

Individual Best Times (All Time)

Jack Cassell - (843174) - Middlesbrough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.34	26.60	447	29/05/17	ASA North East Region Championships	Sunderland	NE170146	1
100 Freestyle	1:06.56	1:05.30	348	16/02/13	Northumberland & Durham County Champs	Sunderland	CC3096	1
200 Freestyle	2:29.20	2:26.90	319	12/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1
400 Freestyle	5:17.88	5:13.40	331	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
50 Breaststroke	39.17	38.40	290	31/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland	NE151004	1
50 Butterfly	33.88	33.30	284	17/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1
100 Butterfly	1:21.99	1:21.10	219	02/11/13	City of Sunderland Firecracker 2013	Sunderland	NE3924	3
50 Backstroke	29.15	28.50	527	29/05/17	ASA North East Region Championships	Sunderland	NE170146	1
100 Backstroke	1:03.07	1:01.80	547	27/05/17	ASA North East Region Championships	Sunderland	NE170146	1
200 Backstroke	2:23.31	2:21.00	476	27/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
200 Individual Medley	2:53.19	2:50.90	285	12/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.06	26.80	462	09/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2
100 Freestyle	58.19	59.60	457	08/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2
200 Freestyle	2:14.31	2:16.90	404	25/10/15	Middlesbrough Halloween Open Meet	Middlesbrough	NE151817	2
400 Freestyle	5:03.70	5:08.30	341	10/05/13	12th Middlesbrough Open Meet	Middlesbrough	NE3019	2
1500 Freestyle	20:07.12	20:24.10	345	14/12/13	Middlesborough ASC Junior Christmas Gala	Middlesborough	NE3315	3
50 Breaststroke	35.84	36.70	337	20/02/16	Middlesbrough AA Grade 2016 Gala	Middlesbrough	NE160354	3
100 Breaststroke	1:24.83	1:26.30	276	19/04/15	Middlesborough ASC AA Grade 2015	Middlesborough	NE150689	3
200 Breaststroke	3:03.55	3:06.40	280	13/12/14	Middlesbrough Xmas Gala	Middlesbrough	NE14678	3
50 Butterfly	29.81	30.40	388	08/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2
100 Butterfly	1:09.89	1:11.00	319	18/09/16	Richmond Dales Back to School Gala	Durham	NE161238	3
200 Butterfly	2:57.46	2:59.20	218	06/07/14	Boldmere SC Water Carnival	Birmingham	WM4563	3
50 Backstroke	28.45	29.10	469	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
100 Backstroke	1:01.95	1:03.20	474	08/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2
200 Backstroke	2:13.78	2:16.20	492	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
200 Individual Medley	2:35.23	2:37.80	352	13/12/15	Middlesborough Christmas Meet 2015	Middlesborough	NE152273	3
400 Individual Medley	5:38.21	5:43.40	334	14/12/14	Middlesbrough Xmas Gala	Middlesbrough	NE14678	3
100 Individual Medley	1:06.95	1:07.00	398	08/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2