

Individual Best Times (All Time)

Jessica Millar - (773674) - Preston Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.92	30.20	445	16/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
100 Freestyle	1:05.95	1:04.70	482	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
200 Freestyle	2:16.14	2:13.60	569	04/11/17	Swim England Noth West Region Winter Champs	Manchester	NW172020	1
400 Freestyle	4:40.31	4:35.30	592	29/04/18	2018 SENW Summer Championships	Manchester	NW180832	1
800 Freestyle	9:25.67	9:15.40	629	04/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
1500 Freestyle	18:48.05	18:29.60	543	19/05/18	2018 SENW Summer Championships	Liverpool	NW180833	1
50 Breaststroke	48.71	48.10	214	15/03/14	Lancashire County Championships	Manchester	CC4087	1
50 Butterfly	32.13	31.50	439	14/05/17	Manchester Open Meet 2017	Manchester	NW170107	1
100 Butterfly	1:13.83	1:12.80	424	04/02/17	Lancashire County Championships	Manchester	NW170200	1
200 Butterfly	2:46.12	2:44.20	394	15/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
50 Backstroke	37.29	36.70	373	10/04/16	Derwentio Excel 10th Open Meet 2016	Sheffield	EM160046	1
100 Backstroke	1:16.79	1:15.70	416	24/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1
200 Backstroke	2:38.18	2:36.10	471	14/05/17	Manchester Open Meet 2017	Manchester	NW170107	1
200 Individual Medley	2:41.44	2:39.00	476	26/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190175	1
400 Individual Medley	5:36.19	5:30.90	494	20/01/18	Lancs County WPSA Age Groups & Championships	Wavertree	NW180030	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.96	30.60	448	19/11/17	Wigan BEST Future Stars Open Meet	Wigan	NW171049	2
100 Freestyle	1:04.04	1:05.30	483	28/09/19	North Lancashire Level 2 Age Groups & Champs	Blackpool	NW191770	2
200 Freestyle	2:14.48	2:17.00	551	30/11/19	PSC Christmas Countdown	Darwen	NW192522	3
400 Freestyle	4:35.17	4:40.20	593	04/11/18	Swim England NWR Winter Championships	Manchester	NW182574	2
800 Freestyle	9:20.55	9:30.80	617	17/11/17	Wigan BEST Future Stars Open Meet	Wigan	NW171049	2
1500 Freestyle	17:57.63	18:16.60	598	30/09/18	North Lancashire Level 2 Age Groups & Championship	Darwen LC	NW181457	2
50 Breaststroke	39.92	40.70	358	02/04/16	Spa Town Meet	Harrogate	NE160247	3
100 Breaststroke	1:31.24	1:32.60	319	24/07/16	North Lancashire Development Meet	Blackpool	NW161319	3
200 Breaststroke	3:32.18	3:34.70	255	19/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
50 Butterfly	31.72	32.30	454	19/10/19	North Lancashire Level 2 Age Groups & Champs	Blackpool	NW191771	2
100 Butterfly	1:12.02	1:13.10	422	03/12/16	Preston Christmas Countdown Open Meet	Darwen	NW161920	3
200 Butterfly	2:39.71	2:41.70	420	29/09/18	North Lancashire Level 2 Age Groups & Championship	Darwen LC	NW181457	2
50 Backstroke	35.73	36.30	352	01/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
100 Backstroke	1:13.54	1:14.60	415	02/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
200 Backstroke	2:35.66	2:37.80	446	02/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
200 Individual Medley	2:36.13	2:38.60	475	04/12/16	Preston Christmas Countdown Open Meet	Darwen	NW161920	3
400 Individual Medley	5:23.90	5:29.30	510	29/09/18	North Lancashire Level 2 Age Groups & Championship	Darwen LC	NW181457	2
100 Individual Medley	1:36.11	1:36.10	203	23/11/13	Preston SC Club Championships	Preston	NW3729	4