

# Individual Best Times (All Time)

Jacob Allen - (933398) - Grantham Water Polo Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	39.88	39.10	275	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	EM160459	1
100 Breaststroke	1:29.60	1:28.20	255	16/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
200 Breaststroke	3:06.33	3:03.50	305	16/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
50 Butterfly	31.85	31.20	341	02/05/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1
100 Butterfly	1:09.58	1:08.50	358	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	EM160459	1
200 Butterfly	2:28.37	2:26.20	411	01/05/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1
200 Individual Medley	2:40.59	2:38.10	357	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1
400 Individual Medley	5:31.93	5:26.60	389	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.13	29.80	331	24/06/18	Grantham Summer Club Championships	Grantham	EM181248	3
100 Freestyle	1:03.93	1:05.20	345	20/11/16	Boston Club 12th Open Meet	Grantham	EM161367	3
200 Freestyle	2:20.14	2:22.60	356	01/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
400 Freestyle	4:57.18	5:01.90	364	12/11/16	Grantham Club Championships	Grantham	EM162349	4
1500 Freestyle	19:48.72	20:06.00	361	30/10/16	Grantham Club Championships	Grantham	EM162348	4
50 Breaststroke	37.95	38.80	284	08/04/16	Cambridge April Open 2016	Cambridge	ER160167	3
100 Breaststroke	1:23.67	1:25.20	288	09/04/16	Cambridge April Open 2016	Cambridge	ER160167	3
200 Breaststroke	3:00.79	3:03.70	293	10/07/16	Grantham Club Championships 2016	Grantham	EM161051	3
50 Butterfly	30.63	31.20	358	18/11/18	Grantham Winter Club Championships 2018	Grantham	EM182573	3
100 Butterfly	1:07.62	1:08.70	352	19/11/17	Boston ASC 13th Open Meet	Grantham	EM171183	3
200 Butterfly	2:31.28	2:33.40	352	15/10/16	Nova Centurion October L2 SC Open Meet	Nottingham	EM161876	2
50 Backstroke	34.10	34.70	272	12/11/17	Grantham Club Championships	Grantham	EM172115	3
100 Backstroke	1:12.78	1:13.90	292	19/11/17	Boston ASC 13th Open Meet	Grantham	EM171183	3
200 Backstroke	2:42.07	2:44.10	276	28/06/15	Lincoln Vulcans Grantham L3 Open Meet	Grantham	EM150588	3
200 Individual Medley	2:37.55	2:40.00	336	10/07/16	Grantham Club Championships 2016	Grantham	EM161051	3
400 Individual Medley	5:27.05	5:32.40	370	13/11/16	Grantham Club Championships	Grantham	EM162349	4
100 Individual Medley	1:12.27	1:12.30	317	18/11/17	Boston ASC 13th Open Meet	Grantham	EM171183	3