

Individual Best Times (All Time)

Jamie Yau - (1293995) - Etwall Eagles SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.69	26.90	430	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
100 Freestyle	1:03.47	1:02.10	402	10/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1
50 Breaststroke	40.07	39.30	271	11/12/22	Derbyshire ASA LC Competition 2022 Level 3	Sheffield	EM222034	3
50 Butterfly	29.89	29.20	413	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
50 Backstroke	35.09	34.50	302	11/12/22	Derbyshire ASA LC Competition 2022 Level 3	Sheffield	EM222034	3
100 Backstroke	1:18.96	1:17.90	279	22/07/23	SE East Midlands Summer Festival of Swimming 2023	Moorways SV	EM231444	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.84	28.60	379	16/12/23	Etwall Eagles Club Championships 2023	Alfreton	EM232509	4
100 Freestyle	1:03.17	1:04.50	357	16/12/23	Etwall Eagles Club Championships 2023	Alfreton	EM232509	4
200 Freestyle	2:23.03	2:25.40	335	25/02/24	Swadlincote Swimming Club Spring Open Meet 2024	Matlock	EM240263	3
50 Breaststroke	37.87	38.70	285	24/02/24	Swadlincote Swimming Club Spring Open Meet 2024	Matlock	EM240263	3
100 Breaststroke	1:38.91	1:40.20	174	30/10/21	Etwall Eagles Club Championships 2021	Alfreton	EM210998	4
50 Butterfly	30.15	30.80	375	25/02/24	Swadlincote Swimming Club Spring Open Meet 2024	Matlock	EM240263	3
100 Butterfly	1:12.32	1:13.40	288	09/12/23	National Arena Swim League WM Div 2 Rd 3	Snowdome LC	WM231856	4
50 Backstroke	33.73	34.30	281	23/04/23	Etwall Eagles Early Spring SC Sprints 2023	Matlock	EM230591	3
100 Backstroke	1:17.56	1:18.60	241	23/04/23	Etwall Eagles Early Spring SC Sprints 2023	Matlock	EM230591	3
200 Individual Medley	2:54.48	2:56.70	248	01/10/22	Etwall Eagles Club Championships 2022	Alfreton	EM221682	4
100 Individual Medley	1:13.29	1:13.30	304	16/12/23	Etwall Eagles Club Championships 2023	Alfreton	EM232509	4