

# Individual Best Times (All Time)

James Port - (945699) - Winchester City Penguins

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.90	26.10	469	25/02/23	Hampshire ASA County Championships 2023	Winchester	SE230251	1
100 Freestyle	58.83	57.40	505	22/04/23	SE South East Region Summer Championships 2023	Winchester	SE230798	1
200 Freestyle	2:10.16	2:07.50	481	26/02/23	Hampshire ASA County Championships 2023	Winchester	SE230251	1
50 Breaststroke	42.70	42.00	224	03/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3
100 Breaststroke	2:00.00	1:58.90	106	16/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
50 Butterfly	28.01	27.30	502	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
100 Butterfly	1:02.66	1:01.40	491	25/02/24	Hampshire County Swimming Championships 2024	Mountbatten Cen	SE240345	1
200 Butterfly	2:26.29	2:24.10	429	13/05/23	SE South East Region Summer Championships 2023	Winchester	SE230800	1
50 Backstroke	31.58	30.90	414	04/12/22	Portsmouth Northsea SC Christmas Meet 2022	Mountbatten Centre	SE222226	3
100 Backstroke	1:09.56	1:08.40	408	22/01/23	Hampshire ASA County Championships 2023	Winchester	SE230249	1
200 Backstroke	2:30.51	2:28.30	411	04/12/22	Portsmouth Northsea SC Christmas Meet 2022	Mountbatten Centre	SE222226	3
200 Individual Medley	2:29.94	2:27.30	439	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
400 Individual Medley	6:33.19	6:28.70	234	18/01/20	Hampshire County Championships 2020	Portsmouth	SE200382	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.46	27.20	442	20/11/22	Alton & District Invitational Sprint 50s Meet 2022	Alton	SE222499	4
100 Freestyle	57.47	58.90	474	05/03/23	Hart SC Spring Open Meet 2023	Hart	SE230493	3
200 Freestyle	2:12.08	2:14.70	425	18/06/22	Alton & District SC Club Championships	Alton	SE221370	4
800 Freestyle	12:19.99	12:27.80	215	04/11/19	Alton & District Long Distance Club Championship	Petersfield	SE193125	4
50 Breaststroke	37.89	38.70	285	20/11/22	Alton & District Invitational Sprint 50s Meet 2022	Alton	SE222499	4
100 Breaststroke	2:00.85	2:01.90	95	07/07/18	Hampshire County Developments Competition 2018	Waterlooville	SE181576	3
50 Butterfly	27.86	28.50	475	20/11/22	Alton & District Invitational Sprint 50s Meet 2022	Alton	SE222499	4
100 Butterfly	1:00.63	1:01.90	489	09/12/23	National Arena Swimming League South R3 2023	Winchester	SE232573	3
200 Butterfly	2:18.93	2:21.20	454	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
50 Backstroke	31.00	31.60	362	20/11/22	Alton & District Invitational Sprint 50s Meet 2022	Alton	SE222499	4
100 Backstroke	1:06.82	1:08.00	378	30/10/22	Hart SC Autumn Open Meet 2022	Hart Leisure	SE221836	3
200 Backstroke	2:30.69	2:32.90	344	18/06/22	Alton & District SC Club Championships	Alton	SE221370	4
200 Individual Medley	2:31.82	2:34.40	376	30/10/22	Hart SC Autumn Open Meet 2022	Hart Leisure	SE221836	3
400 Individual Medley	6:45.75	6:50.10	193	14/07/19	Alton & District Club Championships	Alton	SE191714	4
100 Individual Medley	1:07.67	1:07.70	386	17/09/23	Winchester City Penguins Club Champs 2023	Winchester	SE231722	4