

# Individual Best Times (All Time)

Daniel Jackson - (1281379) - Borough of Kirklees SC - 400 Individual Medley - 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 |
|---------|--------|-------|----------|--|-----------------|-----------------|-------|
| 4:31.20 | 714    | F     | 04/04/24 | Speedo Aquatics GB Swimming Championships 2024     | London          | Bo Kirklees     | 1     |
| 4:31.73 | 710    | F     | 25/07/23 | British Summer Championships                       | Sheffield       | Bo Kirklees     | 1     |
| 4:31.87 | 709    | F     | 04/05/24 | SE North East Regional Open/Youth Championships    | Sunderland      | Bo Kirklees     | 1     |
| 4:33.12 | 699    | H     | 22/06/24 | City of Sheffield Team Steel Meet 2024             | Sheffield       | Bo Kirklees     | 1     |
| 4:33.35 | 698    | F     | 06/04/23 | British Swimming Championships 2023                | Sheffield       | Bo Kirklees     | 1     |
| 4:33.39 | 697    | H     | 04/04/24 | Speedo Aquatics GB Swimming Championships 2024     | London          | Bo Kirklees     | 1     |
| 4:33.94 | 693    | F     | 29/04/23 | SE NE Region Open/Youth Championships (50m) 2023   | Sheffield       | Bo Kirklees     | 1     |
| 4:34.44 | 689    | H     | 20/01/24 | City of Sunderland ASC New Year Meet 2024          | Sunderland      | Bo Kirklees     | 1     |
| 4:35.66 | 680    | H     | 10/02/24 | Yorkshire SA Championships 2024                    | Leeds           | Bo Kirklees     | 1     |
| 4:37.33 | 668    | H     | 06/04/23 | British Swimming Championships 2023                | Sheffield       | Bo Kirklees     | 1     |
| 4:38.29 | 661    | H     | 09/03/24 | ESSA 73rd Inter-Divisional Champions 2023-24       | Coventry        |                 | 1     |
| 4:38.31 | 661    | H     | 04/05/24 | SE North East Regional Open/Youth Championships    | Sunderland      | Bo Kirklees     | 1     |
| 4:38.62 | 659    | H     | 25/07/23 | British Summer Championships                       | Sheffield       | Bo Kirklees     | 1     |
| 4:39.00 | 656    | H     | 02/04/23 | Derventio eXcel Spring Qualifier Meet 2023         | Sheffield       | Bo Kirklees     | 1     |
| 4:39.32 | 654    | H     | 29/04/23 | SE NE Region Open/Youth Championships (50m) 2023   | Sheffield       | Bo Kirklees     | 1     |
| 4:41.84 | 636    | F     | 25/07/22 | British Summer Championships                       | Sheffield       | Bo Kirklees     | 1     |
| 4:43.84 | 623    | F     | 11/02/23 | Yorkshire Swimming Association Championships 2023  | Leeds           | Bo Kirklees     | 1     |
| 4:43.93 | 623    | H     | 28/01/23 | City of Sunderland SC New Year Meet 2023           | Sunderland      | Bo Kirklees     | 1     |
| 4:44.66 | 618    | H     | 11/02/23 | Yorkshire Swimming Association Championships 2023  | Leeds           | Bo Kirklees     | 1     |
| 4:47.79 | 598    | H     | 25/07/22 | British Summer Championships                       | Sheffield       | Bo Kirklees     | 1     |
| 4:47.89 | 597    | F     | 30/04/22 | SE North East Region Open/Youth Championships 2022 | Sheffield       | Bo Kirklees     | 1     |
| 4:49.83 | 585    | H     | 26/03/22 | City of Sheffield Swim Squad Premier Open Meet 22  | Sheffield       | Bo Kirklees     | 1     |
| 4:50.15 | 583    | H     | 20/03/22 | Derventio eXcel March Open Meet                    | Sheffield       | Bo Kirklees     | 1     |
| 4:50.83 | 579    | H     | 30/04/22 | SE North East Region Open/Youth Championships 2022 | Sheffield       | Bo Kirklees     | 1     |
| 4:54.38 | 558    | F     | 17/04/22 | City of Leeds SC National Qualifier 2022           | John Charles AC | Bo Kirklees     | 1     |
| 4:55.24 | 554    | H     | 22/01/22 | City of Sunderland ASC New Year Meet 2022          | Sunderland      | Bo Kirklees     | 1     |
