

Individual Best Times (All Time)

Jamie Levy - (445000) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.27	28.50	364	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
50 Breaststroke	38.29	37.50	311	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Breaststroke	1:45.90	1:44.70	154	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
50 Butterfly	31.15	30.50	365	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
50 Backstroke	33.38	32.80	351	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
100 Backstroke	1:25.37	1:24.40	220	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.86	29.60	340	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
100 Freestyle	1:06.12	1:07.40	311	10/10/17	Epping Forest Internal Club Champs	Loughton	ER172206	4
200 Freestyle	2:41.20	2:43.30	234	16/11/14	Epping Forest District Club Championships	Loughton	ER4562	4
400 Freestyle	5:21.88	5:26.20	286	11/09/16	Epping Forest Club Championships	Loughton	ER161336	4
1500 Freestyle	20:55.34	21:11.70	307	07/12/16	Epping Forest Club Championships	Loughton	ER161341	4
50 Breaststroke	37.47	38.30	295	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
100 Breaststroke	1:24.48	1:26.00	280	24/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
200 Breaststroke	3:08.14	3:10.90	260	11/12/16	Epping Forest Club Championships	Loughton	ER161339	4
50 Butterfly	31.57	32.20	327	08/07/18	Epping Forest Internal Club Champs 2018	Loughton	ER181654	4
100 Butterfly	1:16.78	1:17.80	240	13/11/16	Epping Forest Club Championships	Loughton	ER161337	4
50 Backstroke	32.03	32.70	328	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
100 Backstroke	1:14.39	1:15.50	274	11/12/16	Epping Forest Club Championships	Loughton	ER161339	4
200 Backstroke	2:40.95	2:43.00	282	30/11/16	Epping Forest Club Championships	Loughton	ER161340	4
200 Individual Medley	2:35.41	2:37.90	351	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
100 Individual Medley	1:13.68	1:13.70	299	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4