

Individual Best Times (All Time)

Samuel Jackson - (972452) - Nofio Clwyd

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.38	26.60	445	01/12/17	Swim Wales Long Course Championships	Swansea	WL170076	1
100 Freestyle	58.71	57.30	508	01/04/18	Swim Wales LC Championships	Swansea	WL180090	1
200 Freestyle	2:09.33	2:06.60	490	31/03/18	Swim Wales LC Championships	Swansea	WL180090	1
400 Freestyle	4:29.97	4:24.70	541	01/12/17	Swim Wales Long Course Championships	Swansea	WL170076	1
1500 Freestyle	18:43.97	18:25.50	465	31/03/17	Stockport Metro Qualifying Window Meet	Stockport	NW170111	1
50 Backstroke	33.65	33.00	342	07/07/18	Graham Sykes Memorial Gala	Coventry	WM180363	3
100 Backstroke	1:09.24	1:08.10	413	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
200 Backstroke	2:30.72	2:28.50	409	14/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
200 Individual Medley	2:33.94	2:31.40	406	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.14	27.90	409	04/02/18	SW North Regional Championships	Llandudno	WL180044	2
100 Freestyle	57.91	59.30	464	18/03/18	Wrexham Crystal Meet 2018	Wrexham	WL180835	3
200 Freestyle	2:05.08	2:07.80	501	26/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
400 Freestyle	4:30.01	4:35.20	485	25/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
1500 Freestyle	17:38.92	17:58.20	511	02/02/18	SW North Regional Championships	Llandudno	WL180044	2
50 Breaststroke	40.36	41.10	236	01/10/17	ECL Championships 2017	Wrexham	WL172111	3
100 Breaststroke	1:23.67	1:25.20	288	18/03/18	Wrexham Crystal Meet 2018	Wrexham	WL180835	3
200 Breaststroke	3:23.51	3:26.10	205	14/01/17	Holywell Valentine Meet	Holywell	WL170237	2
50 Butterfly	30.26	30.90	371	07/10/18	East Clwyd League Championships	Wrexham	WL182093	3
100 Butterfly	1:08.84	1:09.90	334	18/03/18	Wrexham Crystal Meet 2018	Wrexham	WL180835	3
50 Backstroke	32.06	32.70	328	01/10/17	ECL Championships 2017	Wrexham	WL172111	3
100 Backstroke	1:06.41	1:07.60	385	03/02/18	SW North Regional Championships	Llandudno	WL180044	2
200 Backstroke	2:20.76	2:23.10	422	25/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
200 Individual Medley	2:29.50	2:32.10	394	18/03/18	Wrexham Crystal Meet 2018	Wrexham	WL180835	3
400 Individual Medley	5:14.12	5:19.70	417	26/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
100 Individual Medley	1:08.94	1:08.90	365	06/05/18	Wrexham 15th Spring Meet	Wrexham	WL181020	2