

# Individual Best Times (All Time)

Samuel Jack - (778233) - City of Canterbury SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.91	31.20	281	12/02/17	Kent Swimming Championships	London Aquatics	SE170174	1
100 Freestyle	1:12.32	1:11.20	272	02/04/16	Guildford City Springboard Level 1 Open Meet	Guildford	SE160058	1
200 Freestyle	2:41.04	2:38.90	254	07/02/16	Kent Swimming Championships 2016	Crystal Palace	SE160330	1
50 Butterfly	31.25	30.60	361	19/01/19	Kent Swimming Championships 2019	London	SE190347	1
100 Butterfly	1:13.78	1:12.70	301	02/02/19	Kent Swimming Championships 2019	Crystal Palace	SE190349	1
200 Butterfly	3:06.71	3:05.00	206	28/01/17	Kent Swimming Championships	Crystal Palace	SE170172	1
50 Backstroke	36.79	36.20	262	08/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1
100 Backstroke	1:20.18	1:19.20	266	09/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1
200 Backstroke	2:55.20	2:53.30	260	04/02/17	Kent Swimming Championships	Crystal Palace	SE170173	1
200 Individual Medley	2:51.50	2:49.20	293	08/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.28	28.00	403	03/04/22	Black Lion SC Regional Chaser 2022	Gillingham	SE220600	3
100 Freestyle	1:00.49	1:01.90	407	03/04/22	Black Lion SC Regional Chaser 2022	Gillingham	SE220600	3
200 Freestyle	2:21.29	2:23.70	347	10/06/18	Thanet Swim Club Margate Open	Margate	SE180464	3
400 Freestyle	5:59.98	6:03.90	204	26/10/14	East Invicta Annual Championships	Canterbury	SE4372	3
50 Breaststroke	47.22	47.90	147	29/11/15	Thanet Swim Club Advent County Qualifier	Hartsdown	SE150613	3
100 Breaststroke	1:35.20	1:36.50	195	12/11/16	NASLS Round 2	Horsham	SE162480	3
200 Breaststroke	3:50.12	3:52.40	142	06/09/15	City of Canterbury Club Championships	Canterbury	SE151615	4
50 Butterfly	30.70	31.30	355	01/12/19	East Invicta ASA Championships	Canterbury	SE191664	3
100 Butterfly	1:09.50	1:10.60	324	03/04/22	Black Lion SC Regional Chaser 2022	Gillingham	SE220600	3
200 Butterfly	3:00.31	3:02.10	208	04/12/16	Gravesend & Nothfleet Open Meet 2016	Gillingham	SE160974	3
50 Backstroke	33.49	34.10	287	05/01/19	Dover and Canterbury SC (Jointly) Icebreaker 2019	Kent	SE190194	3
100 Backstroke	1:17.29	1:18.30	244	06/01/18	Dover & Canterbury Icebreaker 2018	Kent	SE180291	3
200 Backstroke	2:44.95	2:47.00	262	08/01/17	Icebreaker 2017	Canterbury	SE170257	3
200 Individual Medley	2:35.99	2:38.50	347	27/10/18	Kent Development Meet 2018	Gillingham	SE181909	3
400 Individual Medley	5:37.70	5:42.90	336	01/12/18	East Invicta Championships 2018	Canterbury	SE182218	3
100 Individual Medley	1:21.03	1:21.00	224	27/11/16	Black Lion Winter Open Meet	Gillingham	SE160753	3