

Individual Best Times (All Time)

Jacob Goodison - (1203643) - City of Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.71	28.00	386	04/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Freestyle	1:04.17	1:02.90	389	31/07/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Freestyle	2:20.45	2:18.00	383	02/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
400 Freestyle	5:07.00	5:02.40	368	03/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
50 Breaststroke	35.19	34.30	401	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
100 Breaststroke	1:17.76	1:16.10	391	03/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Breaststroke	2:47.68	2:44.50	419	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
50 Butterfly	30.55	29.90	387	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
100 Butterfly	1:12.48	1:11.40	317	12/03/17	City of Sheffield March Madness	Sheffield	NE170247	3
200 Butterfly	2:43.59	2:41.60	306	20/05/17	ASA North East Region Championships	Sunderland	NE170146	1
50 Backstroke	34.03	33.40	331	06/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Backstroke	1:12.30	1:11.20	363	05/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Backstroke	2:36.60	2:34.50	365	27/05/17	ASA North East Region Championships	Sunderland	NE170146	1
200 Individual Medley	2:31.32	2:28.70	427	05/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
400 Individual Medley	5:34.57	5:29.30	380	04/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.29	29.00	361	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	1:01.62	1:03.00	385	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
200 Freestyle	2:11.28	2:13.90	433	29/10/17	City of Leeds October Meet 2017	Leeds	NE171858	3
400 Freestyle	4:46.04	4:50.90	408	28/10/17	City of Leeds October Meet 2017	Leeds	NE171858	3
50 Breaststroke	34.84	35.70	367	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Breaststroke	1:15.60	1:17.20	390	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
200 Breaststroke	2:45.22	2:48.40	384	28/10/17	City of Leeds October Meet 2017	Leeds	NE171858	3
50 Butterfly	30.35	31.00	368	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Butterfly	1:09.60	1:10.70	323	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
200 Butterfly	2:53.73	2:55.50	232	02/04/16	Spa Town Meet	Harrogate	NE160247	3
50 Backstroke	33.21	33.80	295	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Backstroke	1:10.96	1:12.10	315	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
200 Backstroke	2:32.58	2:34.80	331	09/04/17	Harrogate District Spa Town A & B Grade Meet	Harrogate	NE170167	3
200 Individual Medley	2:26.95	2:29.60	415	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
400 Individual Medley	5:16.02	5:21.50	410	28/10/17	City of Leeds October Meet 2017	Leeds	NE171858	3
100 Individual Medley	1:34.00	1:34.00	144	12/07/14	City of Leeds Summer STS Meet 2014	Leeds	NE4021	4