

Individual Best Times (All Time)

Jared Armstrong - (783740) - Stretford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.04	24.20	582	03/03/18	Edinburgh International Inc British Championships	Edinburgh	SCO1430	1
100 Freestyle	53.65	52.10	666	24/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
200 Freestyle	1:55.96	1:52.90	680	21/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	NW171061	1
400 Freestyle	4:12.18	4:06.60	664	16/09/17	The Robin Hood Open Meet 2017	Sheffield	EM171325	3
1500 Freestyle	17:00.32	16:39.90	622	24/05/15	ASA 2015 North West Regional Championships	Liverpool	NW150542	1
50 Breaststroke	36.24	35.40	367	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Breaststroke	1:18.29	1:16.70	383	04/02/17	Lancashire County Championships	Manchester	NW170200	1
200 Breaststroke	2:52.78	2:49.70	383	09/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
50 Butterfly	27.31	26.60	542	07/12/19	MANCHESTER SNOW'PEN MEET 2019	MANCHESTER	NW190445	3
100 Butterfly	1:00.99	59.70	532	06/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
200 Butterfly	2:18.65	2:16.40	504	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
50 Backstroke	32.02	31.40	397	04/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
100 Backstroke	1:06.68	1:05.50	463	16/09/17	The Robin Hood Open Meet 2017	Sheffield	EM171325	3
200 Backstroke	2:25.73	2:23.40	452	04/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
200 Individual Medley	2:18.59	2:15.70	556	17/09/17	The Robin Hood Open Meet 2017	Sheffield	EM171325	3
400 Individual Medley	4:59.76	4:53.80	529	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	24.53	25.40	555	03/12/17	Stretford Club Championships 2017	Stretford	NW172584	4
100 Freestyle	52.32	53.90	629	23/10/16	Manchester International 2016	Manchester	NW161951	2
200 Freestyle	1:54.66	1:57.60	650	16/12/18	Satellites Last Chance County Qualifier	Macclesfield	NW182356	3
400 Freestyle	4:08.53	4:14.10	622	17/11/18	Wigan BEST Future Stars Open Meet	Wigan	NW182020	2
1500 Freestyle	17:07.81	17:27.70	559	25/11/16	Wigan BEST Future Stars Open Meet	Wigan	NW161516	2
50 Breaststroke	33.69	34.60	406	17/12/17	Wirral Metro Christmas Open Development Gala	Birkenhead	NW170824	3
100 Breaststroke	1:12.90	1:14.60	436	17/12/17	Wirral Metro Christmas Open Development Gala	Birkenhead	NW170824	3
200 Breaststroke	2:38.80	2:42.10	433	01/12/17	Stretford Club Championships 2017	Stretford	NW172584	4
50 Butterfly	27.66	28.30	486	02/12/17	Stretford Club Championships 2017	Stretford	NW172584	4
100 Butterfly	1:00.36	1:01.60	496	03/12/17	Stretford Club Championships 2017	Stretford	NW172584	4
200 Butterfly	2:14.37	2:16.70	502	18/11/17	Wigan BEST Future Stars Open Meet	Wigan	NW171049	2
50 Backstroke	30.48	31.10	381	16/12/17	Wirral Metro Christmas Open Development Gala	Birkenhead	NW170824	3
100 Backstroke	1:04.40	1:05.60	422	16/12/17	Wirral Metro Christmas Open Development Gala	Birkenhead	NW170824	3
200 Backstroke	2:24.33	2:26.60	392	26/10/14	City of Leeds Grand Prix	Leeds	NE4022	2
200 Individual Medley	2:16.52	2:19.40	517	17/12/17	Wirral Metro Christmas Open Development Gala	Birkenhead	NW170824	3
400 Individual Medley	4:43.46	4:49.60	568	17/12/17	Wirral Metro Christmas Open Development Gala	Birkenhead	NW170824	3
100 Individual Medley	1:02.21	1:02.20	497	01/12/17	Stretford Club Championships 2017	Stretford	NW172584	4