

# Individual Best Times (All Time)

## Xavier Baker-Woods - (1195147) - Team Ipswich Swimming

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.91	29.20	341	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
100 Freestyle	1:06.01	1:04.70	357	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
200 Freestyle	2:29.26	2:26.90	319	24/03/18	Team Luton March Long Course Meet 2018	Luton	ER180343	1
1500 Freestyle	19:58.76	19:41.40	383	20/01/18	Norfolk County Championships 2018	Norwich	ER180290	1
50 Breaststroke	40.26	39.50	267	24/03/18	Team Luton March Long Course Meet 2018	Luton	ER180343	1
50 Butterfly	32.33	31.70	326	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
100 Butterfly	1:14.12	1:13.10	296	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
200 Butterfly	2:50.89	2:49.00	269	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
50 Backstroke	34.51	33.90	317	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
100 Backstroke	1:13.37	1:12.30	347	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
200 Backstroke	2:36.28	2:34.10	367	27/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
200 Individual Medley	2:39.18	2:36.70	367	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	27.01	27.80	415	15/03/20	Teamipswich March Open Meet 2020	Ipswich	ER200335	3
100 Freestyle	58.71	1:00.10	445	29/02/20	Deben Leap Meet 2020	Ipswich	ER200088	3
200 Freestyle	2:16.29	2:18.80	387	21/10/18	Deben Open Meet	Ipswich	ER182242	3
400 Freestyle	5:07.73	5:12.30	328	26/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170396	2
1500 Freestyle	20:07.88	20:24.90	344	25/06/17	Teamipswich Long Distance Invitational Meet 2017	Ipswich	ER171103	4
50 Breaststroke	33.74	34.70	404	01/03/20	Deben Leap Meet 2020	Ipswich	ER200088	3
100 Breaststroke	1:14.63	1:16.30	406	01/03/20	Deben Leap Meet 2020	Ipswich	ER200088	3
200 Breaststroke	2:46.30	2:49.40	377	14/03/20	Teamipswich March Open Meet 2020	Ipswich	ER200335	3
50 Butterfly	29.79	30.40	389	01/03/20	Deben Leap Meet 2020	Ipswich	ER200088	3
100 Butterfly	1:08.22	1:09.30	343	10/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
200 Butterfly	2:48.25	2:50.10	256	10/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
50 Backstroke	30.68	31.30	374	14/03/20	Teamipswich March Open Meet 2020	Ipswich	ER200335	3
100 Backstroke	1:07.07	1:08.30	374	03/02/19	Suffolk County Championships 2019	Ipswich	ER190366	2
200 Backstroke	2:26.12	2:28.40	377	10/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
200 Individual Medley	2:27.82	2:30.50	407	10/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
400 Individual Medley	5:25.99	5:31.30	373	21/10/18	Deben Open Meet	Ipswich	ER182242	3
100 Individual Medley	1:06.83	1:06.80	400	01/03/20	Deben Leap Meet 2020	Ipswich	ER200088	3