

Individual Best Times (All Time)

Frankie Jackson - (1387493) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.60	30.90	417	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Freestyle	1:10.73	1:09.50	390	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Freestyle	2:33.87	2:31.60	394	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
400 Freestyle	5:34.25	5:30.00	349	02/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
800 Freestyle	11:07.04	10:58.30	383	31/03/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
50 Breaststroke	42.99	42.30	312	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Breaststroke	1:32.48	1:31.10	333	13/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
200 Breaststroke	3:14.87	3:12.10	351	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
50 Butterfly	35.81	35.30	317	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
50 Backstroke	45.15	44.70	210	03/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	NE220261	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.95	31.60	406	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Freestyle	1:09.61	1:10.80	376	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
200 Freestyle	2:25.25	2:27.60	438	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
400 Freestyle	5:08.74	5:13.30	420	16/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	NE231253	3
800 Freestyle	10:35.68	10:44.70	423	24/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
1500 Freestyle	22:30.91	22:46.10	303	22/01/23	Billingham ASC Long Distance Meet 2023	Billingham	NE230190	3
50 Breaststroke	39.93	40.70	358	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Breaststroke	1:28.68	1:30.10	347	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
200 Breaststroke	3:05.25	3:08.10	383	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
50 Butterfly	34.35	34.90	357	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
100 Butterfly	1:30.12	1:31.00	215	11/06/24	City of Sunderland ASC Club Champs 2024	Sunderland	NE241355	4
50 Backstroke	38.45	39.00	283	28/05/23	South Tyneside SC Spring Meet 2023	South Shields	NE230186	3
100 Backstroke	1:24.84	1:25.80	270	11/06/24	City of Sunderland ASC Club Champs 2024	Sunderland	NE241355	4
200 Backstroke	3:29.99	3:31.60	181	12/12/21	Middlesbrough Christmas 2021 Meet	Middlesbrough	NE211080	3
200 Individual Medley	2:54.22	2:56.50	342	13/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
400 Individual Medley	6:31.07	6:35.50	290	16/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesbrough	NE231716	3
100 Individual Medley	1:19.28	1:19.30	362	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3