

# Individual Best Times (All Time)

James Ross - (455389) - Warrington Warriors SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.42	23.60	627	24/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
100 Freestyle	52.56	51.00	708	30/07/16	British Summer Championships	Sheffield	ASA148	1
200 Freestyle	1:57.54	1:54.60	653	26/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
400 Freestyle	4:15.92	4:10.40	635	29/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
800 Freestyle	9:38.59	9:28.50	477	31/07/10	British Gas Nat Age Grps	Sheffield	ASA101	1
1500 Freestyle	17:31.46	17:11.70	568	04/06/11	BG North West Region Age Group Championshi	Manchester	NWR105	1
50 Breaststroke	31.32	30.30	568	15/03/15	Edinburgh International 2015	Edinburgh	SCO954	1
100 Breaststroke	1:09.08	1:07.20	558	06/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
200 Breaststroke	2:31.35	2:27.80	569	15/03/15	Edinburgh International 2015	Edinburgh	SCO954	1
50 Butterfly	30.27	29.60	398	11/05/13	City of Manchester AST The Manchester Open	Manchester	NW3080	1
100 Butterfly	1:01.35	1:00.10	523	01/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Backstroke	28.51	27.80	563	12/03/17	Wycombe Long Course Premier Open Meet	Wycombe	SE170384	1
100 Backstroke	1:05.26	1:04.00	494	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
200 Backstroke	2:26.99	2:24.70	441	27/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
200 Individual Medley	2:13.65	2:10.70	620	25/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
400 Individual Medley	4:53.23	4:47.20	565	31/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.86	24.70	603	18/12/16	Chesterfield Winter Open Championships	Matlock	EM162509	3
100 Freestyle	52.15	53.70	635	05/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
200 Freestyle	1:52.43	1:55.50	690	22/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
400 Freestyle	4:03.81	4:09.50	659	21/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
800 Freestyle	9:24.42	9:34.60	484	06/11/10	North West Region Champs	Manchester	NWR024	2
1500 Freestyle	16:39.97	17:00.40	607	05/12/15	Warriors of Warrington Long Distance Meet	Warrington	NW152101	4
50 Breaststroke	30.69	31.70	537	17/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE160533	3
100 Breaststroke	1:06.82	1:08.70	566	30/01/16	Cheshire County Championships 2016	Macclesfield	NW160012	2
200 Breaststroke	2:26.03	2:29.60	557	16/11/13	Stockport November L2 Meet	Stockport	NW3038	2
50 Butterfly	26.58	27.30	547	16/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE160533	3
100 Butterfly	1:00.70	1:01.90	487	06/02/16	Cheshire County Championships 2016	Macclesfield	NW160012	2
200 Butterfly	2:18.18	2:20.40	462	08/02/14	Liverpool & District S & WPA Age Group Champs	Knowsley	NW4100	2
50 Backstroke	27.27	28.00	532	16/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE160533	3
100 Backstroke	58.22	59.60	572	17/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE160533	3
200 Backstroke	2:12.03	2:14.50	512	17/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE160533	3
200 Individual Medley	2:10.40	2:13.40	594	21/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
400 Individual Medley	4:38.29	4:44.50	600	22/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
100 Individual Medley	59.66	59.70	563	16/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE160533	3