

# Individual Best Times (All Time)

Jack Sharpe - (1304475) - West Norfolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.62	33.00	240	02/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
100 Freestyle	1:10.81	1:09.60	289	26/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
200 Freestyle	2:33.17	2:30.90	295	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
400 Freestyle	5:20.34	5:15.90	324	26/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
800 Freestyle	11:08.24	10:59.50	309	19/01/20	Norfolk County Championships 2020	Norwich	ER200472	1
50 Breaststroke	41.88	41.10	237	01/12/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
100 Breaststroke	1:33.91	1:32.60	222	30/11/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
200 Breaststroke	3:18.44	3:15.80	252	01/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
50 Butterfly	36.98	36.50	218	26/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
100 Butterfly	1:23.89	1:23.00	204	01/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
50 Backstroke	38.20	37.70	234	02/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
100 Backstroke	1:20.25	1:19.20	265	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
200 Backstroke	2:51.32	2:49.40	278	26/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
200 Individual Medley	2:51.18	2:48.90	295	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.12	32.80	247	02/11/20	West Norfolk Swimming Club	Alive Downham Market	LEX596	0
100 Freestyle	1:10.94	1:12.10	252	08/03/20	WNSC Open Meet 2020	Kings Lynn	ER200223	3
200 Freestyle	2:27.48	2:29.80	305	07/03/20	WNSC Open Meet 2020	Kings Lynn	ER200223	3
400 Freestyle	5:24.02	5:28.30	281	29/09/19	Modernian Golden Eagle Meet	Bletchley	ER190517	2
800 Freestyle	11:33.96	11:42.30	260	24/06/19	WNSC Club Championships 2019	Kings Lynn	ER192249	4
50 Breaststroke	39.99	40.80	242	08/03/20	WNSC Open Meet 2020	Kings Lynn	ER200223	3
100 Breaststroke	1:30.94	1:32.30	224	03/11/20	West Norfolk SC	Alive Downham Market	LEX587	0
200 Breaststroke	3:12.99	3:15.70	241	16/11/19	WNSC Mini Meet Series 2019	Kings Lynn	ER192154	4
50 Butterfly	36.07	36.60	219	07/03/20	WNSC Open Meet 2020	Kings Lynn	ER200223	3
100 Butterfly	1:23.12	1:24.00	189	02/11/20	West Norfolk SC	Alive St James	LEX593	0
50 Backstroke	36.81	37.40	216	08/03/20	WNSC Open Meet 2020	Kings Lynn	ER200223	3
100 Backstroke	1:19.62	1:20.60	223	07/03/20	WNSC Open Meet 2020	Kings Lynn	ER200223	3
200 Backstroke	2:42.94	2:45.00	272	08/03/20	WNSC Open Meet 2020	Kings Lynn	ER200223	3
200 Individual Medley	2:48.08	2:50.40	277	08/03/20	WNSC Open Meet 2020	Kings Lynn	ER200223	3
100 Individual Medley	1:19.75	1:19.80	235	03/11/20	West Norfolk SC	Alive Downham Market	LEX587	0