

# Individual Best Times (All Time)

James Pope - (758518) - Watford SC

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                     | Venue | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-------|----------|-------|
| 50 Freestyle          | 27.90   | 27.10           | 420       | 17/02/19 | Swansea Aquatics Spring Long Course 2019 | WNPS  | WL190224 | 1     |
| 100 Freestyle         | 59.36   | 57.90           | 491       | 31/03/19 | Team Luton March Open Meet               | Luton | ER190183 | 1     |
| 200 Freestyle         | 2:10.02 | 2:07.30         | 482       | 17/02/19 | Swansea Aquatics Spring Long Course 2019 | WNPS  | WL190224 | 1     |
| 400 Freestyle         | 4:38.81 | 4:33.70         | 491       | 30/03/19 | Team Luton March Open Meet               | Luton | ER190183 | 1     |
| 50 Backstroke         | 32.21   | 31.60           | 390       | 31/03/19 | Team Luton March Open Meet               | Luton | ER190183 | 1     |
| 100 Backstroke        | 1:10.14 | 1:09.00         | 398       | 17/02/19 | Swansea Aquatics Spring Long Course 2019 | WNPS  | WL190224 | 1     |
| 200 Backstroke        | 2:35.20 | 2:33.00         | 375       | 15/04/18 | Team Luton April Long Course Meet 2018   | Luton | ER180341 | 1     |
| 200 Individual Medley | 2:32.67 | 2:30.10         | 416       | 17/02/19 | Swansea Aquatics Spring Long Course 2019 | WNPS  | WL190224 | 1     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet   | Venue             | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-------------------|----------|-------|
| 50 Freestyle          | 27.06    | 27.80           | 413       | 01/11/20 | Watford Swimming Club                          | Northwood College | LEX202   | 0     |
| 100 Freestyle         | 58.02    | 59.40           | 461       | 08/03/20 | Watford March 2020 Regional Qualifier          | Garston           | ER200339 | 3     |
| 200 Freestyle         | 2:07.17  | 2:09.90         | 477       | 18/11/18 | Watford November 2018 County Qualifier         | Garston           | ER181665 | 3     |
| 400 Freestyle         | 4:28.26  | 4:33.40         | 495       | 11/11/18 | Watford & Hemel Hempstead SC Joint Club Champs | Hemel Hempstead   | ER182511 | 3     |
| 800 Freestyle         | 9:19.20  | 9:29.40         | 498       | 07/11/18 | Watford & Hemel Hempstead SC Joint Club Champs | Hemel Hempstead   | ER182510 | 3     |
| 1500 Freestyle        | 17:53.40 | 18:12.40        | 491       | 14/11/18 | Watford & Hemel Hempstead SC Joint Club Champs | Hemel Hempstead   | ER182512 | 3     |
| 50 Breaststroke       | 35.55    | 36.40           | 345       | 17/03/19 | Watford Regional Qualifier 2019                | Garston           | ER190184 | 3     |
| 100 Breaststroke      | 1:18.70  | 1:20.30         | 346       | 07/03/20 | Watford March 2020 Regional Qualifier          | Garston           | ER200339 | 3     |
| 200 Breaststroke      | 2:54.55  | 2:57.60         | 326       | 08/03/20 | Watford March 2020 Regional Qualifier          | Garston           | ER200339 | 3     |
| 50 Butterfly          | 32.22    | 32.80           | 307       | 15/09/19 | Watford Club Championships 2019                | Watford           | ER192854 | 4     |
| 100 Butterfly         | 1:13.75  | 1:14.80         | 271       | 13/10/18 | The NASL - London - Rounds 2018 - Div 1 & 2    | Borehamwood       | ER182072 | 3     |
| 200 Butterfly         | 2:48.67  | 2:50.50         | 254       | 21/09/19 | Hemel Hempstead Swimming Club Fly Fest         | Hemel Hempstead   | ER192701 | 3     |
| 50 Backstroke         | 30.25    | 30.90           | 390       | 28/05/21 | Watford  | Woodside          | LEX1384  | 0     |
| 100 Backstroke        | 1:06.40  | 1:07.60         | 385       | 08/03/20 | Watford March 2020 Regional Qualifier          | Garston           | ER200339 | 3     |
| 200 Backstroke        | 2:22.80  | 2:25.10         | 404       | 23/09/18 | Watford Club Championships 2018                | Garston           | ER181664 | 4     |
| 200 Individual Medley | 2:29.02  | 2:31.60         | 398       | 16/11/19 | Watford November 2019 County Qualifier         | Garston           | ER192687 | 3     |
| 400 Individual Medley | 5:16.02  | 5:21.50         | 410       | 18/11/18 | Watford November 2018 County Qualifier         | Garston           | ER181665 | 3     |
| 100 Individual Medley | 1:09.32  | 1:09.30         | 359       | 16/11/19 | Watford November 2019 County Qualifier         | Garston           | ER192687 | 3     |