

Individual Best Times (All Time)

Jerry Sykes - (921745) - Dover Lifeguard Swimming Club

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|----------------|----------|-------|
| 50 Freestyle | 25.71 | 24.90 | 537 | 06/04/24 | Crawley Spring L1 Open Meet LC 2024 | Crawley | SE240321 | 1 |
| 100 Freestyle | 57.50 | 56.00 | 541 | 03/05/24 | SE South East Region LC Championships 2024 | High Wycombe | SE240686 | 1 |
| 200 Freestyle | 2:42.75 | 2:40.60 | 246 | 31/05/14 | ASA South East Region Age Group Championships | Crawley | SER418 | 1 |
| 400 Freestyle | 5:22.64 | 5:18.30 | 317 | 15/06/14 | ASA South East Region Age Group Championships | Crawley | SER419 | 1 |
| 50 Breaststroke | 34.44 | 33.50 | 427 | 11/02/24 | Kent County Championships 2024 | Stratford | LR240210 | 1 |
| 100 Breaststroke | 1:34.45 | 1:33.10 | 218 | 13/04/14 | Crawley Spring Open Meet | Crawley | SE4285 | 1 |
| 200 Breaststroke | 3:15.92 | 3:13.20 | 262 | 01/06/14 | ASA South East Region Age Group Championships | Crawley | SER418 | 1 |
| 50 Butterfly | 28.12 | 27.40 | 496 | 09/03/24 | Kent County Championships 2024 | Stratford | LR240211 | 1 |
| 100 Butterfly | 1:24.02 | 1:23.10 | 203 | 13/04/14 | Crawley Spring Open Meet | Crawley | SE4285 | 1 |
| 200 Butterfly | 2:55.75 | 2:53.90 | 247 | 14/06/14 | ASA South East Region Age Group Championships | Crawley | SER419 | 1 |
| 50 Backstroke | 30.52 | 29.90 | 459 | 06/05/24 | SE South East Region LC Championships 2024 | High Wycombe | SE240686 | 1 |
| 100 Backstroke | 1:08.71 | 1:07.50 | 423 | 06/04/24 | Crawley Spring L1 Open Meet LC 2024 | Crawley | SE240321 | 1 |
| 200 Backstroke | 2:31.24 | 2:29.00 | 405 | 26/01/20 | 2020 Kent ASA Swimming Championships | Crystal Palace | SE200206 | 1 |
| 200 Individual Medley | 2:24.74 | 2:22.00 | 488 | 11/02/24 | Kent County Championships 2024 | Stratford | LR240210 | 1 |
| 400 Individual Medley | 5:53.78 | 5:48.80 | 322 | 23/01/16 | Kent Swimming Championships 2016 | Crystal Palace | SE160328 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 24.86 | 25.70 | 533 | 06/01/24 | Dover Lifeguard Club & Herne Bay SC Icebreaker 24 | Dover | SE240082 | 3 |
| 100 Freestyle | 54.03 | 55.60 | 571 | 14/10/23 | National Arena Swimming League South R1 2023 | Dover | SE231988 | 3 |
| 200 Freestyle | 2:03.26 | 2:06.00 | 523 | 07/01/24 | Dover Lifeguard Club & Herne Bay SC Icebreaker 24 | Dover | SE240082 | 3 |
| 400 Freestyle | 5:05.33 | 5:09.90 | 335 | 18/10/15 | East Invicta Annual Championships | Canterbury | SE151598 | 2 |
| 50 Breaststroke | 31.93 | 32.90 | 477 | 02/12/23 | Thanet SC Speedo Festive Meet 2023 | Margate | SE232532 | 3 |
| 100 Breaststroke | 1:12.69 | 1:14.40 | 439 | 06/01/24 | Dover Lifeguard Club & Herne Bay SC Icebreaker 24 | Dover | SE240082 | 3 |
| 200 Breaststroke | 2:40.54 | 2:43.80 | 419 | 26/10/21 | Thanet SC Club Champs | Hartsdown | SE211207 | 4 |
| 50 Butterfly | 27.46 | 28.10 | 496 | 07/01/24 | Dover Lifeguard Club & Herne Bay SC Icebreaker 24 | Dover | SE240082 | 3 |
| 100 Butterfly | 1:01.43 | 1:02.70 | 470 | 06/01/24 | Dover Lifeguard Club & Herne Bay SC Icebreaker 24 | Dover | SE240082 | 3 |
| 200 Butterfly | 2:45.56 | 2:47.50 | 268 | 01/12/19 | East Invicta ASA Championships | Canterbury | SE191664 | 3 |
| 50 Backstroke | 29.09 | 29.80 | 439 | 09/06/24 | Dover Lifeguard Club Championships 2024 | Dover | SE241320 | 4 |
| 100 Backstroke | 1:05.12 | 1:06.30 | 408 | 27/05/21 | Thanet | Hartsdown | LEX1314 | 0 |
| 200 Backstroke | 2:20.08 | 2:22.40 | 428 | 01/12/19 | East Invicta ASA Championships | Canterbury | SE191664 | 3 |
| 200 Individual Medley | 2:17.95 | 2:20.80 | 501 | 09/12/23 | National Arena Swimming League South R3 2023 | Dover | SE232579 | 3 |
| 400 Individual Medley | 5:43.03 | 5:48.10 | 320 | 04/10/15 | East Invicta Annual Championships | Canterbury | SE151597 | 2 |
| 100 Individual Medley | 1:02.62 | 1:02.60 | 487 | 08/06/24 | Dover Lifeguard Club Championships 2024 | Dover | SE241320 | 4 |