| 4:56.74 | 545    | F     | 10/02/23 | Yorkshire Swimming Association Championships 2023  | Leeds           | Bo Kirklees     | 1     |

|         |     |   |          |   |                 |             |   |
|---------|-----|---|----------|---|-----------------|-------------|---|
| 4:36.71 | 343 | F | 12/02/22 | Yorkshire Swimming Association Championships 2022 | Leeds           | Bo Kirklees | 1 |
| 4:57.09 | 543 | H | 02/04/22 | City of Sunderland ASC National Qualifier 2022    | Sunderland      | Bo Kirklees | 1 |
| 4:57.13 | 543 | H | 17/04/22 | City of Leeds SC National Qualifier 2022          | John Charles AC | Bo Kirklees | 1 |
| 4:58.13 | 538 | H | 12/02/22 | Yorkshire Swimming Association Championships 2022 | Leeds           | Bo Kirklees | 1 |
| 5:30.20 | 396 | F | 08/02/20 | Yorkshire County Championships Level of Meet      | Leeds           | Bo Kirklees | 1 |
| 5:33.90 | 383 | H | 11/01/20 | City of Sunderland New Year Meet 2020             | Sunderland      | Bo Kirklees | 1 |
| 5:36.89 | 372 | H | 08/02/20 | Yorkshire County Championships Level of Meet      | Leeds           | Bo Kirklees | 1 |
| 5:43.05 | 353 | H | 20/05/18 | North East Region Championships                   | Leeds           | Bo Kirklees | 1 |
| 5:45.64 | 345 | H | 13/01/18 | City of Sunderland New Year Meet 2018             | Sunderland      | Bo Kirklees | 1 |
| 5:45.86 | 344 | H | 09/02/19 | Yorkshire County Championships                    | Leeds           | Bo Kirklees | 1 |
| 5:45.99 | 344 | F | 20/05/18 | North East Region Championships                   | Leeds           | Bo Kirklees | 1 |
| 5:46.23 | 343 | H | 07/04/18 | Derventio Excel 12th Long Course Open Meet        | Sheffield       | Bo Kirklees | 1 |
| 5:48.59 | 336 | H | 19/01/19 | City of Sunderland New Year Meet 2019             | Sunderland      | Bo Kirklees | 1 |
| 5:50.52 | 331 | H | 12/05/19 | Swim England North East Region Championships (50) | Leeds           | Bo Kirklees | 1 |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet   | Venue           | Club Swam Under | Level |
|---------|--------|-------|----------|--|-----------------|-----------------|-------|
| 4:33.12 | 699    | H     | 22/06/24 | City of Sheffield Team Steel Meet 2024             | Sheffield       | Bo Kirklees     | 1     |
| 4:31.87 | 709    | F     | 04/05/24 | SE North East Regional Open/Youth Championships    | Sunderland      | Bo Kirklees     | 1     |
| 4:38.31 | 661    | H     | 04/05/24 | SE North East Regional Open/Youth Championships    | Sunderland      | Bo Kirklees     | 1     |
| 4:31.20 | 714    | F     | 04/04/24 | Speedo Aquatics GB Swimming Championships 2024     | London          | Bo Kirklees     | 1     |
| 4:33.39 | 697    | H     | 04/04/24 | Speedo Aquatics GB Swimming Championships 2024     | London          | Bo Kirklees     | 1     |
| 4:38.29 | 661    | H     | 09/03/24 | ESSA 73rd Inter-Divisional Champions 2023-24       | Coventry        |                 | 1     |
| 4:35.66 | 680    | H     | 10/02/24 | Yorkshire SA Championships 2024                    | Leeds           | Bo Kirklees     | 1     |
| 4:34.44 | 689    | H     | 20/01/24 | City of Sunderland ASC New Year Meet 2024          | Sunderland      | Bo Kirklees     | 1     |
| 4:31.73 | 710    | F     | 25/07/23 | British Summer Championships                       | Sheffield       | Bo Kirklees     | 1     |
| 4:38.62 | 659    | H     | 25/07/23 | British Summer Championships                       | Sheffield       | Bo Kirklees     | 1     |
| 4:33.94 | 693    | F     | 29/04/23 | SE NE Region Open/Youth Championships (50m) 2023   | Sheffield       | Bo Kirklees     | 1     |
| 4:39.32 | 654    | H     | 29/04/23 | SE NE Region Open/Youth Championships (50m) 2023   | Sheffield       | Bo Kirklees     | 1     |
| 4:33.35 | 698    | F     | 06/04/23 | British Swimming Championships 2023                | Sheffield       | Bo Kirklees     | 1     |
