

Individual Best Times (All Time)

Aaron Jones - (1313987) - Aberystwyth and District Swimmin

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.61	33.00	240	19/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
100 Freestyle	1:16.88	1:15.80	226	18/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
200 Freestyle	3:12.24	3:10.40	149	26/06/22	Swim Wales Welsh Development (Youth Panel) 2022	Swansea	WL220740	3
50 Breaststroke	43.07	42.30	218	18/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
100 Breaststroke	1:38.87	1:37.60	190	19/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
200 Breaststroke	3:32.16	3:29.60	206	18/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
50 Backstroke	41.70	41.20	180	19/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
100 Backstroke	1:28.26	1:27.30	199	18/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.04	31.70	273	25/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
100 Freestyle	1:11.49	1:12.70	246	13/05/23	Nofio Sir Gar Development Meet 2023	Carmarthenshire	WL230620	3
200 Freestyle	2:35.24	2:37.50	262	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3
50 Breaststroke	39.72	40.50	247	26/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
100 Breaststroke	1:33.05	1:34.40	209	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3
200 Breaststroke	3:22.19	3:24.80	209	13/05/23	Nofio Sir Gar Development Meet 2023	Carmarthenshire	WL230620	3
50 Backstroke	38.98	39.50	182	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3
100 Backstroke	1:20.48	1:21.50	216	10/12/23	Carmarthen & District Christmas Open Meet 2023	Carmarthen	WL232014	2
200 Backstroke	2:55.71	2:57.60	217	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Individual Medley	1:29.64	1:29.60	166	02/07/23	Holywell ASC Summer Sprint 2023	Holywell	WL230621	3