

Individual Best Times (All Time)

Harry Jones - (761525) - City of Norwich SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.71	23.90	605	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
100 Freestyle	54.17	52.60	647	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Freestyle	1:59.82	1:56.90	616	28/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
400 Freestyle	6:21.54	6:17.80	191	10/07/10	Co Coventry Graham Sykes	Coventry	WM0203	3
50 Breaststroke	55.11	54.50	104	14/05/11	Wycombe & District Sprint Meet	Wycombe	SE1441	3
50 Butterfly	25.50	24.70	666	02/05/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
100 Butterfly	56.44	55.10	672	26/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	NE230254	1
200 Butterfly	2:09.71	2:07.30	615	25/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	NE230254	1
50 Backstroke	48.58	48.20	113	23/05/09	Wycombe 50m Sprint Meet	Wycombe	SE9348	3
100 Backstroke	1:05.96	1:04.70	478	11/07/21	CONSC Midsummer Madness 2021	Norwich	ER210166	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.38	25.20	565	06/06/21	Hitchin	Hitchin LC	LEX1552	0
100 Freestyle	51.91	53.50	644	10/12/22	National Arena League - East Mids - Round 3 2022	Norwich	EM222510	2
200 Freestyle	2:00.07	2:02.90	566	16/09/21	City of Norwich Club Championships 2021	Norwich	ER210398	4
400 Freestyle	4:19.23	4:24.60	548	23/09/21	City of Norwich Club Championships 2021	Norwich	ER210399	4
50 Breaststroke	47.89	48.50	141	30/06/12	Potters Bar Open Meet	Potters Bar	ER2352	3
50 Butterfly	25.00	25.70	658	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Butterfly	55.13	56.50	650	06/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
200 Butterfly	2:04.84	2:07.30	626	06/11/21	SE East Region Short Course Championships	Luton	ER211117	2
50 Backstroke	28.43	29.10	470	29/05/21	2021 CONSC Level SP NY L4	Norwich	ER210027	4
100 Backstroke	1:03.69	1:04.90	436	06/06/21	Hitchin	Hitchin LC	LEX1552	0
200 Individual Medley	2:24.10	2:26.80	440	13/07/19	Team Luton Fast and Furious 5	Luton	ER190201	3
100 Individual Medley	1:06.00	1:06.00	416	06/06/21	Hitchin	Hitchin LC	LEX1552	0