

# Individual Best Times (All Time)

Amelia Jones - (806081) - Alton & District Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.22	30.50	432	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Freestyle	1:06.45	1:05.20	471	16/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
200 Freestyle	2:28.56	2:26.20	438	01/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
400 Freestyle	5:13.85	5:09.30	421	16/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
50 Breaststroke	45.65	45.00	260	26/11/16	Rushmoor Royals SC Last Chance County Qualifier	Aldershot	SE161449	3
100 Breaststroke	1:41.67	1:40.40	250	05/06/16	Portsmouth Northsea LC Opportunity 2016	Portsmouth	SE160455	3
200 Breaststroke	3:43.69	3:41.30	232	05/06/16	Portsmouth Northsea LC Opportunity 2016	Portsmouth	SE160455	3
50 Butterfly	35.54	35.00	324	01/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
50 Backstroke	37.25	36.70	374	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Backstroke	1:24.96	1:24.00	307	08/05/16	Portsmouth Northsea LC Sprint Meet 2016	Portsmouth	SE160454	3
200 Individual Medley	2:50.54	2:48.20	404	01/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.07	30.80	443	10/03/18	Hart SC Spring Level 3 Open Meet	Hart	SE180593	3
100 Freestyle	1:05.22	1:06.50	457	06/10/18	RR Winter National & Regional Qualifier L2 Meet	Aldershot	SE181934	2
200 Freestyle	2:20.48	2:22.90	484	02/06/18	Alton & District Club Championship	Alton	SE181289	4
400 Freestyle	5:03.82	5:08.40	441	02/06/18	Alton & District Club Championship	Alton	SE181289	4
800 Freestyle	11:07.79	11:16.40	365	04/11/19	Alton & District Long Distance Club Championship	Petersfield	SE193125	4
1500 Freestyle	21:04.34	21:20.60	370	10/12/18	Alton & District Club Championship	Petersfield	SE181292	4
50 Breaststroke	42.51	43.20	297	11/03/18	Hart SC Spring Level 3 Open Meet	Hart	SE180593	3
100 Breaststroke	1:35.27	1:36.60	280	03/07/16	Hampshire County Development Competition 2016	Waterlooville	SE161070	3
200 Breaststroke	3:23.18	3:25.80	290	17/09/16	Alton District Club Championships	Alton	SE161431	4
50 Butterfly	35.77	36.30	316	07/01/17	Fareham Nomads Last Chance County Qualifier	Southampton	SE170268	3
100 Butterfly	1:26.38	1:27.30	244	09/09/17	Alton District Club Championships	Alton	SE171331	4
50 Backstroke	35.47	36.00	360	10/03/18	Hart SC Spring Level 3 Open Meet	Hart	SE180593	3
100 Backstroke	1:20.05	1:21.00	322	13/11/16	Hampshire & Isle of Wight Schools SA Annual Gala	Waterlooville	SE162231	2
200 Backstroke	2:53.99	2:55.90	319	03/07/16	Hampshire County Development Competition 2016	Waterlooville	SE161070	3
200 Individual Medley	2:45.66	2:48.00	398	11/11/17	NASLS - ROUND TWO	GUILDFORD	SE172512	3
400 Individual Medley	5:58.16	6:03.00	377	09/09/17	Alton District Club Championships	Alton	SE171331	4
100 Individual Medley	1:20.30	1:20.30	348	17/09/16	Alton District Club Championships	Alton	SE161431	4