

# Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 200 Backstroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:24.21	467	F	26/05/19	2019 London Swimming National Qualifier	London	Erith & Dist	1
2:24.78	461	F	11/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Erith & Dist	1
2:25.84	451	F	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	Erith & Dist	1
2:27.33	438	H	20/04/19	Beckenham Easter International Open 2019	London	Erith & Dist	1
2:27.51	436	F	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Erith & Dist	1
2:27.58	436	H	09/02/19	Kent Swimming Championships 2019	Crystal Palace	Erith & Dist	1
2:28.78	425	H	26/01/20	2020 Kent ASA Swimming Championships	Crystal Palace	Erith & Dist	1
2:29.03	423	H	08/07/18	20th Netherlands Invitational Meet 2018	Eindhoven		1
2:29.20	422	H	03/02/18	Kent Swimming Championships 2018	Crystal Palace	Erith & Dist	1
2:30.08	414	H	07/07/19	21st Netherlands Invitational Meet 2019	Eindhoven		1
2:30.11	414	H	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	Erith & Dist	1
2:30.40	412	H	24/03/18	ESSA 68th National Inter-Divisional Championships	Crawley		1
2:30.87	408	H	11/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Erith & Dist	1
2:33.12	390	H	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Erith & Dist	1
2:33.32	388	F	07/04/19	Crawley Spring Open	Crawley	Erith & Dist	1
2:33.61	386	H	04/02/17	Kent Swimming Championships	Crystal Palace	Erith & Dist	1
2:36.87	363	F	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Erith & Dist	1
2:38.79	350	H	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Erith & Dist	1
2:47.15	300	H	06/02/16	Kent Swimming Championships 2016	Crystal Palace	Erith & Dist	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:28.78	425	H	26/01/20	2020 Kent ASA Swimming Championships	Crystal Palace	Erith & Dist	1
2:30.08	414	H	07/07/19	21st Netherlands Invitational Meet 2019	Eindhoven		1
2:24.21	467	F	26/05/19	2019 London Swimming National Qualifier	London	Erith & Dist	1
2:24.78	461	F	11/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Erith & Dist	1

2:30.87	408	H	11/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Erith & Dist	1
2:27.33	438	H	20/04/19	Beckenham Easter International Open 2019	London	Erith & Dist	1
2:33.32	388	F	07/04/19	Crawley Spring Open	Crawley	Erith & Dist	1
2:27.58	436	H	09/02/19	Kent Swimming Championships 2019	Crystal Palace	Erith & Dist	1
2:29.03	423	H	08/07/18	20th Netherlands Invitational Meet 2018	Eindhoven		1
2:25.84	451	F	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	Erith & Dist	1
2:30.11	414	H	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	Erith & Dist	1
2:30.40	412	H	24/03/18	ESSA 68th National Inter-Divisional Championships	Crawley		1
2:29.20	422	H	03/02/18	Kent Swimming Championships 2018	Crystal Palace	Erith & Dist	1
2:27.51	436	F	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Erith & Dist	1
2:33.12	390	H	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Erith & Dist	1
2:33.61	386	H	04/02/17	Kent Swimming Championships	Crystal Palace	Erith & Dist	1
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2:47.15	300	H	06/02/16	Kent Swimming Championships 2016	Crystal Palace	Erith & Dist	1