

Individual Best Times (All Time)

Jack Guppy - (1455429) - Millfield

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|----------------|----------|-------|
| 50 Freestyle | 29.08 | 28.40 | 371 | 16/03/24 | Somerset ASA County Championships 2024 | Millfield | SW240543 | 1 |
| 100 Freestyle | 1:08.14 | 1:06.90 | 325 | 05/02/22 | Somerset ASA County Championships 2022 | Millfield | SW220107 | 1 |
| 200 Freestyle | 2:24.61 | 2:22.20 | 350 | 30/01/22 | Somerset ASA County Championships 2022 | Millfield | SW220106 | 1 |
| 50 Butterfly | 33.35 | 32.80 | 297 | 06/02/22 | Somerset ASA County Championships 2022 | Millfield | SW220107 | 1 |
| 100 Butterfly | 1:20.55 | 1:19.60 | 231 | 23/01/22 | Somerset ASA County Championships 2022 | Millfield | SW220105 | 1 |
| 200 Butterfly | 2:56.52 | 2:54.70 | 244 | 24/04/22 | Swim England South West Region Championships 2022 | Millfield | SW220567 | 1 |
| 50 Backstroke | 35.19 | 34.60 | 299 | 04/02/23 | Somerset ASA County Championships 2023 | Millfield | SW230177 | 1 |
| 100 Backstroke | 1:24.45 | 1:23.50 | 228 | 23/01/22 | Somerset ASA County Championships 2022 | Millfield | SW220105 | 1 |
| 200 Backstroke | 3:10.37 | 3:08.60 | 203 | 26/01/20 | 2020 Kent ASA Swimming Championships | Crystal Palace | SE200206 | 1 |
| 200 Individual Medley | 2:55.45 | 2:53.20 | 274 | 23/01/22 | Somerset ASA County Championships 2022 | Millfield | SW220105 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-----------------|----------|-------|
| 50 Freestyle | 29.60 | 30.30 | 315 | 28/11/21 | November County Qualifier 2021 | Millfield | SW210563 | 3 |
| 100 Freestyle | 1:05.78 | 1:07.00 | 316 | 18/03/23 | Street, Millfield & TDSC Regional Qualifier 2023 | Millfield | SW230531 | 3 |
| 200 Freestyle | 2:24.36 | 2:26.70 | 326 | 16/10/22 | Millfield & Team Bath AS Level 2 Short Course Meet | Millfield | SW221660 | 2 |
| 50 Breaststroke | 42.89 | 43.60 | 196 | 26/11/22 | Taunton Deane November County Qualifier Meet | Millfield | SW221996 | 3 |
| 100 Breaststroke | 1:35.63 | 1:36.90 | 193 | 30/10/21 | Somerset ASA Development Meet 2021 | Hutton Moor | SW210333 | 4 |
| 50 Butterfly | 33.48 | 34.00 | 274 | 18/03/23 | Street, Millfield & TDSC Regional Qualifier 2023 | Millfield | SW230531 | 3 |
| 100 Butterfly | 1:17.57 | 1:18.50 | 233 | 27/11/22 | Taunton Deane November County Qualifier Meet | Millfield | SW221996 | 3 |
| 200 Butterfly | 3:00.41 | 3:02.20 | 207 | 27/11/21 | November County Qualifier 2021 | Millfield | SW210563 | 3 |
| 50 Backstroke | 35.25 | 35.80 | 246 | 30/10/21 | Somerset ASA Development Meet 2021 | Hutton Moor | SW210333 | 4 |
| 100 Backstroke | 1:17.33 | 1:18.40 | 244 | 16/10/22 | Millfield & Team Bath AS Level 2 Short Course Meet | Millfield | SW221660 | 2 |
| 200 Backstroke | 3:13.07 | 3:14.80 | 163 | 23/11/19 | RTW Monson SC Club Championships 2019 | Tunbridge Wells | SE192964 | 4 |
| 200 Individual Medley | 2:47.35 | 2:49.70 | 281 | 15/10/22 | Millfield & Team Bath AS Level 2 Short Course Meet | Millfield | SW221660 | 2 |
| 100 Individual Medley | 1:17.37 | 1:17.40 | 258 | 22/01/23 | Somerset ASA County Championships 2023 | Millfield | SW230175 | 2 |