

Individual Best Times (All Time)

Jeremy Aitken - (756281) - Team Waveney Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.20	27.50	407	01/04/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
100 Freestyle	1:01.40	1:00.00	444	20/04/19	CoNSC EASTER MEET 2019	Norwich	ER190358	1
200 Freestyle	2:15.95	2:13.40	422	29/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
400 Freestyle	4:51.35	4:46.50	430	28/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
800 Freestyle	10:03.14	9:53.50	421	20/01/19	Suffolk County Championships 2019	Norwich	ER190365	1
1500 Freestyle	19:32.34	19:14.60	410	20/01/18	Norfolk County Championships 2018	Norwich	ER180290	1
50 Breaststroke	34.44	33.50	427	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
100 Breaststroke	1:17.31	1:15.70	398	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
200 Breaststroke	3:08.10	3:05.30	296	19/04/19	CoNSC EASTER MEET 2019	Norwich	ER190358	1
50 Butterfly	31.36	30.70	358	20/04/19	CoNSC EASTER MEET 2019	Norwich	ER190358	1
100 Butterfly	1:14.91	1:13.90	287	19/04/19	CoNSC EASTER MEET 2019	Norwich	ER190358	1
200 Backstroke	2:51.60	2:49.60	277	19/04/19	CoNSC EASTER MEET 2019	Norwich	ER190358	1
200 Individual Medley	2:33.90	2:31.30	406	31/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.75	27.50	428	01/02/20	Suffolk ASA County Championships 2019	Ipswich	ER200346	2
100 Freestyle	57.63	59.10	471	23/03/19	Teamipswich March Open 2019	Ipswich	ER190275	3
200 Freestyle	2:06.65	2:09.40	483	31/03/19	LOBSC March Open Meet	Waterlane LC	ER191301	3
400 Freestyle	4:38.89	4:43.90	440	24/02/19	Suffolk County Championships 2019	Ipswich	ER190368	2
800 Freestyle	9:46.27	9:56.00	432	25/11/18	WSSC Long Distance Meet 2018	Bury St Edmunds	ER182518	3
1500 Freestyle	18:40.25	18:58.50	432	25/11/18	WSSC Long Distance Meet 2018	Bury St Edmunds	ER182518	3
50 Breaststroke	33.22	34.20	423	08/12/19	Newmarket December Open	Newmarket	ER192844	3
100 Breaststroke	1:13.89	1:15.60	418	07/12/19	Newmarket December Open	Newmarket	ER192844	3
200 Breaststroke	2:45.64	2:48.80	381	07/12/19	Newmarket December Open	Newmarket	ER192844	3
50 Butterfly	29.68	30.30	393	12/12/18	Beccles Town Sprint Club Championships	Bungay	ER182699	4
100 Butterfly	1:06.77	1:07.90	366	08/12/18	St Felix & Beccles Last Chance Meet	St Felix SP	ER180891	4
200 Butterfly	2:32.75	2:34.80	342	09/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
50 Backstroke	32.87	33.50	304	10/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
100 Backstroke	1:08.66	1:09.80	348	17/11/18	Teamipswich November Open 2018	Ipswich	ER181908	3
200 Backstroke	2:27.24	2:29.50	369	13/05/18	The A'MAY'zing Spring Development Meet	Bury St Edmunds	ER180723	3
200 Individual Medley	2:22.50	2:25.20	455	31/03/19	LOBSC March Open Meet	Waterlane LC	ER191301	3
400 Individual Medley	5:12.04	5:17.60	426	04/10/19	The Neate Meet 2019	Bury St Edmunds	ER191833	3
100 Individual Medley	1:06.27	1:06.30	411	09/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2