

Individual Best Times (All Time)

Emilia Jones - (732622) - Richmond Dales ASC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---------------------------------------|------------|----------|-------|
| 50 Freestyle | 30.36 | 29.70 | 470 | 06/02/16 | Northumberland & Durham County Champs | Sunderland | NE160071 | 1 |
| 100 Freestyle | 1:04.67 | 1:03.40 | 511 | 03/02/18 | N & D 2018 Championships | Sunderland | NE180242 | 1 |
| 200 Freestyle | 2:20.57 | 2:18.10 | 517 | 29/04/18 | Richmond Dales April Fool Gala | Leeds | NE180005 | 3 |
| 50 Breaststroke | 37.27 | 36.40 | 478 | 29/05/17 | ASA North East Region Championships | Sunderland | NE170146 | 1 |
| 100 Breaststroke | 1:20.99 | 1:19.40 | 496 | 29/04/18 | Richmond Dales April Fool Gala | Leeds | NE180005 | 3 |
| 200 Breaststroke | 2:53.43 | 2:50.40 | 498 | 27/02/16 | Northumberland & Durham County Champs | Sunderland | NE160072 | 1 |
| 50 Butterfly | 33.91 | 33.30 | 373 | 28/02/16 | Northumberland & Durham County Champs | Sunderland | NE160072 | 1 |
| 100 Butterfly | 1:10.37 | 1:09.30 | 490 | 03/02/18 | N & D 2018 Championships | Sunderland | NE180242 | 1 |
| 200 Butterfly | 2:41.66 | 2:39.70 | 427 | 11/02/18 | N & D 2018 Championships | Sunderland | NE180243 | 1 |
| 50 Backstroke | 35.44 | 34.90 | 435 | 04/07/15 | City of Sunderland Summer Splash 2015 | Sunderland | NE151248 | 3 |
| 100 Backstroke | 1:12.98 | 1:11.90 | 484 | 10/02/18 | N & D 2018 Championships | Sunderland | NE180243 | 1 |
| 200 Backstroke | 2:36.38 | 2:34.20 | 488 | 03/02/18 | N & D 2018 Championships | Sunderland | NE180242 | 1 |
| 200 Individual Medley | 2:33.28 | 2:30.70 | 557 | 04/02/18 | N & D 2018 Championships | Sunderland | NE180243 | 1 |
| 400 Individual Medley | 5:26.24 | 5:20.80 | 541 | 10/02/18 | N & D 2018 Championships | Sunderland | NE180243 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|----------------|----------|-------|
| 50 Freestyle | 29.54 | 30.20 | 467 | 29/09/18 | Richmond Dales Back to School Gala | Middlesborough | NE182120 | 2 |
| 100 Freestyle | 1:02.71 | 1:04.00 | 514 | 15/07/17 | Richmond Dales Summer Madness Gala | Leeds | NE170388 | 3 |
| 200 Freestyle | 2:16.26 | 2:18.80 | 530 | 15/07/17 | Richmond Dales Summer Madness Gala | Leeds | NE170388 | 3 |
| 400 Freestyle | 4:58.59 | 5:03.30 | 464 | 03/04/16 | Spa Town Meet | Harrogate | NE160247 | 3 |
| 800 Freestyle | 10:15.13 | 10:24.50 | 467 | 12/01/18 | Richmond Dales Winter Club Gala | Richmond | NE180368 | 3 |
| 50 Breaststroke | 36.65 | 37.50 | 463 | 10/12/16 | Scottish National Short Course Championships | Edinburgh | SCO1210 | 1 |
| 100 Breaststroke | 1:17.99 | 1:19.60 | 511 | 09/12/16 | Scottish National Short Course Championships | Edinburgh | SCO1210 | 1 |
| 200 Breaststroke | 2:46.19 | 2:49.30 | 530 | 15/10/17 | BOSSS Winter Swim Festival 2017 | Billingham | NE172050 | 2 |
| 50 Butterfly | 33.41 | 34.00 | 388 | 04/10/15 | Darlington ASC Dander October Meet | Billingham | NE151991 | 3 |
| 100 Butterfly | 1:11.27 | 1:12.30 | 436 | 15/07/17 | Richmond Dales Summer Madness Gala | Leeds | NE170388 | 3 |
| 200 Butterfly | 2:36.99 | 2:39.00 | 442 | 15/10/17 | BOSSS Winter Swim Festival 2017 | Billingham | NE172050 | 2 |
| 50 Backstroke | 32.81 | 33.40 | 455 | 17/06/17 | Scarborough Annual A & B Graded Meet | Scarborough | NE170491 | 3 |
| 100 Backstroke | 1:11.38 | 1:12.50 | 454 | 29/09/18 | Richmond Dales Back to School Gala | Middlesborough | NE182120 | 2 |
| 200 Backstroke | 2:32.47 | 2:34.60 | 474 | 17/09/17 | Richmond Dales Back to School Gala | Middlesborough | NE170819 | 3 |
| 200 Individual Medley | 2:30.84 | 2:33.40 | 527 | 15/07/17 | Richmond Dales Summer Madness Gala | Leeds | NE170388 | 3 |
| 400 Individual Medley | 5:18.49 | 5:24.00 | 537 | 15/10/17 | BOSSS Winter Swim Festival 2017 | Billingham | NE172050 | 2 |
| 100 Individual Medley | 1:10.90 | 1:10.90 | 506 | 06/11/16 | ASA North East Region Senior Junior Champs | Sunderland | NE162070 | 2 |