

Individual Best Times (All Time)

Jacob Standing - (1486919) - Stockport Metro SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:15.66	1:14.50	237	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
50 Breaststroke	36.43	35.60	361	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
100 Breaststroke	1:20.32	1:18.70	355	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Breaststroke	2:51.48	2:48.40	391	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
50 Butterfly	32.43	31.80	323	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
100 Backstroke	1:23.83	1:22.90	233	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
200 Individual Medley	2:35.29	2:32.70	395	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
400 Individual Medley	5:38.80	5:33.60	366	05/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.48	30.20	319	30/06/24	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE240496	3
100 Freestyle	1:07.79	1:09.00	289	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
200 Freestyle	2:34.25	2:36.50	267	29/10/23	Co Salford Potential Olympian Halloween Meet 2023	Broughton	NW231631	3
800 Freestyle	11:50.84	11:58.90	242	27/09/23	Stockport Metro Cub Champs 2023	Stockport	NW231873	4
50 Breaststroke	35.82	36.70	337	30/06/24	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE240496	3
100 Breaststroke	1:18.89	1:20.50	344	29/06/24	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE240496	3
200 Breaststroke	2:50.77	2:53.80	348	20/01/24	Cheshire County Championships 2024	Macclesfield	NW240307	2
50 Butterfly	31.74	32.30	321	29/06/24	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE240496	3
100 Butterfly	1:17.18	1:18.20	237	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Backstroke	33.81	34.40	279	29/06/24	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE240496	3
100 Backstroke	1:12.95	1:14.00	290	18/05/24	Winsford Spring Development Meet 2024	Winsford	NW240703	3
200 Individual Medley	2:34.30	2:36.80	358	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
400 Individual Medley	5:26.43	5:31.80	372	29/06/24	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE240496	3
100 Individual Medley	1:11.47	1:11.50	327	29/06/24	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE240496	3