

Individual Best Times (All Time)

Holly Jones - (1420174) - Beau Sejour Barracuda SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.40	31.10	429	26/11/23	Guernsey SC Island Swimming Championships 2023	St Sampsons HS	SE232131	3
100 Freestyle	1:08.00	1:09.20	403	26/11/22	Guernsey SC Island Swimming Championships 2022	Beau Sejour LC	SE222283	3
200 Freestyle	2:38.39	2:40.60	337	12/11/22	Beau Sejour Barracudas The Oak Series 2022	Beau Sejour	SE220351	4
400 Freestyle	5:41.80	5:45.90	309	07/11/22	Beau Sejour Barracudas The Oak Series 2022	Beau Sejour	SE220353	4
50 Breaststroke	43.62	44.30	275	02/04/22	Channel Island Championships 2022	Les Quennevais	SE220456	3
100 Breaststroke	1:42.75	1:44.00	223	09/07/22	Jersey SC 19th Graded Sprint Meet	Les Quennevais	SE220612	4
200 Breaststroke	3:48.51	3:50.80	204	13/11/21	The Oak Series 2021	Guernsey	SE210018	4
50 Butterfly	34.49	35.00	353	26/11/23	Guernsey SC Island Swimming Championships 2023	St Sampsons HS	SE232131	3
100 Butterfly	1:30.94	1:31.80	209	24/09/22	Guernsey ASA 100m Gala	Beau Sejour Leisure	SE221926	4
50 Backstroke	35.72	36.30	353	21/10/23	Calligo Tigers Jersey 42nd October Open Meet 2023	Les Quennevais	SE230731	3
100 Backstroke	1:23.56	1:24.50	283	11/06/22	The Beau Sejour Barracudas 32nd Open Meet	Beau Sejour	SE220938	3
200 Backstroke	3:04.03	3:05.80	269	15/10/22	Beau Sejour Barracudas The Oak Series 2022	Beau Sejour	SE220352	4
200 Individual Medley	3:00.86	3:03.00	305	26/11/22	Guernsey SC Island Swimming Championships 2022	Beau Sejour LC	SE222283	3
100 Individual Medley	1:23.33	1:23.30	311	24/09/22	Guernsey ASA 100m Gala	Beau Sejour Leisure	SE221926	4