

# Individual Best Times (All Time)

Jacob Whitehead - (734897) - Worsley SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.35	33.70	225	22/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
100 Freestyle	1:12.18	1:11.00	273	22/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
200 Freestyle	2:24.25	2:21.80	353	03/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1
400 Freestyle	4:58.41	4:53.70	401	02/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1
1500 Freestyle	19:27.94	19:10.10	414	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	NE160210	1
50 Breaststroke	40.03	39.20	272	07/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
100 Breaststroke	1:26.85	1:25.40	280	07/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
200 Breaststroke	2:59.70	2:56.70	340	08/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
50 Butterfly	37.79	37.30	204	15/03/14	Lancashire County Championships	Manchester	CC4087	1
100 Butterfly	1:16.23	1:15.20	272	03/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1
200 Butterfly	3:03.12	3:01.40	218	28/02/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1
50 Backstroke	37.86	37.30	240	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
100 Backstroke	1:16.72	1:15.70	304	03/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1
200 Backstroke	2:39.02	2:36.90	348	02/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1
200 Individual Medley	2:39.64	2:37.10	364	08/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
400 Individual Medley	5:32.11	5:26.80	389	03/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.91	32.60	252	12/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
100 Freestyle	1:07.64	1:08.90	291	13/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
200 Freestyle	2:22.80	2:25.20	336	13/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
400 Freestyle	4:54.64	4:59.40	373	12/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
1500 Freestyle	19:28.80	19:46.30	380	30/01/16	Cheshire County Championships 2016	Macclesfield	NW160011	2
50 Breaststroke	39.74	40.50	247	23/10/16	City of Leeds Autumn Open Meet	Leeds	NE161832	2
100 Breaststroke	1:25.43	1:26.90	270	30/01/16	Cheshire County Championships 2016	Macclesfield	NW160011	2
200 Breaststroke	2:56.55	2:59.50	315	12/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
50 Butterfly	35.58	36.10	228	13/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
100 Butterfly	1:15.56	1:16.60	252	13/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
200 Butterfly	2:42.47	2:44.40	284	12/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
50 Backstroke	36.01	36.60	231	13/02/16	SM Mini Meet Grand Prix Round 4	Stockport	NW160238	3
100 Backstroke	1:15.31	1:16.40	264	23/01/16	Cheshire County Championships 2016	Macclesfield	NW160010	2
200 Backstroke	2:34.13	2:36.30	321	13/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
200 Individual Medley	2:35.72	2:38.20	348	12/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
400 Individual Medley	5:25.41	5:30.80	375	13/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
100 Individual Medley	1:15.34	1:15.30	279	23/10/16	City of Leeds Autumn Open Meet	Leeds	NE161832	2