

# Individual Best Times (All Time)

Jasmyne Head - (774345) - Rochford & District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.04	31.40	400	16/04/17	BPSC Easter Meet 2017	Basildon	ER170182	1
100 Freestyle	1:13.93	1:12.80	342	26/11/16	Romford Town County Qualifiers Meet 2016	London	LR161745	3
50 Breaststroke	46.55	45.90	245	26/11/16	Romford Town County Qualifiers Meet 2016	London	LR161745	3
50 Butterfly	35.17	34.60	335	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Butterfly	1:21.26	1:20.30	318	16/04/17	BPSC Easter Meet 2017	Basildon	ER170182	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.61	33.20	347	17/12/16	BPSC Last Chance County Qualifier 2016	Basildon	ER160487	3
100 Freestyle	1:13.43	1:14.60	320	03/01/15	Bexley Short Course Open Meet	Bexleyheath	LR150016	3
200 Freestyle	2:37.06	2:39.30	346	22/10/16	Rochford & District Club Championships 2016	Rochford	ER162083	4
400 Freestyle	5:42.35	5:46.40	308	21/07/15	Rochford & District Club Championships 2015	Rochford	ER151370	4
800 Freestyle	12:10.22	12:18.10	279	15/10/16	Rochford & District Club Championships	Rochford	ER162082	4
50 Breaststroke	45.16	45.90	247	15/10/16	Rochford & District Club Championships	Rochford	ER162082	4
100 Breaststroke	1:38.75	1:40.00	251	15/10/16	Rochford & District Club Championships	Rochford	ER162082	4
200 Breaststroke	3:38.82	3:41.20	232	18/07/15	Rochford & District Club Championships 2015	Rochford	ER151369	4
50 Butterfly	35.69	36.20	318	17/12/16	BPSC Last Chance County Qualifier 2016	Basildon	ER160487	3
100 Butterfly	1:19.25	1:20.20	317	01/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
200 Butterfly	3:17.28	3:18.90	222	22/06/14	Rochford & District SC Club Championships 2014	Rochford	ER4476	4
50 Backstroke	42.15	42.60	214	22/10/16	Rochford & District Club Championships 2016	Rochford	ER162083	4
100 Backstroke	1:37.37	1:38.20	179	18/07/15	Rochford & District Club Championships 2015	Rochford	ER151369	4
200 Individual Medley	3:07.00	3:09.10	276	04/07/15	Rochford & District Club Championships 2015	Rochford	ER151366	4
100 Individual Medley	1:30.09	1:30.10	246	05/07/15	Rochford & District Club Championships 2015	Rochford	ER151366	4