

Individual Best Times (All Time)

Jasmine Holland - (844577) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.42	30.70	424	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Freestyle	1:10.90	1:09.70	387	24/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
800 Freestyle	11:50.48	11:42.30	317	30/03/12	Essex County Championships	Basildon	CC2060	1
50 Backstroke	39.27	38.80	319	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.20	30.90	437	30/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
100 Freestyle	1:06.31	1:07.60	435	01/02/15	Essex County Age Group Championships 2015	Southend	CC150044	2
200 Freestyle	2:29.91	2:32.20	398	09/11/14	Witham Dolphins Club Championships	Witham	ER14304	4
400 Freestyle	5:04.73	5:09.30	437	30/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
800 Freestyle	10:46.34	10:55.20	403	15/06/14	Witham Dolphins Club Championships	Witham	ER4659	4
50 Breaststroke	40.37	41.10	347	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Breaststroke	1:27.49	1:28.90	362	16/03/14	Essex County Championships	Basildon	CC4040	2
200 Breaststroke	3:13.83	3:16.50	334	23/11/14	Witham Dolphins Winter Club Championships	Witham	ER14306	4
50 Butterfly	34.25	34.80	360	17/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Butterfly	1:23.53	1:24.40	270	20/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
200 Butterfly	3:02.89	3:04.60	279	12/01/14	Sudbury & District January Time Trials	Sudbury	ER4127	3
50 Backstroke	37.40	37.90	307	15/06/14	Witham Dolphins Club Swimming Champs	Witham	ER4663	4
100 Backstroke	1:20.60	1:21.60	315	15/11/14	Witham Dolphins Club Championships	Witham	ER14305	3
200 Backstroke	2:57.43	2:59.30	301	23/11/14	Witham Dolphins Winter Club Championships	Witham	ER14306	4
200 Individual Medley	2:44.17	2:46.60	408	10/05/14	Braintree & Bocking Spring Festival	Braintree	ER4398	3
400 Individual Medley	6:03.25	6:08.10	362	24/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
100 Individual Medley	1:17.21	1:17.20	392	12/04/15	Halstead 6th Short Course Open Meet	Braintree	ER150571	3