

Individual Best Times (All Time)

Jac Fernandez-John - (870202) - Caerphilly County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.69	29.00	349	29/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Freestyle	1:23.73	1:22.70	175	23/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3
200 Freestyle	2:49.49	2:47.40	217	21/03/15	City of Cardiff Tiger Bay Meet	Cardiff	WL150509	3
50 Breaststroke	38.01	37.20	318	14/07/18	Cardiff Bay Sprint Meet	Cardiff	WL181120	3
100 Breaststroke	1:27.96	1:26.50	270	22/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
200 Breaststroke	3:41.33	3:38.90	182	21/03/15	City of Cardiff Tiger Bay Meet	Cardiff	WL150509	3
50 Butterfly	37.51	37.00	209	14/07/18	Cardiff Bay Sprint Meet	Cardiff	WL181120	3
100 Butterfly	2:03.35	2:02.70	64	24/02/13	City of Cardiff Closed Invitational Meet	Cardiff	WAL478	4
50 Backstroke	40.17	39.70	201	14/07/18	Cardiff Bay Sprint Meet	Cardiff	WL181120	3
100 Backstroke	1:46.14	1:45.40	114	25/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
200 Backstroke	3:47.73	3:46.30	118	27/10/13	3 Towers Open Meet	Millfield	SW3627	3
200 Individual Medley	2:53.00	2:50.70	286	14/07/18	Cardiff Bay Sprint Meet	Cardiff	WL181120	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.70	29.40	346	02/02/20	Swim Wales South East Regional Championships	Newport	WL200034	2
100 Freestyle	1:03.70	1:05.00	348	05/02/20	Swim Wales South East Regional Championships	Newport	WL200035	2
200 Freestyle	2:29.78	2:32.10	292	09/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
400 Freestyle	5:24.24	5:28.50	280	25/11/17	Swim Wales South East Sub Regional	Newport	WL170085	3
800 Freestyle	11:22.51	11:30.90	274	08/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
50 Breaststroke	36.21	37.10	327	08/12/19	City of Newport Christmas Cracker 2019	Newport	WL192992	3
100 Breaststroke	1:20.73	1:22.30	321	02/02/20	Swim Wales South East Regional Championships	Newport	WL200034	2
200 Breaststroke	3:01.58	3:04.50	289	08/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
50 Butterfly	35.66	36.20	226	08/12/19	City of Newport Christmas Cracker 2019	Newport	WL192992	3
100 Butterfly	1:24.08	1:25.00	183	08/09/19	Caerphilly County Swim Squad Club Championships	Caerphilly	WL192558	3
200 Butterfly	3:25.39	3:26.90	140	07/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
50 Backstroke	37.72	38.20	201	24/11/18	SW South East Sub Regional Championships	Newport	WL180058	3
100 Backstroke	1:20.62	1:21.60	215	08/09/19	Caerphilly County Swim Squad Club Championships	Caerphilly	WL192558	3
200 Backstroke	3:05.64	3:07.40	184	08/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
200 Individual Medley	2:44.55	2:46.90	295	25/11/18	SW South East Sub Regional Championships	Newport	WL180058	3
100 Individual Medley	1:41.54	1:41.50	114	02/03/13	Llanelli Open Meet 2013	Llanelli	WAL480	2