

# Individual Best Times (All Time)

Jack Betts - (271957) - City of Linc Pentaqua SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.86	32.20	257	22/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
100 Freestyle	1:07.33	1:06.10	337	17/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
200 Freestyle	2:40.99	2:38.80	254	21/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
50 Breaststroke	34.01	33.10	444	01/07/17	2nd Summer Spectacular Sprint Meet	Sheffield	EM170277	3
100 Breaststroke	1:15.10	1:13.40	434	01/07/17	2nd Summer Spectacular Sprint Meet	Sheffield	EM170277	3
200 Breaststroke	2:51.29	2:48.20	393	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
50 Butterfly	35.98	35.40	237	17/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
50 Backstroke	40.59	40.10	195	22/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
100 Backstroke	1:26.90	1:26.00	209	21/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
200 Backstroke	3:07.13	3:05.30	213	22/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.70	28.40	385	14/12/21	City of Lincoln Pentaqua SC Winter Sprints	North Hykeham	EM211463	4
100 Freestyle	1:02.32	1:03.60	372	07/10/17	City of Lincoln Pentaqua Club Championships	Lincoln	EM171778	4
200 Freestyle	2:16.13	2:18.70	388	09/07/16	City of Lincoln Pentaqua Club Championships	Yarborough	EM160786	4
400 Freestyle	5:02.99	5:07.60	343	04/10/15	CLP Club Championships 2015	Lincoln	EM151046	4
1500 Freestyle	20:36.00	20:52.60	321	06/07/14	City of Lincoln Pentaqua Club Championships	Lincoln	EM4389	4
50 Breaststroke	33.61	34.50	409	14/12/21	City of Lincoln Pentaqua SC Winter Sprints	North Hykeham	EM211463	4
100 Breaststroke	1:13.98	1:15.70	417	07/10/17	City of Lincoln Pentaqua Club Championships	Lincoln	EM171778	4
200 Breaststroke	2:43.72	2:46.90	395	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
50 Butterfly	33.07	33.60	284	18/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE150503	3
100 Butterfly	1:17.53	1:18.50	234	01/02/16	City Of Lincoln Pentaqua Dual Meets	Lincoln	EM160782	4
50 Backstroke	33.95	34.50	276	11/07/15	CLP Club Championships 2015	Lincoln	EM151045	4
100 Backstroke	1:14.51	1:15.60	272	23/04/17	City of Lincoln Pentaqua Dual Meet	Lincoln	EM171181	4
200 Backstroke	2:55.51	2:57.40	217	14/07/12	Rotherham Metro ASC L3 Short Course Meet	Sheffield	NE2071	3
200 Individual Medley	2:36.02	2:38.50	346	03/10/15	CLP Club Championships 2015	Lincoln	EM151047	4
100 Individual Medley	1:10.17	1:10.20	346	08/07/17	City of Lincoln Pentaqua Club Champs	Lincoln	EM171749	4