

Individual Best Times (All Time)

Jack Spowage - (909176) - City of Brighton and Hove

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.02	27.30	415	15/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
100 Freestyle	1:01.78	1:00.40	436	17/03/19	Atlantis Regional Chaser 2019	Crawley	SE190154	3
200 Freestyle	2:36.55	2:34.30	276	29/04/17	Antwerp International Youth Swimming Cup 2017	Antwerp, Belgium	GBR510	1
50 Butterfly	29.05	28.40	450	09/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190455	1
100 Butterfly	1:07.15	1:06.00	399	10/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190455	1
200 Butterfly	2:34.25	2:32.20	366	06/04/19	Crawley Spring Open	Crawley	SE190011	1
50 Backstroke	32.51	31.90	380	15/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
100 Backstroke	1:13.02	1:11.90	352	17/06/18	Crawley Summer Splash Long Course Meet	Crawley	SE180014	3
200 Backstroke	2:52.81	2:50.90	271	24/04/16	Antwerp International Youth Swimming Cup	Antwerp, Belgium	GBR330	1
200 Individual Medley	2:52.95	2:50.70	286	05/06/16	Portsmouth Northsea LC Opportunity 2016	Portsmouth	SE160455	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.92	27.70	419	13/01/19	Brighton SC Tom Handley Open Meet	Prince Regent	SE190173	3
100 Freestyle	59.89	1:01.30	419	25/11/18	Atlantis Christmas Cracker 2018	Horsham	SE180992	3
200 Freestyle	2:16.75	2:19.30	383	02/10/18	Brighton Club Championships	Roedean School	SE181515	4
400 Freestyle	4:51.44	4:56.20	386	09/10/18	Brighton Club Championships	Roedean School	SE181517	4
50 Breaststroke	39.13	39.90	259	21/09/18	Brighton Club Championships	Prince Regent	SE181514	4
100 Breaststroke	1:29.41	1:30.80	236	03/11/17	Brighton Club Championships 2017	Brighton	SE171540	4
200 Breaststroke	3:09.69	3:12.50	254	11/10/18	Brighton Club Championships	Prince Regent	SE181516	4
50 Butterfly	28.22	28.90	457	12/01/19	Brighton SC Tom Handley Open Meet	Prince Regent	SE190173	3
100 Butterfly	1:04.21	1:05.40	412	14/12/19	NASL South Round 3	Crawley	SE193323	3
200 Butterfly	2:26.53	2:28.70	387	21/10/18	Sussex County ASA Winter SC Competition 2018	Crawley	SE182070	2
50 Backstroke	31.30	31.90	352	12/01/19	Brighton SC Tom Handley Open Meet	Prince Regent	SE190173	3
100 Backstroke	1:11.99	1:13.10	302	13/01/18	Tom Handley Open Meet	Brighton	SE180007	3
200 Backstroke	2:34.60	2:36.70	318	27/11/18	Brighton Club Championships	Prince Regent	SE181520	4
200 Individual Medley	2:36.56	2:39.10	343	21/09/18	Brighton Club Championships	Prince Regent	SE181514	4
400 Individual Medley	5:27.80	5:33.10	367	13/11/18	Brighton Club Championships	Roedean School	SE181518	4
100 Individual Medley	1:10.07	1:10.10	347	30/09/19	Brighton Club Championships	Prince Regent	SE191675	4