

# Individual Best Times (All Time)

Henry Jones - (1589412) - Dronfield Dolphins SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.85	26.10	472	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Freestyle	57.91	56.50	529	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
200 Freestyle	2:08.71	2:06.00	497	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
400 Freestyle	4:34.00	4:28.80	518	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
1500 Freestyle	18:49.97	18:31.60	458	04/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
50 Breaststroke	41.42	40.70	245	04/03/23	The Dukeries A/B Graded Open Meet 2023	Sheffield	EM230319	3
100 Breaststroke	1:30.53	1:29.10	248	22/01/23	Rotherham Metro A & B Grade Long Course Meet 2023	Sheffield	NE230069	3
200 Breaststroke	3:11.31	3:08.50	282	26/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
50 Butterfly	28.56	27.90	474	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Butterfly	1:03.09	1:01.90	481	20/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
200 Butterfly	2:21.23	2:19.00	476	22/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
50 Backstroke	31.50	30.90	417	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Backstroke	1:08.19	1:07.00	433	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Backstroke	2:37.21	2:35.10	360	26/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
200 Individual Medley	2:27.59	2:24.90	460	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
400 Individual Medley	5:44.95	5:39.80	347	22/04/23	East Midlands Regional LC Championships 2023	Corby	EM230741	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.72	27.50	429	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3
100 Freestyle	58.30	59.70	454	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3
200 Freestyle	2:07.38	2:10.10	474	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3
400 Freestyle	4:51.24	4:56.00	387	15/10/23	Matlock And District SC Autumn Open Meet 2023	Matlock	EM231565	3
800 Freestyle	9:27.40	9:37.50	477	18/05/24	Eckington Open Meet 2024	Eckington	EM240131	3
1500 Freestyle	19:38.30	19:55.70	371	20/05/23	Eckington SC Open 2023	Eckington	EM230552	3
50 Breaststroke	38.23	39.00	277	27/01/24	Dronfield Dolphins Club Championships 2024	Eckington	EM240482	4
50 Butterfly	28.82	29.50	429	19/05/24	Eckington Open Meet 2024	Eckington	EM240131	3
100 Butterfly	1:07.81	1:08.90	349	14/01/24	Derwent Swim Series Gala 2024	Alfreton	EM240048	4
200 Butterfly	2:41.22	2:43.20	291	15/10/23	Matlock And District SC Autumn Open Meet 2023	Matlock	EM231565	3
50 Backstroke	30.60	31.20	377	19/05/24	Eckington Open Meet 2024	Eckington	EM240131	3
100 Backstroke	1:06.94	1:08.10	376	19/05/24	Eckington Open Meet 2024	Eckington	EM240131	3
200 Individual Medley	2:25.13	2:27.80	431	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3
400 Individual Medley	5:38.62	5:43.80	333	16/07/23	Chesterfield SC Summer Splash 2023	Matlock	EM231234	3
100 Individual Medley	1:08.03	1:08.00	380	27/01/24	Dronfield Dolphins Club Championships 2024	Eckington	EM240482	4