

Individual Best Times (All Time)

Jack Harris - (454474) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:10.61	1:09.40	292	15/12/12	Basildon & Phoenix LC Winter Meet	Basildon	ER2624	1
50 Breaststroke	43.95	43.20	205	16/12/12	Basildon & Phoenix LC Winter Meet	Basildon	ER2624	1
200 Breaststroke	3:20.60	3:17.90	244	16/12/12	Basildon & Phoenix LC Winter Meet	Basildon	ER2624	1
50 Backstroke	35.47	34.90	292	24/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Backstroke	1:14.70	1:13.60	329	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
200 Backstroke	2:39.34	2:37.20	346	24/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.50	31.20	288	29/11/13	Basildon & Phoenix Club Championships	Basildon	ER3694	4
100 Freestyle	1:06.43	1:07.70	307	11/01/14	Basildon & Phoenix Last Chance County	Basildon	ER4045	3
200 Freestyle	2:19.81	2:22.30	359	29/11/13	Basildon & Phoenix Club Championships	Basildon	ER3694	4
400 Freestyle	4:51.79	4:56.60	384	07/12/13	Basildon & Phoenix SC Club Championships	Basildon	ER3695	4
1500 Freestyle	19:11.80	19:29.60	397	01/12/13	Basildon & Phoenix Club Championships	Basildon	ER3694	4
50 Breaststroke	42.41	43.10	203	11/01/14	Basildon & Phoenix Last Chance County	Basildon	ER4045	3
100 Breaststroke	1:34.78	1:36.10	198	05/01/13	Redbridge Winter Meet 2013	Barkingside	LR3002	3
200 Breaststroke	3:14.87	3:17.60	234	27/10/12	Basildon & Phoenix Autumn SC Meet	Basildon	ER2625	3
50 Butterfly	36.78	37.30	206	06/12/13	Basildon & Phoenix SC Club Championships	Basildon	ER3695	4
100 Butterfly	1:30.50	1:31.30	147	21/12/12	Basildon & Phoenix SC Club Championships	Basildon	ER2751	4
50 Backstroke	33.66	34.30	283	19/10/13	Basildon & Phoenix SC Autumn SC Meet	Basildon	ER3692	3
100 Backstroke	1:13.04	1:14.10	289	19/10/13	Basildon & Phoenix SC Autumn SC Meet	Basildon	ER3692	3
200 Backstroke	2:34.15	2:36.30	321	07/12/13	Basildon & Phoenix SC Club Championships	Basildon	ER3695	4
200 Individual Medley	2:54.34	2:56.60	248	11/01/13	Basildon & Phoenix Club Championships	Basildon	ER3092	4
100 Individual Medley	1:17.54	1:17.50	256	12/01/14	Basildon & Phoenix Last Chance County	Basildon	ER4045	3