

# Individual Best Times (All Time)

Jake Matthews - (1646564) - Atlantis Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.11	35.50	194	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Freestyle	1:21.38	1:20.30	190	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Freestyle	2:57.07	2:55.10	191	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
800 Freestyle	13:05.88	12:58.50	190	02/12/23	Atlantis Long Distance Meet 2023	Crawley	SE232432	4
50 Breaststroke	54.67	54.10	106	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
50 Butterfly	44.20	43.80	127	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Backstroke	41.67	41.20	180	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
100 Backstroke	1:30.79	1:29.90	183	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Individual Medley	3:27.79	3:25.90	165	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.29	35.90	186	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Freestyle	1:16.14	1:17.20	204	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Freestyle	2:43.81	2:45.90	223	10/06/24	Atlantis Club Champs 2024	Horsham	SE240746	4
400 Freestyle	5:56.94	6:00.90	210	08/06/24	Atlantis Club Champs 2024	Horsham	SE240745	4
50 Breaststroke	49.91	50.50	124	02/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
100 Breaststroke	1:48.30	1:49.50	132	09/06/24	Atlantis Club Champs 2024	Horsham	SE240745	4
200 Breaststroke	3:43.05	3:45.40	156	10/06/24	Atlantis Club Champs 2024	Horsham	SE240746	4
50 Butterfly	40.51	41.00	154	09/06/24	Atlantis Club Champs 2024	Horsham	SE240745	4
100 Butterfly	1:35.82	1:36.60	123	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Butterfly	3:23.63	3:25.20	144	12/06/24	Atlantis Club Champs 2024	Horsham	SE240746	4
50 Backstroke	41.03	41.50	156	12/06/24	Atlantis Club Champs 2024	Horsham	SE240746	4
100 Backstroke	1:25.26	1:26.20	182	10/06/24	Atlantis Club Champs 2024	Horsham	SE240746	4
200 Backstroke	3:00.97	3:02.80	198	07/06/24	Atlantis Club Champs 2024	Horsham	SE240745	4
200 Individual Medley	3:26.83	3:28.70	148	25/11/23	Atlantis SC Christmas Cracker 2023	Horsham	SE231038	3
400 Individual Medley	6:43.69	6:48.00	196	11/06/24	Atlantis Club Champs 2024	Horsham	SE240746	4
100 Individual Medley	1:29.16	1:29.20	168	12/06/24	Atlantis Club Champs 2024	Horsham	SE240746	4