

Individual Best Times (All Time)

Jay McCabe - (879263) - Derwentside SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.80	32.20	372	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Freestyle	1:13.32	1:12.20	350	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
200 Freestyle	2:50.80	2:48.70	288	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
400 Freestyle	5:35.44	5:31.20	345	08/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
50 Breaststroke	44.98	44.30	272	18/04/15	German International Open 2015	Berlin	DIS105	1
100 Breaststroke	1:30.17	1:28.80	359	27/04/19	British Para-Swimming International	Glasgow	DIS122	1
200 Breaststroke	3:20.52	3:17.90	322	17/04/15	German International Open 2015	Berlin	DIS105	1
50 Butterfly	36.30	35.80	304	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Butterfly	1:19.70	1:18.70	337	09/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
50 Backstroke	40.98	40.50	281	17/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
100 Backstroke	1:21.87	1:20.90	343	19/01/19	City of Sunderland New Year Meet 2019	Sunderland	NE190293	1
200 Backstroke	2:54.25	2:52.30	352	18/04/15	German International Open 2015	Berlin	DIS105	1
200 Individual Medley	2:52.85	2:50.50	388	27/03/15	British Para Swimming International	Glasgow	DIS104	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.72	33.40	344	17/10/15	City of Sunderland ASC Short Course Qualifier 2015	Sunderland	NE152193	2
100 Freestyle	1:12.16	1:13.30	337	20/10/18	Middlesbrough Halloween 2018 Gala	The Neptune Centre	NE182125	2
200 Freestyle	2:34.58	2:36.80	363	19/09/15	Richmond Dales Open Meet	Durham	NE150564	3
400 Freestyle	5:22.66	5:27.00	368	18/10/15	City of Sunderland ASC Short Course Qualifier 2015	Sunderland	NE152193	2
50 Breaststroke	45.64	46.30	240	01/03/14	DSE National Junior & Youth Championships	Sheffield	DIS097	2
100 Breaststroke	1:28.30	1:29.70	352	21/10/18	Middlesbrough Halloween 2018 Gala	The Neptune Centre	NE182125	2
200 Breaststroke	3:13.98	3:16.70	333	18/10/15	City of Sunderland ASC Short Course Qualifier 2015	Sunderland	NE152193	2
50 Butterfly	34.94	35.50	339	18/10/15	City of Sunderland ASC Short Course Qualifier 2015	Sunderland	NE152193	2
100 Butterfly	1:17.73	1:18.70	336	19/09/15	Richmond Dales Open Meet	Durham	NE150564	3
50 Backstroke	35.55	36.10	358	20/10/18	Middlesbrough Halloween 2018 Gala	The Neptune Centre	NE182125	2
100 Backstroke	1:18.78	1:19.80	338	19/09/15	Richmond Dales Open Meet	Durham	NE150564	3
200 Backstroke	2:48.44	2:50.40	352	20/09/15	Richmond Dales Open Meet	Durham	NE150564	3
200 Individual Medley	2:46.79	2:49.10	390	17/10/15	City of Sunderland ASC Short Course Qualifier 2015	Sunderland	NE152193	2
400 Individual Medley	6:05.10	6:09.90	356	02/11/14	Wear Valley Guy Fawkes Meet	Bishop Auckland	NE4303	3
100 Individual Medley	1:21.36	1:21.40	335	16/05/15	Wear Valley May Level 3 Meet	Bishop Auckland	NE150261	3