

# Individual Best Times (All Time)

Jack Moulton - (505694) - City of Sheffield Swim Squad Ltd

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.93	26.10	468	06/04/19	Derwentio Excel 13th Long Course Open Meet	Sheffield	EM190236	1
100 Freestyle	1:01.33	1:00.00	446	28/11/15	City of Sheffield Snow Frills Meet	Sheffield	NE150210	3
200 Freestyle	2:14.29	2:11.70	438	13/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
400 Freestyle	4:44.67	4:39.70	462	16/03/13	Warwickshire County Championships	Coventry	CC3009	1
50 Breaststroke	31.84	30.80	541	07/04/19	Derwentio Excel 13th Long Course Open Meet	Sheffield	EM190236	1
100 Breaststroke	1:14.72	1:13.00	441	02/05/15	Midland Swimming Spring Championships 2015	Corby	EM150799	1
200 Breaststroke	2:48.09	2:44.90	416	29/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
50 Butterfly	28.63	28.00	470	07/04/19	Derwentio Excel 13th Long Course Open Meet	Sheffield	EM190236	1
100 Butterfly	1:05.36	1:04.20	433	07/04/19	Derwentio Excel 13th Long Course Open Meet	Sheffield	EM190236	1
50 Backstroke	33.52	32.90	346	30/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
100 Backstroke	1:24.35	1:23.40	228	12/03/11	Warwickshire County Championships	Coventry	CC1006	1
200 Backstroke	2:37.20	2:35.10	360	20/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
200 Individual Medley	2:27.75	2:25.10	459	11/04/15	Derwentio Excel 9th Open Meet	Sheffield	EM150029	1
400 Individual Medley	6:07.26	6:02.40	287	12/03/11	Warwickshire County Championships	Coventry	CC1006	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.35	27.10	447	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Freestyle	58.63	1:00.00	447	09/04/17	Nuneaton & Bedworth 'Delia Reynolds' Open Meet	Nuneaton	WM170387	3
200 Freestyle	2:07.28	2:10.00	475	30/10/16	Nuneaton & Bedworth Swimming Club Time Trials	Nuneaton	WM162043	4
400 Freestyle	4:33.82	4:38.90	465	17/05/15	Coventry & District ASC Secondary Galas	Nuneaton	WM150670	3
1500 Freestyle	18:39.50	18:57.80	432	18/04/14	City of Birmingham 21st Open Meet	Birmingham	WM4131	3
50 Breaststroke	31.61	32.60	491	01/12/18	Nuneaton & Bedworth Club Winter Open Meet	Nuneaton	WM180028	3
100 Breaststroke	1:09.86	1:11.60	495	24/06/17	Nuneaton & Bedworth End of Season Open Meet	Nuneaton	WM170851	3
200 Breaststroke	2:37.65	2:41.00	442	29/03/15	N&BSC Delia Reynolds "Speed Preparation"	Nuneaton	WM150115	3
50 Butterfly	28.58	29.20	440	02/12/18	Nuneaton & Bedworth Club Winter Open Meet	Nuneaton	WM180028	3
100 Butterfly	1:03.43	1:04.60	427	16/03/19	Nuneaton & Bedworth Delia Reynolds Open Meet	Nuneaton	WM190023	3
200 Butterfly	2:28.60	2:30.70	371	20/05/17	Coventry & District Secondary Gala 2017	Rugby	WM170623	3
50 Backstroke	31.78	32.40	336	16/12/17	Leicester Sharks Christmas County Qualifier	Nuneaton	EM171755	3
100 Backstroke	1:08.76	1:09.90	347	20/05/17	Coventry & District Secondary Gala 2017	Rugby	WM170623	3
200 Backstroke	2:25.65	2:27.90	381	08/05/16	Coventry & District Secondary Gala 2016	Rugby	WM160572	3
200 Individual Medley	2:20.78	2:23.50	472	24/10/15	Nuneaton & Bedworth Club Championships	Nuneaton	WM151552	4
400 Individual Medley	5:09.36	5:15.00	437	03/10/15	Coventry & District ASC Secondary Galas	Nuneaton	WM151640	3
100 Individual Medley	1:04.54	1:04.50	445	02/12/18	Nuneaton & Bedworth Club Winter Open Meet	Nuneaton	WM180028	3