

Individual Best Times (All Time)

Jamie Cordes - (863453) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.61	27.90	390	08/07/17	City of Sunderland Summer Splash 2017	Sunderland	NE171638	3
100 Freestyle	1:01.36	1:00.00	445	08/07/17	City of Sunderland Summer Splash 2017	Sunderland	NE171638	3
200 Freestyle	2:16.65	2:14.10	415	10/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
400 Freestyle	4:39.01	4:33.90	490	29/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
1500 Freestyle	19:03.71	18:45.50	441	04/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170189	1
50 Breaststroke	37.10	36.20	342	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
100 Breaststroke	1:23.36	1:21.80	317	10/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
200 Breaststroke	2:47.59	2:44.40	419	24/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
50 Butterfly	30.24	29.60	399	08/07/17	City of Sunderland Summer Splash 2017	Sunderland	NE171638	3
100 Butterfly	1:06.27	1:05.10	415	04/02/18	N & D 2018 Championships	Sunderland	NE180242	1
200 Butterfly	2:30.29	2:28.20	395	10/02/18	N & D 2018 Championships	Sunderland	NE180243	1
50 Backstroke	32.92	32.30	366	06/05/18	North East Region Championships	Sheffield	NE180150	1
100 Backstroke	1:12.41	1:11.30	361	09/04/17	Richmond Dales April Fool Gala	Leeds	NE170269	1
200 Backstroke	2:36.50	2:34.40	365	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
200 Individual Medley	2:27.93	2:25.20	457	06/05/18	North East Region Championships	Sheffield	NE180150	1
400 Individual Medley	5:15.10	5:09.50	455	26/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.02	27.80	415	30/09/17	South Tyneside Autumn Meet	South Shields	NE172370	3
100 Freestyle	58.65	1:00.10	446	01/10/17	South Tyneside Autumn Meet	South Shields	NE172370	3
200 Freestyle	2:07.54	2:10.20	472	14/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3
400 Freestyle	4:26.66	4:31.90	504	13/10/17	BOSSS Winter Swim Festival 2017	Billingham	NE172048	2
1500 Freestyle	18:31.90	18:50.30	441	28/10/16	Chester le Street Junior Meet 2016	Chester-le-Street	NE161614	3
50 Breaststroke	35.47	36.30	348	08/04/18	Gaw Spring Meet	Dunston	NE180771	3
100 Breaststroke	1:15.48	1:17.10	392	07/04/18	Gaw Spring Meet	Dunston	NE180771	3
200 Breaststroke	2:43.83	2:47.00	394	02/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
50 Butterfly	29.02	29.70	421	14/07/18	GATESHEAD & WHICKHAM SUMMER MEET 2018	GATESHEAD	NE181862	3
100 Butterfly	1:04.26	1:05.40	411	03/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
200 Butterfly	2:25.91	2:28.10	392	14/10/17	BOSSS Winter Swim Festival 2017	Billingham	NE172049	2
50 Backstroke	30.99	31.60	363	15/07/18	GATESHEAD & WHICKHAM SUMMER MEET 2018	GATESHEAD	NE181862	3
100 Backstroke	1:07.80	1:09.00	362	25/03/17	North Tyneside Mad March Hare Extravaganza	Stanley	NE170005	3
200 Backstroke	2:27.45	2:29.70	367	30/09/17	South Tyneside Autumn Meet	South Shields	NE172370	3
200 Individual Medley	2:22.94	2:25.70	451	01/10/17	South Tyneside Autumn Meet	South Shields	NE172370	3
400 Individual Medley	5:05.73	5:11.40	453	19/11/17	Tynemouth ASC Winter Gala	Tynemouth	NE172171	3
100 Individual Medley	1:06.40	1:06.40	408	14/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3