

# Individual Best Times (All Time)

Jessica Cross - (806059) - Swansea University SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.38	28.70	518	17/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
100 Freestyle	1:01.81	1:00.40	585	01/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
200 Freestyle	2:14.13	2:11.50	595	01/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
400 Freestyle	4:46.95	4:42.00	551	02/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
50 Breaststroke	36.22	35.30	521	19/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
100 Breaststroke	1:19.83	1:18.20	518	03/03/19	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE190468	3
200 Breaststroke	2:52.06	2:49.00	510	03/03/19	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE190468	3
50 Butterfly	28.94	28.30	601	04/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
100 Butterfly	1:04.41	1:03.20	639	01/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
200 Butterfly	2:29.45	2:27.30	541	19/12/21	Swim Wales Winters 2021	Swansea	WAL618	1
50 Backstroke	36.57	36.00	396	12/04/15	Rushmoor Royals Spring NQ Open Meet	Aldershot	SE150233	1
100 Backstroke	1:12.90	1:11.80	486	22/02/20	Rushmoor Royals L3 Spring Regional Qualifier	Aldershot	SE200611	3
200 Backstroke	2:44.22	2:42.20	421	25/05/13	ASA South East Region Age Group Champs	Crawley	SER303	1
200 Individual Medley	2:29.07	2:26.40	605	20/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
400 Individual Medley	5:15.50	5:09.90	598	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.23	29.00	535	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
100 Freestyle	1:00.02	1:01.40	586	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Freestyle	2:11.44	2:14.10	591	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181535	4
400 Freestyle	4:43.36	4:48.30	543	24/06/17	Alton District Club Championships	Alton	SE171330	4
800 Freestyle	10:01.98	10:11.50	498	19/09/16	Alton District Club Championships	Petersfield	SE161432	4
50 Breaststroke	35.56	36.40	507	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
100 Breaststroke	1:14.91	1:16.60	576	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
200 Breaststroke	2:50.64	2:53.70	490	17/09/16	Alton District Club Championships	Alton	SE161431	4
50 Butterfly	28.46	29.10	628	05/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
100 Butterfly	1:02.97	1:04.20	632	04/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Butterfly	2:26.70	2:28.80	542	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
50 Backstroke	32.70	33.30	460	28/09/19	Rushmoor Royals 50m Challenge 2019	Hart	SE192485	3
100 Backstroke	1:11.89	1:13.00	445	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181535	4
200 Backstroke	2:23.07	2:25.40	574	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea	LYX004	0
200 Individual Medley	2:23.03	2:25.80	618	14/12/19	NASL South Round 3	Guildford	SE193318	3
400 Individual Medley	5:02.02	5:07.80	630	17/11/19	Swim Bouenmouth L2 Winter Short Course	Littledown Centre	SW192634	2
100 Individual Medley	1:07.07	1:07.10	598	16/11/19	Swim Bouenmouth L2 Winter Short Course	Littledown Centre	SW192634	2