

Individual Best Times (All Time)

Jack Sewell - (1492987) - Saxon Crown (Lewisham) SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.53	31.20	287	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
100 Freestyle	1:10.15	1:11.30	261	08/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
200 Freestyle	2:31.81	2:34.10	280	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
800 Freestyle	11:42.19	11:50.40	251	18/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231351	4
1500 Freestyle	26:00.05	26:13.30	159	26/09/22	Saxon Crown Club Championships 2022	Lewisham	LR221837	4
100 Breaststroke	1:45.82	1:47.00	142	24/10/22	Saxon Crown Club Championships 2022	Lewisham	LR221840	4
100 Butterfly	1:36.64	1:37.40	120	28/11/22	Saxon Crown Club Championships 2022	Lewisham	LR221840	4
200 Individual Medley	2:59.43	3:01.60	228	25/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231352	4
400 Individual Medley	6:14.16	6:18.80	247	26/06/23	Saxon Crown Club Championships 2023	Lewisham	LR231350	4