

Individual Best Times (All Time)

Jack Cox - (531893) - Wycombe District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.81	25.00	531	18/09/16	Wycombe District Club Championships	Wycombe	SE162196	4
100 Freestyle	58.04	56.60	526	27/02/16	Aquae Sulis Spring Grand Prix	Bristol	SW160100	1
200 Freestyle	2:13.60	2:11.00	445	21/09/14	Wycombe District Club Gala	Wycombe	SE14255	4
400 Freestyle	4:44.12	4:39.10	464	08/02/14	Wycombe District Annual LC Open Meet	Wycombe	SE4140	1
1500 Freestyle	19:59.33	19:42.00	383	16/02/13	Wycombe District Annual LC Open Meet	Wycombe	SE3250	1
50 Breaststroke	34.45	33.50	427	18/09/16	Wycombe District Club Championships	Wycombe	SE162196	4
100 Breaststroke	1:17.99	1:16.40	387	21/12/14	Derwentio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
200 Breaststroke	2:57.68	2:54.70	352	21/09/14	Wycombe District Club Gala	Wycombe	SE14255	4
50 Butterfly	28.06	27.40	499	23/04/16	WDSC Long Course Sprint Meet	Wycombe	SE160110	3
100 Butterfly	1:04.15	1:03.00	458	23/04/16	WDSC Long Course Sprint Meet	Wycombe	SE160110	3
200 Butterfly	2:55.70	2:53.90	247	19/09/15	Wycombe District Swim Club Club Championships	Wycombe	SE151738	4
50 Backstroke	30.75	30.10	449	23/04/16	WDSC Long Course Sprint Meet	Wycombe	SE160110	3
100 Backstroke	1:06.55	1:05.30	466	23/04/16	WDSC Long Course Sprint Meet	Wycombe	SE160110	3
200 Backstroke	2:38.94	2:36.80	349	20/09/14	Wycombe District Club Gala	Wycombe	SE14255	4
200 Individual Medley	2:30.38	2:27.70	435	21/12/14	Derwentio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
400 Individual Medley	5:35.07	5:29.80	379	13/04/14	Crawley Spring Open Meet	Crawley	SE4285	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.17	26.00	513	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Freestyle	54.69	56.20	551	03/12/16	Ealing December Christmas L3 Open Meet	Northolt	LR161086	3
200 Freestyle	2:02.41	2:05.20	534	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
400 Freestyle	4:31.72	4:36.80	476	06/12/14	Windsor Level 3 Open Meet	Maidenhead	SE14332	3
50 Breaststroke	33.42	34.30	416	16/11/14	Team Luton Autumn Short Course Meet	Luton	ER14436	2
100 Breaststroke	1:12.87	1:14.60	436	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
200 Breaststroke	2:46.43	2:49.60	376	16/11/14	Team Luton Autumn Short Course Meet	Luton	ER14436	2
50 Butterfly	27.46	28.10	496	03/12/16	Ealing December Christmas L3 Open Meet	Northolt	LR161086	3
100 Butterfly	1:02.30	1:03.50	451	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
50 Backstroke	29.18	29.90	435	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
100 Backstroke	1:04.51	1:05.70	420	14/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	SE170068	2
200 Individual Medley	2:24.22	2:26.90	439	06/12/15	Maxwell December 2015 L3 Meet	Aylesbury	SE152061	3
400 Individual Medley	5:29.00	5:34.30	363	19/01/14	Windsor Level 2 Licenced Meet	Windsor	SE4120	2
100 Individual Medley	1:03.63	1:03.60	464	03/12/16	Ealing December Christmas L3 Open Meet	Northolt	LR161086	3