

# Individual Best Times (All Time)

Dylan Jamieson - (1412315) - Derby Excel Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.64	25.80	483	04/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
100 Freestyle	57.89	56.40	530	10/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1
200 Freestyle	2:05.01	2:02.20	543	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
400 Freestyle	4:24.27	4:18.90	577	03/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
800 Freestyle	9:05.82	8:55.10	568	30/03/24	SE EM Distance Time Trial 2024	Loughborough	EM240722	1
1500 Freestyle	18:36.67	18:18.00	474	10/06/23	City of Bradford SC Summer Long Course Meet 2023	Leeds	NE230910	3
50 Breaststroke	43.15	42.40	217	12/12/21	Derbyshire ASA LC Competition 2021 - Level 3	Ponds Forge	EM210640	3
100 Breaststroke	1:31.88	1:30.50	237	05/03/22	Worksop Dolphins SC L3 Long Course	Sheffield	EM220227	3
50 Butterfly	31.86	31.30	341	11/12/22	Derbyshire ASA LC Competition 2022 Level 3	Sheffield	EM222034	3
100 Butterfly	1:09.72	1:08.60	356	12/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
50 Backstroke	29.27	28.60	520	03/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
100 Backstroke	1:03.25	1:02.00	542	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
200 Backstroke	2:18.54	2:16.10	527	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
200 Individual Medley	2:25.59	2:22.90	480	03/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
400 Individual Medley	5:20.30	5:14.80	433	10/06/23	City of Bradford SC Summer Long Course Meet 2023	Leeds	NE230910	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.16	26.90	457	15/06/24	Derby Excel Club Championships 2024	Derby	EM241174	4
100 Freestyle	56.50	58.00	499	01/10/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
200 Freestyle	2:00.28	2:03.10	563	15/06/24	Derby Excel Club Championships 2024	Derby	EM241174	4
400 Freestyle	4:17.54	4:22.90	559	22/10/23	Loughborough Swimming International SC Meet 2023	Moorways SV	EM231601	2
800 Freestyle	8:56.29	9:06.90	565	03/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
1500 Freestyle	23:36.08	23:50.60	213	06/07/19	18th Biddulph ASC Open Meet	Biddulph	WM191484	3
50 Breaststroke	37.52	38.30	294	16/09/23	Northampton SC & Co Leicester Sprint Meet 2023	Braunstone	EM231751	4
100 Breaststroke	1:35.17	1:36.50	195	10/07/21	Repton Open Meet	Repton Sports Centre	EM210146	3
200 Breaststroke	3:45.89	3:48.20	150	15/09/19	City of Derby Club Championships 2019	Derby	EM192471	4
50 Butterfly	29.91	30.50	384	16/09/23	Northampton SC & Co Leicester Sprint Meet 2023	Braunstone	EM231751	4
100 Butterfly	1:07.50	1:08.60	354	15/06/24	Derby Excel Club Championships 2024	Derby	EM241174	4
200 Butterfly	2:43.57	2:45.50	278	20/03/22	City of Derby 38th Licensed Open Meet	Matlock	EM220233	3
50 Backstroke	28.77	29.50	453	04/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
100 Backstroke	1:00.95	1:02.30	498	15/06/24	Derby Excel Club Championships 2024	Derby	EM241174	4
200 Backstroke	2:13.69	2:16.20	493	04/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
200 Individual Medley	2:23.08	2:25.80	449	08/01/23	Ripley Rascals SC 50th Anniversary Open Meet 2023	Matlock	EM230016	3
400 Individual Medley	6:25.90	6:30.40	225	22/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
100 Individual Medley	1:05.22	1:05.20	431	01/10/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2