

# Individual Best Times (All Time)

James Neesam - (1501999) - Poole SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:08.09	1:06.80	325	22/07/23	Winchester City Penguins Summer Scorchers 2023	Winchester	SE231199	3
50 Breaststroke	43.34	42.60	214	30/07/22	Winchester City Penguins Summer Scorchers 2022	Winchester	SE221270	3
50 Butterfly	32.26	31.70	328	22/07/23	Winchester City Penguins Summer Scorchers 2023	Winchester	SE231199	3
50 Backstroke	35.21	34.60	299	23/07/23	Winchester City Penguins Summer Scorchers 2023	Winchester	SE231199	3
100 Backstroke	1:15.77	1:14.70	315	22/07/23	Winchester City Penguins Summer Scorchers 2023	Winchester	SE231199	3
200 Backstroke	2:49.31	2:47.30	288	23/07/23	Winchester City Penguins Summer Scorchers 2023	Winchester	SE231199	3
200 Individual Medley	2:47.88	2:45.50	313	23/07/23	Winchester City Penguins Summer Scorchers 2023	Winchester	SE231199	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.38	30.10	323	24/03/24	Seagulls Spring L3 Open Meet 2024	Dorchester	SW240317	3
100 Freestyle	1:03.85	1:05.10	346	17/03/24	Swim Bournemouth Regional Prep' L2 Open Meet	Bournemouth	SW240250	2
200 Freestyle	2:21.88	2:24.30	343	17/03/24	Swim Bournemouth Regional Prep' L2 Open Meet	Bournemouth	SW240250	2
400 Freestyle	5:03.50	5:08.10	342	23/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
50 Breaststroke	36.77	37.60	312	02/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
100 Breaststroke	1:25.59	1:27.10	269	01/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
200 Breaststroke	3:05.75	3:08.60	270	02/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
50 Butterfly	30.69	31.30	355	26/05/24	Poole Swimming Club Champs 2024	Poole	SW240907	4
100 Butterfly	1:08.89	1:10.00	333	23/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
200 Butterfly	2:54.65	2:56.50	228	22/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
50 Backstroke	33.58	34.20	285	23/09/23	Poole SC September Super Sprints	Rossmore LC	SW231688	4
100 Backstroke	1:14.23	1:15.30	276	08/07/23	Dorset County Development Meet 2023	Littledown	SW230755	3
200 Backstroke	2:40.86	2:42.90	283	16/03/24	Swim Bournemouth Regional Prep' L2 Open Meet	Bournemouth	SW240250	2
200 Individual Medley	2:36.63	2:39.10	342	23/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
400 Individual Medley	5:50.79	5:55.80	299	22/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
100 Individual Medley	1:14.20	1:14.20	292	02/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3