

Individual Best Times (All Time)

Jared Cross - (1310556) - Preston Swimming Club

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle | 26.78 | 26.00 | 476 | 06/04/24 | Derby Excel April Meet | Sheffield | EM240430 | 1 |
| 100 Freestyle | 57.33 | 55.90 | 546 | 27/01/24 | Lancashire County Championships 2024 | Manchester | NW240296 | 1 |
| 200 Freestyle | 2:07.43 | 2:04.70 | 512 | 10/02/24 | Lancashire County Championships 2024 | Manchester | NW240297 | 1 |
| 400 Freestyle | 4:32.91 | 4:27.70 | 524 | 02/04/23 | Derventio eXcel Spring Qualifier Meet 2023 | Sheffield | EM230359 | 1 |
| 800 Freestyle | 9:27.02 | 9:16.70 | 506 | 13/05/23 | SE North West Regional Summer Championships 2023 | Liverpool | NW230691 | 1 |
| 50 Breaststroke | 35.04 | 34.10 | 406 | 28/01/24 | Lancashire County Championships 2024 | Manchester | NW240296 | 1 |
| 50 Butterfly | 29.17 | 28.50 | 444 | 11/02/24 | Lancashire County Championships 2024 | Manchester | NW240297 | 1 |
| 100 Butterfly | 1:03.48 | 1:02.30 | 472 | 06/04/24 | Derby Excel April Meet | Sheffield | EM240430 | 1 |
| 200 Backstroke | 2:51.77 | 2:49.80 | 276 | 12/01/20 | Lancashire County Age Groups & County Champs | Manchester | NW200180 | 1 |
| 200 Individual Medley | 2:23.96 | 2:21.20 | 496 | 27/01/24 | Lancashire County Championships 2024 | Manchester | NW240296 | 1 |
| 400 Individual Medley | 5:06.98 | 5:01.20 | 492 | 10/02/24 | Lancashire County Championships 2024 | Manchester | NW240297 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|-------------------|----------|-------|
| 50 Freestyle | 26.42 | 27.20 | 444 | 03/12/23 | Preston Swimming Club Club Champs 2023 | Westview LC | NW232570 | 3 |
| 100 Freestyle | 57.22 | 58.70 | 481 | 03/03/24 | Burnley Bobcats 2024 | Darwen | NW240098 | 3 |
| 200 Freestyle | 2:02.04 | 2:04.80 | 539 | 03/12/23 | Preston Swimming Club Club Champs 2023 | Westview LC | NW232570 | 3 |
| 400 Freestyle | 4:18.84 | 4:24.20 | 551 | 03/03/24 | Burnley Bobcats 2024 | Darwen | NW240098 | 3 |
| 800 Freestyle | 9:24.64 | 9:34.80 | 484 | 06/01/23 | Burnley Bobcats Last Chance County Qualifier Meet | Darwen | NW230024 | 3 |
| 50 Breaststroke | 33.25 | 34.20 | 422 | 03/12/23 | Preston Swimming Club Club Champs 2023 | Westview LC | NW232570 | 3 |
| 50 Butterfly | 28.92 | 29.60 | 425 | 02/03/24 | Burnley Bobcats 2024 | Darwen | NW240098 | 3 |
| 100 Butterfly | 1:03.32 | 1:04.50 | 429 | 03/12/23 | Preston Swimming Club Club Champs 2023 | Westview LC | NW232570 | 3 |
| 200 Butterfly | 2:27.56 | 2:29.70 | 379 | 06/11/22 | Preston SC Club CHampionships 2022 | Preston | NW222186 | 4 |
| 50 Backstroke | 31.24 | 31.90 | 354 | 25/06/23 | Preston SC Summer Spectacular Meet 2023 | Darwen | NW230702 | 3 |
| 100 Backstroke | 1:09.84 | 1:11.00 | 331 | 06/11/22 | Preston SC Club CHampionships 2022 | Preston | NW222186 | 4 |
| 200 Backstroke | 2:46.76 | 2:48.80 | 254 | 16/11/19 | Wigan BEST Future Stars Open Meet | Wigan Life Centre | NW192346 | 2 |
| 200 Individual Medley | 2:17.73 | 2:20.60 | 504 | 03/03/24 | Burnley Bobcats 2024 | Darwen | NW240098 | 3 |
| 400 Individual Medley | 5:05.71 | 5:11.40 | 453 | 05/11/22 | SE NW Winter Regional Swimming Championships | Liverpool | NW221980 | 2 |
| 100 Individual Medley | 1:05.34 | 1:05.30 | 429 | 25/06/23 | Preston SC Summer Spectacular Meet 2023 | Darwen | NW230702 | 3 |