

# Individual Best Times (All Time)

Katie James - (1236291) - Gloucester City SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.78	31.10	410	14/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
100 Freestyle	1:10.02	1:08.80	402	16/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
200 Freestyle	2:32.90	2:30.60	402	18/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230118	1
400 Freestyle	5:20.89	5:16.50	394	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
800 Freestyle	10:59.99	10:51.20	396	16/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
1500 Freestyle	21:34.21	21:18.10	359	18/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230118	1
50 Butterfly	34.17	33.60	365	03/04/22	City of Bristol L1 International Open Meet	Hengrove	SW220210	1
100 Butterfly	1:16.21	1:15.20	385	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
50 Backstroke	37.49	36.90	367	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
100 Backstroke	1:23.65	1:22.70	321	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
200 Backstroke	2:55.23	2:53.30	347	18/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230118	1
200 Individual Medley	2:52.60	2:50.30	390	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.99	31.70	405	19/03/23	Gloucester City SC Spring L3 Open Meet 2023	Gloucester	SW230338	3
100 Freestyle	1:06.79	1:08.00	425	17/12/22	City of Bristol L3 Christmas Cracker Meet 2022	Bristol	SW222026	3
200 Freestyle	2:28.85	2:31.20	407	18/03/23	Gloucester City SC Spring L3 Open Meet 2023	Gloucester	SW230338	3
400 Freestyle	5:08.13	5:12.70	422	02/07/22	Gloucester City Swimming Club Summer L3 Open Meet	Gloucester	SW220614	3
800 Freestyle	10:36.67	10:45.70	421	14/10/22	Gloucetser City Swimming Club L3 Distance Event	Gloucester	SW221559	3
50 Breaststroke	42.17	42.90	304	16/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
100 Breaststroke	1:30.67	1:32.10	325	02/07/23	Gloucetser City SC Summer L3 Open Meet	Gloucester	SW230999	3
200 Breaststroke	3:17.66	3:20.30	315	02/07/23	Gloucetser City SC Summer L3 Open Meet	Gloucester	SW230999	3
50 Butterfly	32.90	33.50	406	04/06/22	Severnside Tritons Ange Marling Memorial L3 Meet	Hutton Moor LC	SW220451	3
100 Butterfly	1:13.28	1:14.30	401	01/07/23	Gloucetser City SC Summer L3 Open Meet	Gloucester	SW230999	3
200 Butterfly	2:48.55	2:50.40	357	19/03/23	Gloucester City SC Spring L3 Open Meet 2023	Gloucester	SW230338	3
50 Backstroke	35.73	36.30	352	16/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
100 Backstroke	1:17.36	1:18.40	357	17/12/22	City of Bristol L3 Christmas Cracker Meet 2022	Bristol	SW222026	3
200 Backstroke	2:43.37	2:45.40	385	15/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
200 Individual Medley	2:44.43	2:46.80	407	01/07/23	Gloucetser City SC Summer L3 Open Meet	Gloucester	SW230999	3
400 Individual Medley	5:53.79	5:58.70	392	15/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
100 Individual Medley	1:20.00	1:20.00	352	18/12/21	City of Bristol Christmas Cracker	Bristol	SW210897	3