

# Individual Best Times (All Time)

Jemima Cross - (1297593) - Hitchin SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.94	29.20	490	16/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
100 Freestyle	1:04.95	1:03.60	504	19/03/22	Team Luton March Long Course Meet 2022	Luton	ER220159	1
200 Freestyle	2:21.97	2:19.50	502	07/05/22	SE East Region Long Course Championships 2022	Luton	ER220678	1
50 Breaststroke	38.62	37.80	430	23/04/22	Harpندن SC FINIS Frantic 50s	Luton	ER220602	3
100 Breaststroke	1:27.61	1:26.20	392	12/03/22	Putteridge SC Spring LC National Qualifier 2022	Luton	ER220161	1
50 Butterfly	32.97	32.40	406	17/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
100 Butterfly	1:17.05	1:16.10	373	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
200 Butterfly	2:54.36	2:52.50	340	29/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
50 Backstroke	35.97	35.40	416	15/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
200 Individual Medley	2:43.02	2:40.60	463	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.94	29.70	497	03/06/23	Harlow Penguins 2023 10th Eric Shepherd Open Meet	Harlow	ER230775	3
100 Freestyle	1:02.47	1:03.80	520	03/06/23	Harlow Penguins 2023 10th Eric Shepherd Open Meet	Harlow	ER230775	3
200 Freestyle	2:16.01	2:18.50	533	24/06/23	City of St Albans SC End of Season Meet 2023	St Albans	ER230216	3
400 Freestyle	4:56.90	5:01.60	472	02/07/22	Putteridge End of Season Summer Short Course Open	Luton	ER220680	3
50 Breaststroke	37.35	38.20	438	11/12/22	Team Luton December Short Course Meet 2022	Luton	ER220253	3
100 Breaststroke	1:21.34	1:22.90	450	06/03/22	Watford SC Regional Qualifier	Garston	ER220222	3
200 Breaststroke	3:16.75	3:19.40	319	07/07/22	Cheshunt SC 200m Time Trials	Hatfield	ER221435	4
50 Butterfly	32.13	32.70	436	07/10/23	Harpندن SC FINIS Bryan Thompson Legacy Meet 23	Westminster Lodge	ER230756	3
100 Butterfly	1:12.76	1:13.80	409	06/03/22	Watford SC Regional Qualifier	Garston	ER220222	3
200 Butterfly	2:47.46	2:49.30	364	05/03/23	Watford SC Regional Qualifier 2023	Garston	ER230197	3
50 Backstroke	33.25	33.80	437	16/09/23	Hitchin SC Club Championships 2023	Hitchin	ER230913	4
100 Backstroke	1:14.48	1:15.60	400	12/11/22	National Arena Swimming League-London Rounds 2022	Aqua Vale, Aylesbury	ER221809	3
200 Backstroke	2:45.35	2:47.40	372	07/07/22	Cheshunt SC 200m Time Trials	Hatfield	ER221435	4
200 Individual Medley	2:40.38	2:42.80	438	10/12/22	National Arena Swimming League-London Rounds 2022	Aylesbury	ER221810	3
100 Individual Medley	1:14.14	1:14.10	442	21/05/22	Cheshunt SC Anniversary Open Meet 2022	Harlow	ER220027	3