

# Individual Best Times (All Time)

Jasmine West - (861201) - City of Linc Pentaqua SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.99	35.40	282	17/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
100 Freestyle	1:17.64	1:16.60	295	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
200 Freestyle	2:50.24	2:48.20	291	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
50 Breaststroke	45.17	44.50	269	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
100 Breaststroke	1:42.07	1:40.80	248	17/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
200 Breaststroke	4:12.22	4:10.10	162	20/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
50 Butterfly	41.34	40.90	206	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
100 Butterfly	1:38.02	1:37.20	181	17/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
50 Backstroke	43.69	43.20	232	17/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
100 Backstroke	1:29.51	1:28.60	262	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.41	31.10	428	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
100 Freestyle	1:08.31	1:09.50	398	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
200 Freestyle	2:22.28	2:24.70	466	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2
400 Freestyle	5:29.80	5:34.00	344	01/10/16	City of Lincoln Pentaqua Club Championships	Yarborough	EM160787	4
800 Freestyle	11:17.31	11:25.80	350	16/11/16	CLP Long Distance Event	Lincoln	EM162541	4
50 Breaststroke	41.33	42.10	323	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
100 Breaststroke	1:27.93	1:29.40	356	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
200 Breaststroke	3:14.32	3:17.00	332	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2
50 Butterfly	36.60	37.10	295	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
100 Butterfly	1:23.12	1:24.00	274	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2
50 Backstroke	38.06	38.60	291	26/11/16	Louth MeridianMeet	Louth	EM162104	3
100 Backstroke	1:19.72	1:20.70	326	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
200 Individual Medley	2:49.23	2:51.50	373	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
100 Individual Medley	1:19.31	1:19.30	361	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2