

# Individual Best Times (All Time)

Isabelle Jones - (1186666) - Wrekin SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:27.68	1:26.70	205	14/01/17	City of Coventry January Open Meet	Coventry	WM170232	3
200 Freestyle	2:57.65	2:55.70	256	14/01/17	City of Coventry January Open Meet	Coventry	WM170232	3
400 Freestyle	5:22.16	5:17.80	390	25/07/21	West Midlands Region Festival of Swimming 2021	Coventry	WM210217	1
800 Freestyle	10:37.53	10:28.40	439	23/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1
100 Breaststroke	1:50.72	1:49.60	194	14/01/17	City of Coventry January Open Meet	Coventry	WM170232	3
200 Breaststroke	3:53.51	3:51.20	204	14/01/17	City of Coventry January Open Meet	Coventry	WM170232	3
100 Backstroke	1:35.90	1:35.10	213	14/01/17	City of Coventry January Open Meet	Coventry	WM170232	3
200 Backstroke	3:15.43	3:13.70	250	14/01/17	City of Coventry January Open Meet	Coventry	WM170232	3
200 Individual Medley	3:20.72	3:18.70	248	14/01/17	City of Coventry January Open Meet	Coventry	WM170232	3
400 Individual Medley	5:51.30	5:46.30	433	24/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.10	31.80	400	16/03/24	Wolverhampton SC Spring Open Meet 2024	Wolverhampton	WM240184	3
100 Freestyle	1:06.16	1:07.40	438	01/10/22	Chase Roebuck Level 3 Open Meet 2022	Walsall	WM221525	3
200 Freestyle	2:21.47	2:23.90	474	22/01/22	Shropshire County Championships 2022	Wolverhampton	WM220010	2
400 Freestyle	4:54.40	4:59.10	484	29/01/22	Shropshire County Championships 2022	Wolverhampton	WM220011	2
800 Freestyle	10:02.43	10:12.00	497	04/02/23	Shropshire ASA County Championships 2023	Wolverhampton	WM230099	2
1500 Freestyle	19:31.31	19:48.80	466	28/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
50 Breaststroke	40.90	41.70	333	01/10/22	Chase Roebuck Level 3 Open Meet 2022	Walsall	WM221525	3
100 Breaststroke	1:26.48	1:27.90	374	21/01/23	Shropshire ASA County Championships 2023	Wolverhampton	WM230097	2
200 Breaststroke	3:09.73	3:12.50	356	23/06/19	Shropshire Summer Meet	Wolverhampton	WM192224	3
50 Butterfly	34.13	34.70	364	26/11/22	Wolverhampton SC Winter Open Meet	Wolverhampton	WM221651	3
100 Butterfly	1:20.61	1:21.50	301	01/02/20	Shropshire County Championships 2020	Wolverhampton	WM200136	2
200 Butterfly	2:56.35	2:58.10	312	26/01/20	Shropshire County Championships 2020	Wolverhampton	WM200135	2
50 Backstroke	36.10	36.70	342	15/03/20	Wyre Forest Spring Splash Regional Qualifier	Wolverhampton	WM200395	3
100 Backstroke	1:15.87	1:16.90	378	16/03/24	Wolverhampton SC Spring Open Meet 2024	Wolverhampton	WM240184	3
200 Backstroke	2:40.66	2:42.70	405	21/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240105	2
200 Individual Medley	2:39.33	2:41.80	447	18/03/23	Wolverhampton SC Spring Open Meet 2023	Wolverhampton	WM230068	3
400 Individual Medley	5:38.88	5:44.00	446	18/03/23	Wolverhampton SC Spring Open Meet 2023	Wolverhampton	WM230068	3
100 Individual Medley	1:16.70	1:16.70	399	21/01/23	Shropshire ASA County Championships 2023	Wolverhampton	WM230097	2