 2018	Ipswich	ER181222	4
50 Breaststroke	36.69	37.50	314	21/10/18	Deben Open Meet	Ipswich	ER182242	3
100 Breaststroke	1:21.83	1:23.40	308	23/09/18	Teamipswich Club Championships 2018	Ipswich	ER181951	4
200 Breaststroke	2:51.91	2:55.00	341	17/11/19	Teamipswich November Open Meet 2019	Ipswich	ER192239	3
50 Butterfly	30.59	31.20	359	21/10/18	Deben Open Meet	Ipswich	ER182242	3
100 Butterfly	1:11.05	1:12.10	304	22/09/18	Teamipswich Club Championships 2018	Ipswich	ER181951	4
50 Backstroke	31.03	31.70	361	18/11/18	Teamipswich November Open 2018	Ipswich	ER181908	3
100 Backstroke	1:06.71	1:07.90	380	21/10/18	Deben Open Meet	Ipswich	ER182242	3
200 Backstroke	2:23.17	2:25.50	401	29/09/18	BPSC Season Opener 2018	Basildon	ER181384	3
200 Individual Medley	2:28.91	2:31.50	399	18/03/18	Team Ipswich March Open 2018	Ipswich	ER180342	3
100 Individual Medley	1:09.87	1:09.90	350	09/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2