

# Individual Best Times (All Time)

Jack Lyons - (887364) - Sharks SC of Mottingham

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.58	34.00	221	23/07/23	Winchester City Penguins Summer Scorcher 2023	Winchester	SE231199	3
100 Freestyle	1:20.56	1:19.50	196	21/03/24	11th Down Syndrome Swimming World Championships	Antalya, Turkey	GBR2306	1
50 Breaststroke	45.38	44.70	186	23/03/24	11th Down Syndrome Swimming World Championships	Antalya, Turkey	GBR2306	1
100 Breaststroke	1:41.53	1:40.30	175	22/03/24	11th Down Syndrome Swimming World Championships	Antalya, Turkey	GBR2306	1
50 Butterfly	42.68	42.20	142	22/03/24	11th Down Syndrome Swimming World Championships	Antalya, Turkey	GBR2306	1
50 Backstroke	42.87	42.40	165	23/07/23	Winchester City Penguins Summer Scorcher 2023	Winchester	SE231199	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.42	34.00	219	20/11/22	British Down Syndrome Swimming Championships	Crawley	SE220866	3
100 Freestyle	1:18.88	1:19.90	183	19/11/23	British Down Syndrome Swimming Championships 2023	Crawley	ER231811	3
50 Breaststroke	45.62	46.30	163	17/10/22	10th Down Syndrome Swimming World Championships	Albufeira, Portugal	GBR1811	2
100 Breaststroke	1:40.46	1:41.70	166	19/11/22	British Down Syndrome Swimming Championships	Crawley	SE220866	3
50 Butterfly	38.71	39.20	177	18/11/23	British Down Syndrome Swimming Championships 2023	Crawley	ER231811	3
50 Backstroke	42.17	42.60	144	19/11/23	British Down Syndrome Swimming Championships 2023	Crawley	ER231811	3
100 Individual Medley	1:29.89	1:29.90	164	18/11/23	British Down Syndrome Swimming Championships 2023	Crawley	ER231811	3