

# Individual Best Times (All Time)

Matthew Stanford-Jason - (1620195) - Salisbury Stingrays SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.66	35.10	201	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
100 Freestyle	1:21.34	1:20.30	191	02/03/24	Team Bath AS & Millfield L3 Regional Qualifier 24	Millfield	SW240179	3
200 Freestyle	2:57.10	2:55.10	191	03/03/24	Team Bath AS & Millfield L3 Regional Qualifier 24	Millfield	SW240179	3
50 Butterfly	44.35	43.90	126	02/03/24	Team Bath AS & Millfield L3 Regional Qualifier 24	Millfield	SW240179	3
50 Backstroke	42.38	41.90	171	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
100 Backstroke	1:41.66	1:40.90	130	16/07/23	City Of Bristol Summer Festival 2023	Hengrove Park	SW230895	3
200 Backstroke	3:27.90	3:26.30	156	03/03/24	Team Bath AS & Millfield L3 Regional Qualifier 24	Millfield	SW240179	3
200 Individual Medley	3:27.55	3:25.60	165	02/03/24	Team Bath AS & Millfield L3 Regional Qualifier 24	Millfield	SW240179	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.61	36.20	181	13/01/24	Wiltshire County Age Group & Championships 2024	Salisbury	SW240070	2
100 Freestyle	1:15.71	1:16.80	207	30/03/24	Yeovil & District Spring Fling Meet 2024	Millfield	SW240203	3
200 Freestyle	2:53.93	2:55.90	186	18/01/24	Wiltshire County Age Group & Championships 2024	Link Cen	SW240071	2
400 Freestyle	6:17.30	6:21.00	178	13/01/24	Wiltshire County Age Group & Championships 2024	Salisbury	SW240070	2
1500 Freestyle	30:09.40	30:20.80	102	04/10/22	Salisbury Stingrays Club Championships 2022	Five Rivers	SW221565	4
50 Breaststroke	57.93	58.50	79	30/09/23	Salisbury Stingrays Combined Club Championships 23	Five Rivers	SW231643	4
100 Breaststroke	2:00.49	2:01.50	96	02/12/23	Salisbury Stingrays Combined Club Championships 23	Five Rivers	SW231645	4
50 Butterfly	43.54	44.00	124	14/01/24	Wiltshire County Age Group & Championships 2024	Salisbury	SW240070	2
100 Butterfly	1:43.13	1:43.90	99	18/01/24	Wiltshire County Age Group & Championships 2024	Link Cen	SW240071	2
50 Backstroke	41.30	41.80	153	14/01/24	Wiltshire County Age Group & Championships 2024	Salisbury	SW240070	2
100 Backstroke	1:30.19	1:31.10	153	13/01/24	Wiltshire County Age Group & Championships 2024	Salisbury	SW240070	2
200 Backstroke	3:10.56	3:12.30	170	30/03/24	Yeovil & District Spring Fling Meet 2024	Millfield	SW240203	3
200 Individual Medley	3:24.72	3:26.60	153	30/03/24	Yeovil & District Spring Fling Meet 2024	Millfield	SW240203	3
100 Individual Medley	1:28.78	1:28.80	171	30/03/24	Yeovil & District Spring Fling Meet 2024	Millfield	SW240203	3