

Individual Best Times (All Time)

Jack Freeman - (1290874) - Norton-Radstock SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------------|----------|-------|
| 50 Freestyle | 28.82 | 28.10 | 381 | 16/03/24 | Somerset ASA County Championships 2024 | Millfield | SW240543 | 1 |
| 100 Freestyle | 1:08.41 | 1:07.20 | 321 | 16/07/22 | City of Bristol Summer Festival | Hengrove | SW220765 | 3 |
| 200 Freestyle | 3:10.39 | 3:08.60 | 153 | 13/07/19 | City of Bristol LC L3 Summer Festival Meet | Hengrove LC | SW191995 | 3 |
| 400 Freestyle | 7:52.12 | 7:49.10 | 101 | 09/07/17 | City of Bristol Summer Festival | Bristol | SW171112 | 3 |
| 50 Breaststroke | 39.57 | 38.80 | 282 | 24/02/24 | Somerset ASA County Championships 2024 | Millfield | SW240542 | 1 |
| 100 Breaststroke | 1:29.17 | 1:27.70 | 259 | 04/02/23 | Somerset ASA County Championships 2023 | Millfield | SW230177 | 1 |
| 50 Butterfly | 32.10 | 31.50 | 333 | 16/07/22 | City of Bristol Summer Festival | Hengrove | SW220765 | 3 |
| 100 Butterfly | 1:17.30 | 1:16.30 | 261 | 16/07/22 | City of Bristol Summer Festival | Hengrove | SW220765 | 3 |
| 200 Butterfly | 3:53.63 | 3:52.30 | 105 | 07/04/19 | City of Wells Open Meet 2019 | Millfield School | SW190108 | 3 |
| 50 Backstroke | 34.62 | 34.00 | 314 | 04/02/23 | Somerset ASA County Championships 2023 | Millfield | SW230177 | 1 |
| 100 Backstroke | 1:17.96 | 1:16.90 | 289 | 29/01/23 | Somerset ASA County Championships 2023 | Millfield | SW230176 | 1 |
| 200 Backstroke | 3:12.37 | 3:10.60 | 196 | 14/07/19 | City of Bristol LC L3 Summer Festival Meet | Hengrove LC | SW191995 | 3 |
| 200 Individual Medley | 2:55.69 | 2:53.40 | 273 | 03/04/22 | City of Wells Open Meet | Millfield | SW220211 | 3 |
| 400 Individual Medley | 7:22.76 | 7:18.80 | 164 | 06/04/19 | City of Wells Open Meet 2019 | Millfield School | SW190108 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|-------------------|----------|-------|
| 50 Freestyle | 28.14 | 28.90 | 367 | 24/06/23 | Keynsham & Bristol Penguins Summer Championships | Bristol | SW231069 | 4 |
| 100 Freestyle | 1:03.30 | 1:04.60 | 355 | 01/10/23 | Somerset ASA Development Meet 2023 | Millfield | SW231748 | 3 |
| 200 Freestyle | 2:27.45 | 2:29.80 | 306 | 25/06/22 | Keynsham & Bristol Penguins Low L4 Summer Champs | Hengrove | SW220944 | 4 |
| 50 Breaststroke | 37.87 | 38.70 | 285 | 16/09/23 | Frome Splash & Dash Sprint Meet 2023 | Frome | SW231526 | 4 |
| 100 Breaststroke | 1:25.65 | 1:27.10 | 268 | 26/11/22 | Keynsham & Bristol Penguins Autumn Sprint Meet 22 | Bristol | SW222202 | 3 |
| 50 Butterfly | 30.88 | 31.50 | 349 | 19/05/24 | Frome SC Low Level 4 Invitational Meet 2024 | Frome | SW240957 | 4 |
| 100 Butterfly | 1:14.46 | 1:15.50 | 264 | 25/06/22 | Keynsham & Bristol Penguins Low L4 Summer Champs | Hengrove | SW220944 | 4 |
| 200 Butterfly | 3:50.07 | 3:51.40 | 100 | 28/10/18 | City of Bristol Early Bird | Hengrove LC | SW181402 | 3 |
| 50 Backstroke | 33.77 | 34.40 | 280 | 11/06/22 | Keynsham & Bristol Penguins Low L4 Summer Champs | Hengrove | SW220943 | 4 |
| 100 Backstroke | 1:13.76 | 1:14.80 | 281 | 11/06/22 | Keynsham & Bristol Penguins Low L4 Summer Champs | Hengrove | SW220943 | 4 |
| 200 Backstroke | 2:48.83 | 2:50.80 | 244 | 21/11/21 | Calne Alpha Level 3 Last Chance Open Meet | Calne | SW210470 | 3 |
| 200 Individual Medley | 2:42.99 | 2:45.40 | 304 | 26/03/23 | Soundwell SC L3 Regional Qualifier 2023 | Weston-super-Mare | SW230244 | 3 |
| 100 Individual Medley | 1:12.35 | 1:12.30 | 316 | 16/09/23 | Frome Splash & Dash Sprint Meet 2023 | Frome | SW231526 | 4 |