

Individual Best Times (All Time)

James Long - (923659) - Kent Weald Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.07	31.40	277	07/04/18	Crawley Spring Open	Crawley	SE180013	1
100 Freestyle	1:12.01	1:10.80	275	08/04/18	Crawley Spring Open	Crawley	SE180013	1
200 Freestyle	2:33.98	2:31.70	290	07/04/18	Crawley Spring Open	Crawley	SE180013	1
400 Freestyle	5:29.79	5:25.50	297	30/09/17	Lis Hartley Long Course Open Meet	Crawley	SE170538	3
1500 Freestyle	21:06.00	20:49.60	325	06/04/18	Crawley Spring Open	Crawley	SE180013	1
50 Breaststroke	46.65	46.00	172	22/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
50 Butterfly	36.27	35.70	231	08/04/18	Crawley Spring Open	Crawley	SE180013	1
50 Backstroke	33.14	32.50	358	02/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200207	1
100 Backstroke	1:08.11	1:06.90	434	25/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.83	27.60	424	07/11/21	Kent Weald SS 50s/200s Meet	Gillingham	SE210670	3
100 Freestyle	59.35	1:00.70	431	14/11/21	Medway Championships 2021	Gillingham	SE210413	3
200 Freestyle	2:18.73	2:21.20	367	20/10/21	Gravesend & Northfleet SC Club Championships 2021	Cygnets LC	SE210890	4
400 Freestyle	4:55.36	5:00.10	371	05/01/20	Kent Weald 2nd Last Chance County Qualifier	Gillingham	SE200098	3
800 Freestyle	10:08.13	10:17.60	387	21/11/21	Gravesend & Northfleet SC Club Championships 2021	Cygnets LC	SE210893	4
1500 Freestyle	19:06.51	19:24.40	403	20/10/19	GNSC Club Championships	Cygnets	SE192222	4
50 Breaststroke	39.57	40.40	250	13/10/21	Gravesend & Northfleet SC Club Championships 2021	Cygnets LC	SE210888	4
100 Breaststroke	1:26.91	1:28.40	257	14/07/21	Gravesend & Northfleet	Cygnets	LEX3462	0
200 Breaststroke	3:07.16	3:10.00	264	03/11/21	Gravesend & Northfleet SC Club Championships 2021	Cygnets LC	SE210891	4
50 Butterfly	32.19	32.80	308	17/10/21	Gravesend & Northfleet SC Club Championships 2021	Cygnets LC	SE210889	4
100 Butterfly	1:12.06	1:13.10	291	20/10/21	Gravesend & Northfleet SC Club Championships 2021	Cygnets LC	SE210890	4
200 Butterfly	2:55.09	2:56.90	227	22/09/19	GNSC Club Championships	Cygnets	SE192221	4
50 Backstroke	30.84	31.50	368	07/11/21	Kent Weald SS 50s/200s Meet	Gillingham	SE210670	3
100 Backstroke	1:05.81	1:07.00	396	14/07/21	Gravesend & Northfleet	Cygnets	LEX3462	0
200 Backstroke	2:29.83	2:32.00	350	28/09/19	BPSC Season Opener 2019	Basildon	ER191860	3
200 Individual Medley	2:35.09	2:37.60	353	15/10/21	Gravesend & Northfleet SC Club Championships 2021	Cygnets LC	SE210889	4
400 Individual Medley	5:42.56	5:47.70	322	20/09/19	GNSC Club Championships	Cygnets	SE192219	4
100 Individual Medley	1:10.69	1:10.70	338	15/10/21	Gravesend & Northfleet SC Club Championships 2021	Cygnets LC	SE210889	4