

Individual Best Times (All Time)

Maisy Jeffery - (1461546) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.01	31.40	401	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Freestyle	1:14.60	1:13.50	333	02/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
200 Freestyle	2:36.02	2:33.80	378	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
400 Freestyle	5:51.22	5:47.20	301	08/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
50 Breaststroke	39.42	38.60	404	04/05/24	SE London Region Summer Championships 2024	London	LR240711	1
100 Breaststroke	1:26.80	1:25.30	403	06/05/24	SE London Region Summer Championships 2024	London	LR240711	1
200 Breaststroke	3:11.47	3:08.70	370	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
50 Backstroke	40.63	40.10	288	02/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
100 Backstroke	1:28.54	1:27.60	271	19/03/23	Bracknell & Wokingham Regional Qualifier Meet 2023	Aldershot	SE230198	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.58	32.20	382	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:11.26	1:12.40	350	12/11/23	Killerwhales of Havering Autumn Tri Club Gala 2023	Hornchurch	LR232421	4
200 Freestyle	2:31.56	2:33.80	385	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
400 Freestyle	5:20.28	5:24.60	376	25/10/23	Killerwhales SC of Havering Winter LD Time Trials	Romford	LR232393	4
800 Freestyle	10:36.19	10:45.20	422	12/06/24	Killerwhales Spring Long Distance Time Trials 2024	Romford	LR241503	4
50 Breaststroke	39.47	40.30	371	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Breaststroke	1:25.70	1:27.20	385	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	3:04.84	3:07.70	385	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	37.55	38.10	273	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
50 Backstroke	41.07	41.60	232	03/12/22	Basildon & Phoenix SC Last Chance County Qualifier	Basildon	ER222354	3
100 Backstroke	1:20.00	1:21.00	323	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
200 Backstroke	3:00.05	3:01.90	288	05/02/23	Essex Age Group County Championships 2023	Basildon	ER230022	2
200 Individual Medley	3:17.72	3:19.70	234	13/11/22	Killerwhales SC Autumn Tri Club Gala 2022	Hornchurch	LR222282	4
100 Individual Medley	1:20.79	1:20.80	342	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4