

# Individual Best Times (All Time)

Jarrold Care - (1186667) - Wrekin SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.10	29.40	335	17/12/23	Northampton SC Winter Festival 2023	Corby	EM232024	1
200 Freestyle	2:17.94	2:15.40	404	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
800 Freestyle	10:05.39	9:55.80	416	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
50 Breaststroke	37.42	36.60	333	16/12/23	Northampton SC Winter Festival 2023	Corby	EM232024	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.21	28.90	364	17/03/24	Wolverhampton SC Spring Open Meet 2024	Wolverhampton	WM240184	3
100 Freestyle	1:00.75	1:02.10	402	20/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240105	2
200 Freestyle	2:10.75	2:13.40	438	16/03/24	Wolverhampton SC Spring Open Meet 2024	Wolverhampton	WM240184	3
400 Freestyle	4:37.27	4:42.30	448	21/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240105	2
800 Freestyle	9:25.72	9:35.80	481	03/02/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240107	2
1500 Freestyle	18:27.37	18:45.80	447	28/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
50 Breaststroke	35.81	36.70	338	28/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
100 Breaststroke	1:21.43	1:23.00	312	20/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240105	2
200 Breaststroke	2:54.63	2:57.60	325	27/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
50 Butterfly	31.49	32.10	329	28/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
100 Butterfly	1:08.28	1:09.40	342	27/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
50 Backstroke	35.79	36.30	235	18/11/23	Wrekin SC Time Trials 2023	Wrekin	WM231824	4
100 Backstroke	1:25.31	1:26.20	181	13/03/22	Wyre Forest Spring off the Blocks	Wolverhampton	WM220506	3
200 Backstroke	2:59.42	3:01.30	204	18/06/22	Shropshire ASA Summer Meet	Wolverhampton	WM221113	3
200 Individual Medley	2:38.15	2:40.60	333	18/11/23	Wrekin SC Time Trials 2023	Wrekin	WM231824	4
100 Individual Medley	1:12.10	1:12.10	319	18/11/23	Wrekin SC Time Trials 2023	Wrekin	WM231824	4