

Individual Best Times (All Time)

Jessica Metcalfe - (903621) - Nofio Clwyd

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|---------------|---------|-----------------|-----------|----------|----------------------------------|-----------|---------|-------|
| 50 Freestyle | 35.78 | 35.20 | 287 | 23/06/13 | City of Liverpool Summer Sprints | Liverpool | NW3386 | 3 |
| 100 Butterfly | 1:42.59 | 1:41.80 | 158 | 23/06/13 | City of Liverpool Summer Sprints | Liverpool | NW3386 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------------|-----------|----------|-------|
| 50 Freestyle | 33.36 | 34.00 | 324 | 04/10/15 | ECL Championships | Wrexham | WL150746 | 3 |
| 100 Freestyle | 1:13.55 | 1:14.70 | 318 | 13/07/14 | Swim Conway Len Thomas Memorial Meet | Llandudno | WAL584 | 2 |
| 200 Freestyle | 3:02.92 | 3:04.80 | 219 | 19/01/13 | Holywell Valentine Meet 2013 | Holywell | WAL470 | 2 |
| 100 Breaststroke | 2:08.64 | 2:09.60 | 113 | 09/06/12 | Cath Ankers Meet | Wrexham | WAL433 | 3 |
| 50 Butterfly | 50.00 | 50.40 | 115 | 19/01/13 | Holywell Valentine Meet 2013 | Holywell | WAL470 | 2 |
| 100 Butterfly | 1:37.75 | 1:38.50 | 169 | 06/10/13 | East Clwyd Championships 2013 | Wrexham | WAL522 | 4 |
| 50 Backstroke | 44.56 | 45.00 | 181 | 20/01/13 | Holywell Valentine Meet 2013 | Holywell | WAL470 | 2 |
| 100 Backstroke | 1:34.53 | 1:35.40 | 195 | 06/10/13 | East Clwyd Championships 2013 | Wrexham | WAL522 | 4 |
| 200 Individual Medley | 3:17.86 | 3:19.80 | 233 | 06/10/13 | East Clwyd Championships 2013 | Wrexham | WAL522 | 4 |
| 100 Individual Medley | 1:44.68 | 1:44.70 | 157 | 30/06/12 | Holywell Summer Sprint Meet 2012 | Holywell | WAL441 | 4 |