| 4:37.33 | 668    | H     | 06/04/23 | British Swimming Championships 2023                | Sheffield       | Bo Kirklees     | 1     |
| 4:39.00 | 656    | H     | 02/04/23 | Derventio eXcel Spring Qualifier Meet 2023         | Sheffield       | Bo Kirklees     | 1     |
| 4:43.84 | 623    | F     | 11/02/23 | Yorkshire Swimming Association Championships 2023  | Leeds           | Bo Kirklees     | 1     |
| 4:44.66 | 618    | H     | 11/02/23 | Yorkshire Swimming Association Championships 2023  | Leeds           | Bo Kirklees     | 1     |
| 4:43.93 | 623    | H     | 28/01/23 | City of Sunderland SC New Year Meet 2023           | Sunderland      | Bo Kirklees     | 1     |
| 4:41.84 | 636    | F     | 25/07/22 | British Summer Championships                       | Sheffield       | Bo Kirklees     | 1     |
| 4:47.79 | 598    | H     | 25/07/22 | British Summer Championships                       | Sheffield       | Bo Kirklees     | 1     |
| 4:47.89 | 597    | F     | 30/04/22 | SE North East Region Open/Youth Championships 2022 | Sheffield       | Bo Kirklees     | 1     |
| 4:50.83 | 579    | H     | 30/04/22 | SE North East Region Open/Youth Championships 2022 | Sheffield       | Bo Kirklees     | 1     |
| 4:54.38 | 558    | F     | 17/04/22 | City of Leeds SC National Qualifier 2022           | John Charles AC | Bo Kirklees     | 1     |
| 4:57.13 | 543    | H     | 17/04/22 | City of Leeds SC National Qualifier 2022           | John Charles AC | Bo Kirklees     | 1     |
| 4:57.09 | 543    | H     | 02/04/22 | City of Sunderland ASC National Qualifier 2022     | Sunderland      | Bo Kirklees     | 1     |
| 4:49.83 | 585    | H     | 26/03/22 | City of Sheffield Swim Squad Premier Open Meet 22  | Sheffield       | Bo Kirklees     | 1     |
| 4:50.15 | 583    | H     | 20/03/22 | Derventio eXcel March Open Meet                    | Sheffield       | Bo Kirklees     | 1     |
| 4:56.71 | 545    | F     | 12/02/22 | Yorkshire Swimming Association Championships 2022  | Leeds           | Bo Kirklees     | 1     |
| 4:58.13 | 538    | H     | 12/02/22 | Yorkshire Swimming Association Championships 2022  | Leeds           | Bo Kirklees     | 1     |
| 4:55.24 | 554    | H     | 22/01/22 | City of Sunderland ASC New Year Meet 2022          | Sunderland      | Bo Kirklees     | 1     |
| 5:30.20 | 396    | F     | 08/02/20 | Yorkshire County Championships Level of Meet       | Leeds           | Bo Kirklees     | 1     |
| 5:36.89 | 372    | H     | 08/02/20 | Yorkshire County Championships Level of Meet       | Leeds           | Bo Kirklees     | 1     |
| 5:33.90 | 383    | H     | 11/01/20 | City of Sunderland New Year Meet 2020              | Sunderland      | Bo Kirklees     | 1     |
| 5:50.52 | 331    | H     | 12/05/19 | Swim England North East Region Championships (50)  | Leeds           | Bo Kirklees     | 1     |
| 5:45.86 | 344    | H     | 09/02/19 | Yorkshire County Championships                     | Leeds           | Bo Kirklees     | 1     |
| 5:48.59 | 336    | H     | 19/01/19 | City of Sunderland New Year Meet 2019              | Sunderland      | Bo Kirklees     | 1     |

|         |     |   |          |  |            |             |                 |
|---------|-----|---|----------|--|------------|-------------|-----------------|
| 5:45.99 | 344 | F | 20/05/18 | North East Region Championships            | Leeds      | Bo Kirklees | Page 3 / 3<br>1 |
| 5:43.05 | 353 | H | 20/05/18 | North East Region Championships            | Leeds      | Bo Kirklees | 1               |
| 5:46.23 | 343 | H | 07/04/18 | Derwentio Excel 12th Long Course Open Meet | Sheffield  | Bo Kirklees | 1               |
| 5:45.64 | 345 | H | 13/01/18 | City of Sunderland New Year Meet 2018      | Sunderland | Bo Kirklees | 1               |