

# Individual Best Times (All Time)

Jack Lynch - (762949) - Poole SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.39	27.60	399	26/01/20	Warwickshire ASA Chanlpionships	Coventry	WM200115	1
100 Freestyle	1:00.83	59.40	457	08/02/20	Warwickshire ASA Chanlpionships	Coventry	WM200116	1
200 Freestyle	2:19.57	2:17.10	390	10/02/19	Warwickshire ASA Swimming Championships 2019	Coventry	WM190009	1
400 Freestyle	4:50.14	4:45.30	436	26/01/20	Warwickshire ASA Chanlpionships	Coventry	WM200115	1
800 Freestyle	9:56.81	9:47.00	434	08/02/20	Warwickshire ASA Chanlpionships	Coventry	WM200116	1
50 Butterfly	36.80	36.30	221	30/06/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3
50 Backstroke	34.57	34.00	316	09/02/19	Warwickshire ASA Swimming Championships 2019	Coventry	WM190009	1
100 Backstroke	1:21.93	1:20.90	249	28/01/17	Warwickshire Swimming Championships	Coventry	WM170010	1
200 Backstroke	2:51.84	2:49.90	276	14/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
200 Individual Medley	2:48.56	2:46.20	309	01/07/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3
400 Individual Medley	6:07.88	6:03.10	286	30/06/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.54	27.30	438	23/06/24	Nuneaton & Bedworth End of Season Open Meet 2024	Nuneaton	WM240690	3
100 Freestyle	57.84	59.30	465	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
200 Freestyle	2:06.83	2:09.50	480	15/03/20	Nuneaton & Bedworth Delia Reynolds Open Meet	Pingles LC	WM200389	3
400 Freestyle	4:29.56	4:34.70	488	06/03/20	RSC Open Meet 2020	Rugby	WM200397	3
800 Freestyle	9:39.64	9:49.50	447	06/10/19	Coventry & District Primary Galas 2019	Nuneaton	WM192411	3
1500 Freestyle	21:30.94	21:46.90	282	17/09/16	Nuneaton & Bedworth Swimming Club Time Trials	Nuneaton	WM162035	4
50 Breaststroke	48.09	48.70	139	05/12/15	Nuneaton & Bedworth Time Trial Gala	Nuneaton	WM151556	4
100 Breaststroke	1:22.10	1:23.60	305	29/09/19	Nuneaton & Bedworth Swimming Club Championships	Nuneaton	WM191355	4
200 Breaststroke	4:06.60	4:08.70	115	30/03/14	Nuneaton & Bedworth Spring "Qualifying" Open	Nuneaton	WM4272	2
50 Butterfly	29.57	30.20	397	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Butterfly	1:10.58	1:11.60	310	28/09/19	Nuneaton & Bedworth Swimming Club Championships	Nuneaton	WM191355	4
50 Backstroke	32.75	33.40	307	18/05/19	Coventry and District ASC Secondary Galas	Nuneaton	WM191195	3
100 Backstroke	1:10.30	1:11.40	324	23/06/19	Nuneaton & Bedworth End of Season	Nuneaton	WM191242	3
200 Backstroke	2:44.43	2:46.40	265	09/04/17	Nuneaton & Bedworth 'Delia Reynolds' Open Meet	Nuneaton	WM170387	3
200 Individual Medley	2:28.25	2:30.90	404	01/12/19	Nuneaton & Bedworth Winter Open Meet	Nuneaton	WM190022	3
400 Individual Medley	6:17.80	6:22.40	240	19/12/15	Nuneaton & Bedworth Time Trial Gala	Nuneaton	WM151558	4
100 Individual Medley	1:34.05	1:34.10	143	05/10/14	Coventry & District Swimming Club Champs	Nuneaton	WM4775	2