

Individual Best Times (All Time)

Jamie Douglas - (262217) - Bedford Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.73	31.10	286	24/11/07	Sheffield City B Grade	Sheffield	NE7245	3
100 Freestyle	1:01.36	1:00.00	445	22/07/09	British Gas Nat Age Grps	Sheffield	ASA092	1
200 Freestyle	2:13.73	2:11.10	443	06/06/09	East Region BAGCATS	UEA Norwich	ERX913	1
400 Freestyle	4:35.76	4:30.60	508	30/04/11	BG East Region Championships	Norwich	ERX115	1
100 Breaststroke	1:41.75	1:40.50	174	29/11/08	Sheffield B Grade Open	Sheffield	NE8302	2
100 Butterfly	1:21.06	1:20.10	227	29/11/08	Sheffield B Grade Open	Sheffield	NE8302	2
50 Backstroke	34.57	34.00	316	22/02/14	BUCS Long Course 2014	Sheffield	BUC009	1
100 Backstroke	1:19.99	1:19.00	268	24/11/07	Sheffield City B Grade	Sheffield	NE7245	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.81	26.60	476	03/03/13	Bedfordshire County Championships	Luton	CC3022	2
100 Freestyle	56.99	58.40	487	03/03/13	Bedfordshire County Championships	Luton	CC3022	2
200 Freestyle	2:05.27	2:08.00	499	26/02/12	Bedfordshire County Championships	Biggleswade	CC2055	2
400 Freestyle	4:20.94	4:26.30	538	19/03/11	Bedfordshire County Championships	Biggleswade	CC1107	2
800 Freestyle	9:45.65	9:55.40	434	06/03/10	Bedfordshire Champs	Biggleswade	CC0042	2
1500 Freestyle	18:16.22	18:34.90	461	21/04/12	Team Luton SC Short Course Open Meet	Watford	ER2091	3
50 Breaststroke	44.46	45.20	176	02/03/08	Beds County Champs	Biggleswade	CC8078	2
100 Breaststroke	1:29.73	1:31.10	233	04/07/09	City of Milton Keynes Gala	Milton Keynes	SE9117	3
50 Butterfly	31.24	31.80	337	06/03/11	Bedfordshire County Championships	Biggleswade	CC1106	2
50 Backstroke	31.43	32.10	348	11/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
100 Backstroke	1:08.24	1:09.40	355	19/03/11	Bedfordshire County Championships	Biggleswade	CC1107	2
200 Backstroke	2:26.59	2:28.80	374	25/11/12	Hitchin Open Meet	Hitchin	ER2772	3
200 Individual Medley	2:36.95	2:39.40	340	18/07/10	City of Cambridge Summer Meet	Cambridge	ER0049	4
400 Individual Medley	5:55.46	6:00.40	288	05/07/08	CMK End of Season Meet	Milton Keynes	SE8094	3
100 Individual Medley	1:08.77	1:08.80	367	20/03/11	Bedfordshire County Championships	Biggleswade	CC1107	2