

Individual Best Times (All Time)

Jessica Park - (146089) - Long Eaton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.93	29.20	490	01/05/10	East Region Youth Champs	Norwich	ERX011	1
100 Freestyle	1:05.47	1:04.20	492	02/05/10	East Region Youth Champs	Norwich	ERX011	1
200 Freestyle	2:23.40	2:21.00	487	01/05/10	East Region Youth Champs	Norwich	ERX011	1
50 Breaststroke	42.89	42.10	314	04/05/09	East Region Youth Champs	Norwich	ERX912	1
200 Breaststroke	3:14.13	3:11.40	355	22/03/08	City of Norwich Easter Mt	Norwich	ER8089	2
50 Butterfly	34.86	34.30	344	02/05/09	East Region Youth Champs	Norwich	ERX912	1
50 Backstroke	34.94	34.40	454	01/05/11	BG East Region Championships	Norwich	ERX115	1
100 Backstroke	1:12.97	1:11.90	484	02/05/10	East Region Youth Champs	Norwich	ERX011	1
200 Backstroke	2:37.40	2:35.30	478	30/04/11	BG East Region Championships	Norwich	ERX115	1
200 Individual Medley	2:47.41	2:45.00	427	22/03/08	City of Norwich Easter Mt	Norwich	ER8089	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.86	29.60	501	19/02/11	Essex County Championships	Southend	CC1058	2
100 Freestyle	1:02.89	1:04.20	510	27/03/11	Essex County Championships	Braintree	CC1060	2
200 Freestyle	2:15.76	2:18.30	536	14/02/10	Essex County Champs	Braintree	CC0071	2
400 Freestyle	5:09.09	5:13.60	419	07/10/11	Halstead ASC Club Championships	Halstead	ER1494	4
50 Breaststroke	38.74	39.50	392	24/01/09	Essex County AG Champs	Grays	CC9024	2
100 Breaststroke	1:24.77	1:26.20	398	26/09/08	Halstead Club Champs	Halstead	ER8520	4
200 Breaststroke	3:04.52	3:07.40	387	29/03/08	Essex County Champs	Grays	CC8014	2
50 Butterfly	32.98	33.60	403	21/11/09	Essex Championships 2009	Braintree	ER9636	2
100 Butterfly	1:12.89	1:13.90	407	09/01/11	teamipswich 12th Licensed Open Meet	Ipswich	ER1002	3
200 Butterfly	2:48.09	2:50.00	360	10/05/08	West Suffolk SC Open Meet	Bury St Edmunds	ER8136	2
50 Backstroke	32.88	33.50	452	28/11/10	Essex ASA County Champs	Braintree	ER0718	2
100 Backstroke	1:08.53	1:09.70	513	26/03/11	Essex County Championships	Braintree	CC1060	2
200 Backstroke	2:28.89	2:31.10	509	07/03/10	Essex County Champs	Braintree	CC0072	2
200 Individual Medley	2:35.18	2:37.70	484	26/03/11	Essex County Championships	Braintree	CC1060	2
100 Individual Medley	1:11.85	1:11.80	486	13/02/10	Essex County Champs	Braintree	CC0071	2