

# Individual Best Times (All Time)

Jack Ward - (943778) - Team Ipswich Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
1500 Freestyle	23:51.95	23:37.40	225	30/01/16	Suffolk County Championships 2016	Norwich	ER160220	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.39	34.00	220	19/04/15	Newmarket & District Seventh Open Meet	Newmarket	ER150020	3
100 Freestyle	1:13.67	1:14.80	225	08/03/15	Norfolk County Championships	Thetford	CC150391	2
200 Freestyle	2:39.03	2:41.20	243	07/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	ER160492	3
400 Freestyle	5:27.38	5:31.60	272	21/02/15	Norfolk County Championships	Wymondham	CC150388	2
1500 Freestyle	21:59.77	22:15.30	264	13/11/15	Deben Open Meet 2015	Woodbridge	ER152015	3
50 Breaststroke	45.03	45.70	170	04/10/15	West Suffolk SC The Neate Meet	Bury St Edmunds	ER150794	3
100 Breaststroke	1:37.77	1:39.10	180	07/03/15	Norfolk County Championships	Thetford	CC150391	2
200 Breaststroke	3:27.68	3:30.20	193	14/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
50 Butterfly	38.65	39.10	178	21/02/16	Suffolk County Championships 2016	Ipswich	ER160408	2
100 Butterfly	1:34.66	1:35.50	128	28/02/15	Norfolk County Championships	Thetford	CC150389	2
200 Butterfly	3:29.67	3:31.20	132	09/07/14	Dereham & District Roger Virgo Distance Event	Dereham	ER4893	4
50 Backstroke	38.05	38.60	196	14/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
100 Backstroke	1:21.53	1:22.50	208	18/04/15	Newmarket & District Seventh Open Meet	Newmarket	ER150020	3
200 Backstroke	2:53.14	2:55.10	227	21/02/16	Suffolk County Championships 2016	Ipswich	ER160408	2
200 Individual Medley	3:04.52	3:06.70	209	08/07/15	Dereham & District Roger Virgo 2015	Dereham	ER151246	4
400 Individual Medley	6:26.79	6:31.30	223	06/07/15	Dereham & District Roger Virgo 2015	Dereham	ER151246	4
100 Individual Medley	1:27.52	1:27.50	178	28/02/15	Norfolk County Championships	Thetford	CC150389	2