

Individual Best Times (All Time)

Ruby Jackson - (1461563) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.09	32.50	363	29/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
100 Freestyle	1:11.68	1:10.50	375	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Freestyle	2:41.49	2:39.30	341	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
50 Breaststroke	48.48	47.80	217	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
50 Butterfly	35.06	34.50	338	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Butterfly	1:18.89	1:17.90	347	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Butterfly	3:20.23	3:18.60	225	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
50 Backstroke	40.04	39.50	301	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
100 Backstroke	1:20.85	1:19.80	356	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Backstroke	2:59.91	2:58.00	320	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
200 Individual Medley	3:10.18	3:08.10	291	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.40	33.00	354	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:09.24	1:10.40	382	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	2:41.44	2:43.60	319	15/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	ER221172	4
400 Freestyle	5:40.50	5:44.60	313	26/03/23	Norwich Swan Open Meet 2023	Norwich	ER230288	3
800 Freestyle	11:41.93	11:50.10	314	13/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
1500 Freestyle	23:24.16	23:38.80	270	06/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231200	4
50 Breaststroke	46.94	47.60	220	25/03/23	Norwich Swan Open Meet 2023	Norwich	ER230288	3
100 Breaststroke	1:46.70	1:47.90	199	30/10/22	Teamipswich Swimming Club Spooktacular Open Meet	Ipswich	ER221508	3
200 Breaststroke	3:46.43	3:48.80	209	26/02/23	Norfolk ASA Warwick Thompson Memorial Gala 2023	Thetford	ER230408	3
50 Butterfly	34.48	35.00	353	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:19.74	1:20.70	311	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Butterfly	3:11.38	3:13.00	244	17/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231203	4
50 Backstroke	36.95	37.50	319	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Backstroke	1:21.44	1:22.40	306	25/02/23	Norfolk ASA Warwick Thompson Memorial Gala 2023	Thetford	ER230408	3
200 Backstroke	2:58.83	3:00.70	294	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
200 Individual Medley	2:58.90	3:01.10	316	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
400 Individual Medley	6:19.43	6:24.00	317	14/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
100 Individual Medley	1:25.71	1:25.70	286	29/07/23	Norwich Swan & Great Yarmouth SC Summer Sprints	Norwich	ER231160	3