

Individual Best Times (All Time)

Jacob Hardy - (813222) - Cambridge University Swimming &

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.07	27.30	413	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
100 Freestyle	1:03.23	1:01.90	407	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
200 Freestyle	2:21.17	2:18.70	377	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
400 Freestyle	5:12.24	5:07.70	350	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
1500 Freestyle	20:37.85	20:21.00	348	04/02/18	Essex Age Group Championships 2018	Basildon	ER180156	1
50 Butterfly	29.37	28.70	435	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
100 Butterfly	1:17.91	1:16.90	255	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Backstroke	36.64	36.10	265	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Backstroke	1:17.98	1:16.90	289	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Backstroke	2:45.47	2:43.40	309	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Individual Medley	2:42.16	2:39.70	347	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.81	28.50	380	17/09/22	Bor of Waltham Forest Winter Club Championships 22	Sylvestrian	LR221715	4
100 Freestyle	1:01.16	1:02.50	394	04/12/21	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER210934	3
200 Freestyle	2:16.26	2:18.80	387	16/09/22	Bor of Waltham Forest Winter Club Championships 22	Sylvestrian	LR221714	4
400 Freestyle	4:49.69	4:54.50	393	17/12/22	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER221785	3
1500 Freestyle	20:00.49	20:17.60	351	25/11/18	Epping Forest Internal Club Champs 2018	Loughton	ER181659	4
50 Breaststroke	41.34	42.10	219	23/11/18	Harlow Penguins 2018 Winter Open Meet	Harlow	ER181952	3
100 Breaststroke	1:27.43	1:28.90	252	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
200 Breaststroke	3:13.86	3:16.60	238	30/09/18	Epping Forest Internal Club Champs 2018	Loughton	ER181656	4
50 Butterfly	30.16	30.80	375	21/10/22	Bor of Waltham Forest Winter Club Championships 22	Sylvestrian	LR221716	4
100 Butterfly	1:10.65	1:11.70	309	17/12/22	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER221785	3
200 Butterfly	2:49.29	2:51.10	251	13/05/22	Bor of Waltham Forest SC Summer Time Trials 2022	Sylvestrian LC	LR220622	4
50 Backstroke	31.25	31.90	354	19/09/22	Bor of Waltham Forest Winter Club Championships 22	Sylvestrian	LR221717	4
100 Backstroke	1:09.22	1:10.40	340	17/12/22	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER221785	3
200 Backstroke	2:32.71	2:34.90	330	21/10/22	Bor of Waltham Forest Winter Club Championships 22	Sylvestrian	LR221716	4
200 Individual Medley	2:34.68	2:37.20	356	17/12/22	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER221785	3
400 Individual Medley	5:40.24	5:45.40	328	24/11/18	Harlow Penguins 2018 Winter Open Meet	Harlow	ER181952	3
100 Individual Medley	1:10.44	1:10.40	342	19/09/22	Bor of Waltham Forest Winter Club Championships 22	Sylvestrian	LR221717	4