

Individual Best Times (All Time)

James Cross - (771595) - Wigan Best SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.80	31.10	284	10/03/13	Lancashire Age Group County Championships	Manchester	CC3061	1
100 Freestyle	1:06.77	1:05.50	345	02/06/13	BG North West Region 2013 Age Group Champs	Manchester	NWR306	1
200 Freestyle	2:01.06	1:58.20	598	03/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
400 Freestyle	4:09.27	4:03.60	688	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
1500 Freestyle	16:41.71	16:20.90	657	25/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
100 Breaststroke	1:16.66	1:15.00	408	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
200 Breaststroke	2:35.28	2:31.80	527	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
50 Butterfly	36.76	36.20	222	09/03/13	Lancashire Age Group County Championships	Manchester	CC3061	1
100 Butterfly	1:10.79	1:09.70	340	08/06/14	BG North West Region 2014 Age Group Champs	Manchester	NWR402	1
200 Butterfly	2:13.13	2:10.70	569	26/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
50 Backstroke	32.00	31.40	398	06/06/15	2015 North West Regional Championships	Manchester	NW150103	1
100 Backstroke	1:02.58	1:01.30	560	03/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
200 Backstroke	2:11.42	2:08.90	617	25/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
200 Individual Medley	2:14.85	2:11.90	604	19/01/19	Flanders Swimming Cup	Antwerp, Belgium	GBR910	1
400 Individual Medley	4:40.16	4:33.80	648	31/07/18	Swim England National Summer Meet	Sheffield	ENG009	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.17	27.90	408	29/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan	NW150862	2
100 Freestyle	54.75	56.30	549	01/10/17	Greater Manchester Autumn Meet 2017	Wigan	NW170835	3
200 Freestyle	1:56.25	1:59.20	624	17/11/18	Wigan BEST Future Stars Open Meet	Wigan	NW182020	2
400 Freestyle	4:00.66	4:06.40	686	03/11/18	Swim England NWR Winter Championships	Manchester	NW182574	2
800 Freestyle	8:33.17	8:44.30	645	06/01/19	Wigan Development Long Distance Meet	Wigan	NW190307	4
1500 Freestyle	19:17.34	19:35.00	391	27/01/13	Bolton & Manchester District Age Group Com	Manchester	NW3057	3
50 Breaststroke	33.42	34.30	416	16/10/16	Greater Manchester Autumn Meet 2016	Wigan	NW160336	3
100 Breaststroke	1:08.69	1:10.50	521	09/12/18	North West Arena Premier Division A Final	Palatine LC	NW182755	3
200 Breaststroke	2:27.32	2:30.90	542	07/10/18	Greater Manchester Autumn Meet 2018	Wigan Life Centre	NW181633	3
50 Butterfly	31.16	31.80	340	15/11/14	Wigan BEST Future Stars Open Meet	Wigan	NW4377	2
100 Butterfly	59.70	1:01.00	512	29/09/18	Greater Manchester Autumn Meet 2018	Wigan Life Centre	NW181632	3
200 Butterfly	2:05.52	2:08.00	616	03/11/18	Swim England NWR Winter Championships	Manchester	NW182574	2
50 Backstroke	30.82	31.50	369	16/11/14	Wigan BEST Future Stars Open Meet	Wigan	NW4377	2
100 Backstroke	57.82	59.20	584	06/10/18	Greater Manchester Autumn Meet 2018	Wigan Life Centre	NW181633	3
200 Backstroke	2:03.51	2:06.20	625	04/11/18	Swim England NWR Winter Championships	Manchester	NW182574	2
200 Individual Medley	2:05.49	2:08.60	666	04/11/18	Swim England NWR Winter Championships	Manchester	NW182574	2
400 Individual Medley	4:29.69	4:36.10	660	16/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
100 Individual Medley	59.14	59.10	578	04/11/18	Swim England NWR Winter Championships	Manchester	NW182574	2