

Individual Best Times (All Time)

Jamie West - (830451) - Pershore SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|------------------|---------|-----------------|-----------|----------|--|---------|----------|-------|
| 50 Breaststroke | 38.58 | 37.80 | 304 | 30/10/16 | City of Bristol L3 Long Course Early Bird Open | Bristol | SW160659 | 3 |
| 100 Breaststroke | 1:27.09 | 1:25.60 | 278 | 30/10/16 | City of Bristol L3 Long Course Early Bird Open | Bristol | SW160659 | 3 |
| 50 Backstroke | 37.19 | 36.60 | 253 | 29/10/16 | City of Bristol L3 Long Course Early Bird Open | Bristol | SW160659 | 3 |
| 100 Backstroke | 1:23.37 | 1:22.40 | 237 | 29/10/16 | City of Bristol L3 Long Course Early Bird Open | Bristol | SW160659 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-------------------|----------|-------|
| 50 Freestyle | 29.61 | 30.30 | 315 | 04/12/16 | Taunton & Street Level 3 Meet | Weston Super Mare | SW161418 | 3 |
| 100 Freestyle | 1:05.83 | 1:07.10 | 316 | 30/06/18 | Worcester Swimming Club Summer Open Meet | Worcester | WM181276 | 3 |
| 50 Breaststroke | 36.30 | 37.20 | 324 | 16/10/16 | Worcester 20th Open Meet | Worcester | WM161558 | 3 |
| 100 Breaststroke | 1:22.91 | 1:24.40 | 296 | 25/11/17 | Whychavon PB Buster L4 Invitational Meet | Worcester | WM171965 | 4 |
| 200 Breaststroke | 3:10.10 | 3:12.90 | 252 | 04/12/16 | Taunton & Street Level 3 Meet | Weston Super Mare | SW161418 | 3 |
| 50 Butterfly | 31.30 | 31.90 | 335 | 25/11/17 | Whychavon PB Buster L4 Invitational Meet | Worcester | WM171965 | 4 |
| 50 Backstroke | 34.49 | 35.10 | 263 | 24/10/15 | Worcester 19th Open Meet | Worcester | WM151564 | 3 |
| 100 Backstroke | 1:17.24 | 1:18.30 | 244 | 26/11/17 | Whychavon PB Buster L4 Invitational Meet | Worcester | WM171965 | 4 |
| 200 Individual Medley | 2:41.66 | 2:44.10 | 311 | 01/07/18 | Worcester Swimming Club Summer Open Meet | Worcester | WM181276 | 3 |
| 100 Individual Medley | 1:12.25 | 1:12.30 | 317 | 30/06/18 | Worcester Swimming Club Summer Open Meet | Worcester | WM181276 | 3 |