

Individual Best Times (All Time)

James Day - (206917) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.75	24.90	535	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	55.21	53.70	611	23/01/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Freestyle	1:58.58	1:55.60	636	04/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
400 Freestyle	4:20.68	4:15.30	601	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
800 Freestyle	9:41.77	9:31.80	469	05/06/10	BG East Region Bagcats	Norwich	ERX012	1
1500 Freestyle	17:38.76	17:19.10	556	22/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Breaststroke	1:22.34	1:20.80	329	11/06/11	BG East Region Bagcat Championships	Norwich	ERX117	1
50 Butterfly	28.48	27.80	478	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Butterfly	1:02.90	1:01.70	485	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
200 Butterfly	2:30.19	2:28.10	396	16/01/11	Chester Le Street Burns Open Meet	Sheffield	NE1076	1
100 Backstroke	1:26.93	1:26.00	209	08/06/08	East Region Bagcat Champs	Norwich	ERX811	1
200 Backstroke	2:59.54	2:57.70	242	14/06/08	East Region Bagcat Champs	Norwich	ERX812	1
200 Individual Medley	2:30.59	2:27.90	433	09/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
400 Individual Medley	5:16.48	5:10.90	449	14/05/11	Rotherham Metro Level One Meet	Sheffield	NE1081	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.34	26.10	503	29/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
100 Freestyle	53.55	55.10	587	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
200 Freestyle	1:57.87	2:00.80	599	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
400 Freestyle	4:12.02	4:17.50	597	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
800 Freestyle	9:38.94	9:48.80	449	14/02/10	Essex County Champs	Braintree	CC0071	2
1500 Freestyle	18:23.35	18:41.90	452	06/03/10	Essex County Champs	Braintree	CC0072	2
50 Breaststroke	36.46	37.30	320	01/04/12	Essex County Championships	Basildon	CC2061	2
100 Breaststroke	1:18.44	1:20.00	350	27/03/11	Essex County Championships	Braintree	CC1060	2
200 Breaststroke	2:48.58	2:51.70	362	09/10/11	Thurrock SC Season Opener 2011	Grays	ER1468	2
50 Butterfly	27.78	28.50	479	30/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
100 Butterfly	1:00.60	1:01.80	490	04/01/15	Basildon & Phoenix Winter Meet	Basildon	ER150019	2
200 Butterfly	2:26.42	2:28.60	388	13/03/11	Essex County Championships	Southend	CC1059	2
50 Backstroke	31.66	32.30	340	18/02/12	Essex County Age Group Championships	Basildon	CC2058	2
100 Backstroke	1:10.13	1:11.30	327	05/11/11	Thurrock SC County Qualifier 2011	Grays	ER1459	3
200 Backstroke	2:51.00	2:52.90	235	29/03/09	Essex County Champs	Grays	CC9027	2
200 Individual Medley	2:25.35	2:28.00	429	24/02/13	Essex County Championships	Basildon	CC3019	2
400 Individual Medley	5:12.42	5:18.00	424	09/10/11	Thurrock SC Season Opener 2011	Grays	ER1468	2
100 Individual Medley	1:04.17	1:04.20	452	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2