

Individual Best Times (All Time)

Joshua Griggs - (873944) - Maidstone SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Backstroke	1:12.30	1:11.20	363	03/02/18	Kent Swimming Championships 2018	Crystal Palace	SE180334	1
200 Backstroke	2:35.77	2:33.60	370	03/02/18	Kent Swimming Championships 2018	Crystal Palace	SE180334	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.30	29.00	361	19/07/19	Maidstone Time Trials Summer	Maidstone	SE192307	4
100 Freestyle	1:02.19	1:03.50	374	04/09/18	Maidstone Swimming Club Championships 2018	Maidstone	SE181797	4
200 Freestyle	2:14.17	2:16.70	406	25/09/18	Maidstone Swimming Club Championships 2018	Maidstone	SE181804	4
400 Freestyle	4:50.63	4:55.40	389	15/09/18	Medway ASA CHampionships 2018	Gillingham	SE180427	3
800 Freestyle	12:19.34	12:27.10	215	03/12/13	Maidstone Club Championships	Maidstone	SE3676	4
1500 Freestyle	19:39.28	19:56.70	370	14/11/17	Maidstone Swimming Club Championships 2017	Maidstone	SW171497	4
50 Breaststroke	40.65	41.40	231	08/06/18	Maidstone Time Trials	Maidstone	SE180660	4
100 Breaststroke	1:30.22	1:31.60	230	06/05/17	Medway ASA Championships 2017	Gillingham	SE170215	4
200 Breaststroke	3:59.27	4:01.50	126	22/10/13	Maidstone Club Championships 2013	Maidstone	SE3675	4
50 Butterfly	30.54	31.20	361	16/12/18	Bromley SC Christmas Gold Open Meet 2018	Gillingham	LR180784	3
100 Butterfly	1:08.90	1:10.00	333	02/12/18	Maidstone Level Three Licensed Open Meet 2018	Maidstone	SE181847	3
200 Butterfly	3:01.49	3:03.20	204	18/10/16	Maidstone Club Championships 2016	Maidstone	SE160941	4
50 Backstroke	33.21	33.80	295	22/03/19	Maidstone SC Time Trials	Maidstone	SE191365	4
100 Backstroke	1:09.59	1:10.70	334	26/11/17	Maidstone Level Three Licensed Open Meet 2017	Maidstone	SE170760	3
200 Backstroke	2:27.56	2:29.80	366	05/12/17	Maidstone Swimming Club Championships 2017	Maidstone	SE171500	4
200 Individual Medley	2:37.19	2:39.70	339	14/09/19	Medway ASA Championships 2019	Maidstone	SE190498	3
400 Individual Medley	5:40.25	5:45.40	328	04/12/18	Maidstone Swimming Club Championships 2018	Maidstone	SE181811	4
100 Individual Medley	1:12.41	1:12.40	315	17/09/19	Maidstone Club Championships 2019	Maidstone	SE192575	4