

Individual Best Times (All Time)

Jack Cox - (806923) - Bilston SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.28	26.50	450	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
100 Freestyle	58.79	57.40	506	14/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
200 Freestyle	2:08.36	2:05.60	501	14/04/18	Exeter Taunton L1 & L3 April Meet	Millfield	SW180458	1
400 Freestyle	4:43.26	4:38.30	468	30/04/17	West Midland Championships	Coventry	WM170518	1
1500 Freestyle	18:37.83	18:19.20	473	01/05/17	West Midland Championships	Coventry	WM170518	1
50 Breaststroke	41.65	40.90	241	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	NW4452	1
50 Butterfly	29.29	28.60	439	01/05/17	West Midland Championships	Coventry	WM170518	1
100 Butterfly	1:05.32	1:04.10	433	30/04/17	West Midland Championships	Coventry	WM170518	1
50 Backstroke	34.28	33.70	324	11/04/15	Stockport Metro April LC Open Meet	Stockport	NW150006	1
100 Backstroke	1:09.66	1:08.50	406	14/04/18	Exeter Taunton L1 & L3 April Meet	Millfield	SW180458	1
200 Backstroke	2:29.35	2:27.10	420	14/04/18	Exeter Taunton L1 & L3 April Meet	Millfield	SW180458	1
200 Individual Medley	2:38.30	2:35.80	373	11/04/15	Stockport Metro April LC Open Meet	Stockport	NW150006	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.98	27.70	417	02/12/17	Stafford Apex Winter Open Meet	Stafford	WM171544	3
100 Freestyle	57.74	59.20	468	07/01/18	Bilston County Qualifier	Wolverhampton	WM180325	4
200 Freestyle	2:04.63	2:07.40	506	24/02/18	Staffordshire ASA Championships	Stafford	WM180148	2
400 Freestyle	4:24.21	4:29.50	518	25/02/18	Staffordshire ASA Championships	Stafford	WM180148	2
1500 Freestyle	17:38.94	17:58.20	511	18/02/17	Staffordshire ASA Championships	Stafford	WM170135	2
50 Breaststroke	40.84	41.60	228	31/01/15	Staffordshire ASA County Championships	Stafford	CC150058	2
50 Butterfly	29.13	29.80	416	25/02/17	Staffordshire ASA Championships	Stafford	WM170127	2
100 Butterfly	1:05.46	1:06.60	388	01/04/17	COSACSS Y2K 2017	Stoke-on-Trent	WM170584	3
50 Backstroke	31.37	32.00	350	07/01/18	Bilston County Qualifier	Wolverhampton	WM180325	4
100 Backstroke	1:06.58	1:07.80	382	24/02/18	Staffordshire ASA Championships	Stafford	WM180148	2
200 Backstroke	2:21.79	2:24.10	413	25/02/18	Staffordshire ASA Championships	Stafford	WM180148	2
200 Individual Medley	2:25.03	2:27.70	431	08/04/18	COSACSS Y2K 2018	Stoke-on-Trent	WM180420	3
100 Individual Medley	1:09.74	1:09.70	352	01/10/17	Roebuck Level 3 Open meet	Walsall	WM171203	3