

# Individual Best Times (All Time)

Jessica Jones - (510619) - Perry Beeches Triple SSC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.70	29.00	502	29/01/17	Warwickshire Swimming Championships	Coventry	WM170010	1
100 Freestyle	1:10.32	1:09.10	397	09/03/13	Warwickshire County Championships	Coventry	CC3008	1
200 Freestyle	2:25.72	2:23.30	464	01/03/14	Warwickshire ASA County Championships	Coventry	CC4004	1
400 Freestyle	5:26.14	5:21.80	375	16/03/13	Warwickshire County Championships	Coventry	CC3009	1
50 Breaststroke	51.50	50.90	181	20/09/14	City of Coventry 50m Sprints	Coventry	WM4668	3
50 Butterfly	39.32	38.80	239	20/09/14	City of Coventry 50m Sprints	Coventry	WM4668	3
50 Backstroke	35.88	35.30	419	01/03/14	Warwickshire ASA County Championships	Coventry	CC4004	1
100 Backstroke	1:19.19	1:18.20	379	15/03/14	Warwickshire County Championships	Coventry	CC4006	1
200 Backstroke	2:50.39	2:48.40	377	29/01/17	Warwickshire Swimming Championships	Coventry	WM170010	1
200 Individual Medley	3:09.69	3:07.60	293	09/03/13	Warwickshire County Championships	Coventry	CC3008	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.68	30.40	461	19/06/16	Nuneaton & Bedworth End of Season Open Meet	Nuneaton	WM160379	3
100 Freestyle	1:04.32	1:05.60	476	27/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
200 Freestyle	2:19.84	2:22.30	490	26/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
400 Freestyle	5:09.48	5:14.00	417	06/07/14	Boldmere SC Water Carnival	Birmingham	WM4563	3
800 Freestyle	10:34.83	10:43.90	425	24/10/15	Beeches Club Championships	Birmingham	WM151864	4
50 Breaststroke	47.84	48.50	208	23/08/14	Sheffield City SC 11th Annual Open Sprint Meet	Sheffield	NE4499	3
50 Butterfly	34.95	35.50	339	27/08/16	Sheffield City 13th Annual Open Sprints Meet	Sheffield	NE160855	3
100 Butterfly	1:32.36	1:33.20	200	23/08/14	Sheffield City SC 11th Annual Open Sprint Meet	Sheffield	NE4499	3
50 Backstroke	33.10	33.70	443	02/07/16	Boldmere Water Carnival	Stechford	WM161270	3
100 Backstroke	1:12.64	1:13.70	431	02/07/16	Boldmere Water Carnival	Stechford	WM161270	3
200 Backstroke	2:35.54	2:37.70	447	02/07/16	Boldmere Water Carnival	Stechford	WM161270	3
200 Individual Medley	3:05.05	3:07.20	285	10/02/13	11th Cannock Phoenix Open Meet	Wolverhampton	WM3222	3
100 Individual Medley	1:20.97	1:21.00	339	06/07/14	Boldmere SC Water Carnival	Birmingham	WM4563	3