

# Individual Best Times (All Time)

Jessica Spooner - (1145267) - Deepings SC - 100 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
1:11.85	508	H	14/05/17	Northampton 2017 Long Course Spring Festival	Corby	Deepings	1
1:12.39	496	H	01/07/17	19th Netherlands Invitational Meet	Eindhoven	Deepings	1
1:12.39	496		02/07/17	19th Netherlands Invitational Meet	Eindhoven	Deepings	1
1:12.44	495	H	14/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Deepings	1
1:12.63	491	H	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Deepings	1
1:12.69	490	H	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	Deepings	1
1:12.69	490	H	10/07/16	Northampton 2016 Long Course Summer Festival	Corby	Deepings	3
1:13.14	481	H	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	Deepings	1
1:13.42	476	H	15/05/16	Northampton 2016 Long Course Spring Festival	Corby	Deepings	1
1:13.48	474	F	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	Deepings	1
1:13.66	471	H	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Deepings	1
1:14.26	460	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Deepings	1
1:14.42	457	H	02/07/16	50m Netherlands Invitational Meet	Eindhoven	Deepings	1
1:14.59	454	H	18/12/16	Northampton Winter Festival	Corby	Deepings	3
1:21.19	352	H	12/07/15	Northampton Summer Festival Open Meet	Corby		3
1:21.95	342		05/07/15	17th Netherlands Invitational Meet L1 2015	Eindhoven	Deepings	1
1:29.34	264	H	13/07/14	Northampton Summer Festival Open Meet	Corby	Deepings	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:12.44	495	H	14/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Deepings	1
1:13.66	471	H	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Deepings	1
1:14.26	460	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Deepings	1
1:12.39	496		02/07/17	19th Netherlands Invitational Meet	Eindhoven	Deepings	1
1:12.39	496	H	01/07/17	19th Netherlands Invitational Meet	Eindhoven	Deepings	1
1:11.85	508	H	14/05/17	Northampton 2017 Long Course Spring Festival	Corby	Deepings	1

1:13.14	481	H	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	Deepings	1
1:12.63	491	H	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Deepings	1
1:14.59	454	H	18/12/16	Northampton Winter Festival	Corby	Deepings	3
1:12.69	490	H	10/07/16	Northampton 2016 Long Course Summer Festival	Corby	Deepings	3
1:14.42	457	H	02/07/16	50m Netherlands Invitational Meet	Eindhoven	Deepings	1
1:13.42	476	H	15/05/16	Northampton 2016 Long Course Spring Festival	Corby	Deepings	1
1:13.48	474	F	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	Deepings	1
1:12.69	490	H	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	Deepings	1
1:21.19	352	H	12/07/15	Northampton Summer Festival Open Meet	Corby		3
1:21.95	342		05/07/15	17th Netherlands Invitational Meet L1 2015	Eindhoven	Deepings	1
1:29.34	264	H	13/07/14	Northampton Summer Festival Open Meet	Corby	Deepings	3