

# Individual Best Times (All Time)

Jacob Cross - (417276) - Rushmoor Royals SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.91	26.10	469	18/05/14	Bracknell & Wokingham SC L1 Open Meet	Aldershot	SE4049	1
100 Freestyle	59.25	57.80	494	16/11/13	Crawley Not So Early Bird Meet	Crawley	SE3141	1
200 Freestyle	2:10.31	2:07.60	479	30/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
400 Freestyle	4:57.31	4:52.50	405	10/07/16	Rushmoor Royals Club Championships	Aldershot	SE161398	4
800 Freestyle	10:47.59	10:38.60	340	28/02/09	Hampshire County Champs	Aldershot	CC9090	2
1500 Freestyle	20:03.25	19:46.00	379	01/04/10	Portsmouth Northsea Easter Meet	Portsmouth	SE0056	1
50 Breaststroke	41.97	41.20	236	09/07/11	Portsmouth Northsea Non Qualifier Meet	Portsmouth	SE1242	3
100 Breaststroke	1:36.09	1:34.80	207	08/05/10	Berks & SBucks No Frills	Aldershot	SE0252	1
200 Breaststroke	3:39.95	3:37.50	185	09/06/07	South East Region Age Grp	Crawley	SER716	1
50 Butterfly	31.66	31.10	348	28/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	SE2588	1
100 Butterfly	1:15.75	1:14.70	278	27/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	SE2588	1
50 Backstroke	34.17	33.60	327	29/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
100 Backstroke	1:17.07	1:16.00	300	09/07/11	Portsmouth Northsea Non Qualifier Meet	Portsmouth	SE1242	3
200 Backstroke	2:52.53	2:50.60	272	16/01/10	Rushmoor Royals New Year Meet	Aldershot	SE0022	3
200 Individual Medley	2:42.31	2:39.90	346	07/07/12	Rushmoor Royals SC Summer Festival	Aldershot	SE2390	3
400 Individual Medley	6:40.55	6:36.10	221	26/04/08	Coventry Spring Open Meet	Coventry	WM8122	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.40	27.20	445	15/12/12	Rushmoor Royals Club Championships	Aldershot	SE2832	4
100 Freestyle	58.89	1:00.30	441	21/09/13	Rushmoor Royals Club Championships	Bracknell	SE3860	4
200 Freestyle	2:10.81	2:13.40	438	13/11/11	Rushmoor Royals SC Club Championships	Aldershot	SE1727	4
400 Freestyle	4:57.48	5:02.20	363	03/04/10	Reading Easter Meet	Reading	SE0100	2
800 Freestyle	10:10.21	10:19.60	383	17/12/09	Rushmoor Royals Club Chmp	Aldershot	SE9730	4
1500 Freestyle	18:40.45	18:58.70	431	18/12/09	Rushmoor Royals Club Chmp	Aldershot	SE9730	4
50 Breaststroke	40.63	41.40	231	08/01/11	Basingstoke Bluefins AA Graded Open Meet	Basingstoke	SE1070	4
100 Breaststroke	1:36.55	1:37.90	187	05/12/09	Tigersharks Christmas Mt	Swindon	SW9489	3
200 Breaststroke	3:24.26	3:26.80	203	15/11/08	Haslemere Open Meet	Haslemere	SE8206	1
50 Butterfly	32.56	33.10	298	15/12/12	Rushmoor Royals Club Championships	Aldershot	SE2832	4
100 Butterfly	1:28.54	1:29.40	157	06/12/09	Tigersharks Christmas Mt	Swindon	SW9489	3
200 Butterfly	3:51.29	3:52.70	98	30/06/07	Hampshire Development	Waterlooville	SE7220	3
50 Backstroke	33.80	34.40	279	15/12/12	Rushmoor Royals Club Championships	Aldershot	SE2832	4
100 Backstroke	1:21.21	1:22.20	210	25/04/09	Littlehampton Last Chance	Portsmouth	SE9138	2
200 Backstroke	2:48.04	2:50.00	248	04/07/10	Hampshire Development	Waterlooville	SE0507	3
200 Individual Medley	2:42.85	2:45.30	305	04/12/11	Haslemere Christmas Level 3 Meet	Haslemere	SE1233	3
400 Individual Medley	6:54.42	6:58.70	181	14/12/07	Rushmoor Royal Champ 2007	Various	SE7420	4
100 Individual Medley	1:13.84	1:13.80	297	11/12/11	Rushmoor Royals SC Club Championships	Aldershot	SE1727	4