

Individual Best Times (All Time)

Nicole Palmer-Jones - (730306) - Thanet Swim Club

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|---|----------------|----------|-------|
| 50 Freestyle | 29.52 | 28.80 | 511 | 01/02/20 | 2020 Kent ASA Swimming Championships | Crystal Palace | SE200207 | 1 |
| 100 Freestyle | 1:03.69 | 1:02.40 | 535 | 02/02/19 | Kent Swimming Championships 2019 | Crystal Palace | SE190349 | 1 |
| 200 Freestyle | 2:17.43 | 2:14.90 | 553 | 28/05/17 | ASA South East Region Championships 2017 | Crawley | SE170867 | 1 |
| 400 Freestyle | 4:53.03 | 4:48.20 | 518 | 20/01/18 | Kent Swimming Championships 2018 | Crystal Palace | SE180332 | 1 |
| 800 Freestyle | 9:53.26 | 9:43.40 | 545 | 30/03/18 | Beckenham SC 125th Anniversary International Open | London | LR180255 | 1 |
| 1500 Freestyle | 18:59.02 | 18:40.80 | 527 | 04/05/18 | Swim England South East Championships 2018 | Wycombe | SE181206 | 1 |
| 50 Butterfly | 31.70 | 31.10 | 457 | 02/02/20 | 2020 Kent ASA Swimming Championships | Crystal Palace | SE200207 | 1 |
| 100 Butterfly | 1:10.08 | 1:09.00 | 496 | 03/08/18 | Swim Wales Summer Nationals | Swansea | WL180091 | 1 |
| 200 Butterfly | 2:35.66 | 2:33.60 | 479 | 18/01/20 | 2020 Kent ASA Swimming Championships | London | SE200205 | 1 |
| 50 Backstroke | 37.16 | 36.60 | 377 | 01/08/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |
| 100 Backstroke | 1:16.03 | 1:15.00 | 428 | 29/01/17 | Kent Swimming Championships | Crystal Palace | SE170172 | 1 |
| 200 Backstroke | 2:53.66 | 2:51.70 | 356 | 26/03/16 | Portsmouth Northsea Easter Festival | Portsmouth | SE160363 | 1 |
| 200 Individual Medley | 2:41.65 | 2:39.20 | 474 | 11/02/18 | Kent Swimming Championships 2018 | London | SE180335 | 1 |
| 400 Individual Medley | 5:36.85 | 5:31.60 | 491 | 28/05/17 | ASA South East Region Championships 2017 | Crawley | SE170867 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|--------------|----------|-------|
| 50 Freestyle | 28.82 | 29.50 | 503 | 30/11/19 | East Invicta ASA Championships | Canterbury | SE191664 | 3 |
| 100 Freestyle | 1:01.17 | 1:02.50 | 554 | 10/11/18 | National Arena Swimming League South Round 2 | Brighton | SE182663 | 3 |
| 200 Freestyle | 2:14.06 | 2:16.60 | 557 | 17/12/17 | Bromley Christmas Gold Open Meet 2017 | Gillingham | LR171165 | 3 |
| 400 Freestyle | 4:43.78 | 4:48.70 | 541 | 08/04/18 | Canterbury & Thanet Spring Regional Qualifier | Canterbury | SE180461 | 3 |
| 800 Freestyle | 9:35.76 | 9:45.70 | 570 | 16/12/17 | Bromley Christmas Gold Open Meet 2017 | Gillingham | LR171165 | 3 |
| 50 Breaststroke | 40.19 | 41.00 | 351 | 23/09/17 | Thanet Club Championships | Margate | SE170668 | 4 |
| 100 Breaststroke | 1:32.60 | 1:34.00 | 305 | 28/11/15 | Thanet Swim Club Advent County Qualifier | Hartsdown | SE150613 | 3 |
| 200 Breaststroke | 3:06.37 | 3:09.20 | 376 | 09/07/17 | Thanet Club Championships | Margate | SE170665 | 4 |
| 50 Butterfly | 31.23 | 31.80 | 475 | 15/12/18 | TYR Festive Qualifier | Hartsdown | SE182427 | 3 |
| 100 Butterfly | 1:09.17 | 1:10.30 | 477 | 22/12/19 | TYR Festive Qualifier | Hartsdown LC | SE193124 | 3 |
| 200 Butterfly | 2:30.26 | 2:32.30 | 504 | 02/12/18 | East Invicta Championships 2018 | Canterbury | SE182218 | 3 |
| 50 Backstroke | 34.81 | 35.40 | 381 | 10/09/17 | Thanet Club Championships | Margate | SE170666 | 4 |
| 100 Backstroke | 1:14.04 | 1:15.10 | 407 | 18/12/16 | Thanet Festive County Qualifier | Margate | SE160895 | 3 |
| 200 Backstroke | 2:36.24 | 2:38.40 | 441 | 17/06/18 | Thanet Club Championships | Hartsdown LC | SE180921 | 4 |
| 200 Individual Medley | 2:40.41 | 2:42.90 | 438 | 01/10/17 | East Invicta Association Championships 2017 | Canterbury | SE172079 | 3 |
| 400 Individual Medley | 5:25.31 | 5:30.70 | 504 | 01/04/17 | City of Canterbury Thanet SCs Spring Reg Qual | Canterbury | SE170501 | 3 |
| 100 Individual Medley | 1:14.86 | 1:14.90 | 430 | 17/06/18 | Thanet Club Championships | Hartsdown LC | SE180921 | 4 |