

Individual Best Times (All Time)

Isabella Rouse - (1182917) - Tigers SC (Jersey) Ltd

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.74	30.10	453	11/02/17	Hampshire County Swimming Championships 2017	Portsmouth	SE170466	1
100 Freestyle	1:05.16	1:03.90	499	12/02/17	Hampshire County Swimming Championships 2017	Portsmouth	SE170466	1
200 Freestyle	2:19.78	2:17.30	526	16/04/17	PNSC Easter Meet	Portsmouth	SE170397	1
400 Freestyle	4:50.73	4:45.90	530	14/04/17	PNSC Easter Meet	Portsmouth	SE170397	1
50 Backstroke	36.99	36.40	382	19/03/17	Atlantis Regional-National Chaser Open Meet	Crawley	SE170018	1
100 Backstroke	1:17.85	1:16.80	399	12/02/17	Hampshire County Swimming Championships 2017	Portsmouth	SE170466	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.04	30.70	444	21/10/16	Walkers Tigers Annual Autumn Open Meet 2016	St Brelade	SE160837	2
100 Freestyle	1:04.72	1:06.00	468	24/04/16	JASA Island Championships Series (1of2)	Jersey	SE160726	3
200 Freestyle	2:15.61	2:18.10	538	03/07/16	Walkers Tigers Club Championships July 2016	Jersey	SE161012	4
400 Freestyle	4:48.35	4:53.20	516	22/10/16	Walkers Tigers Annual Autumn Open Meet 2016	St Brelade	SE160837	2
50 Breaststroke	42.60	43.30	295	24/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
100 Breaststroke	1:35.54	1:36.90	278	25/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
50 Butterfly	34.82	35.40	343	22/10/16	Walkers Tigers Annual Autumn Open Meet 2016	St Brelade	SE160837	2
100 Butterfly	1:18.62	1:19.60	324	22/10/16	Walkers Tigers Annual Autumn Open Meet 2016	St Brelade	SE160836	3
200 Butterfly	2:58.52	3:00.30	300	14/02/16	Walkers Tigers Club Championships Feb 2016	St. Helier	SE160456	4
50 Backstroke	35.50	36.10	359	23/04/16	JASA Island Championships Series (1of2)	Jersey	SE160726	3
100 Backstroke	1:13.64	1:14.70	414	24/04/16	JASA Island Championships Series (1of2)	Jersey	SE160726	3
200 Backstroke	2:40.07	2:42.10	410	18/06/16	The Specsavers Open Meet 2016	Guernsey	SE160252	3
200 Individual Medley	2:40.92	2:43.40	434	23/10/16	Walkers Tigers Annual Autumn Open Meet 2016	St Brelade	SE160837	2
400 Individual Medley	5:57.31	6:02.20	380	22/11/15	Walkers Tiger SC Club Championships	Jersey	SE152076	4
100 Individual Medley	1:18.79	1:18.80	368	17/06/16	The Specsavers Open Meet 2016	Guernsey	SE160251	2