

Individual Best Times (All Time)

Jamie Wilson - (1370135) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.14	27.40	410	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Freestyle	1:00.30	58.90	469	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Freestyle	2:13.39	2:10.80	447	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
400 Freestyle	4:35.00	4:29.90	512	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
800 Freestyle	9:21.91	9:11.50	520	19/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
1500 Freestyle	18:04.61	17:45.40	517	05/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
50 Breaststroke	42.23	41.50	232	04/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
100 Breaststroke	1:33.08	1:31.70	228	28/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
50 Butterfly	29.01	28.40	452	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Butterfly	1:03.98	1:02.80	461	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
200 Butterfly	2:24.00	2:21.80	449	21/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
50 Backstroke	33.78	33.20	338	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Backstroke	1:10.09	1:08.90	399	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Backstroke	2:31.51	2:29.30	403	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Individual Medley	2:29.27	2:26.60	445	04/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
400 Individual Medley	5:13.80	5:08.20	461	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.50	28.20	393	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Freestyle	58.76	1:00.20	444	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
200 Freestyle	2:08.63	2:11.30	461	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
400 Freestyle	4:31.88	4:37.00	475	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
800 Freestyle	9:26.37	9:36.50	479	13/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
1500 Freestyle	18:05.94	18:24.80	474	06/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231200	4
50 Breaststroke	37.49	38.30	294	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Breaststroke	1:20.96	1:22.50	318	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Breaststroke	2:54.25	2:57.30	327	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Butterfly	29.87	30.50	386	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Butterfly	1:02.67	1:03.90	443	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
200 Butterfly	2:24.24	2:26.40	406	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
50 Backstroke	32.27	32.90	321	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Backstroke	1:07.84	1:09.00	361	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Backstroke	2:24.00	2:26.30	394	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
200 Individual Medley	2:25.43	2:28.10	428	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
400 Individual Medley	5:24.08	5:29.50	380	14/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
100 Individual Medley	1:16.00	1:16.00	272	11/09/22	Thetford Dolphins Swimming Club Nifty 50s	Thetford	ER221507	3