

# Individual Best Times (All Time)

Jack Arnold - (1427521) - Millfield - 50 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
29.79	494	H	04/08/23	Swim England National Summer Meet 2023	Sheffield	Millfield	1
30.01	483	F	25/02/24	Somerset ASA County Championships 2024	Millfield		1
30.64	454	F	11/03/23	National Preparation Meet L1 2023	Millfield		1
30.80	447	H	04/02/23	Somerset ASA County Championships 2023	Millfield		1
30.95	440	F	04/02/23	Somerset ASA County Championships 2023	Millfield		1
31.06	435	H	24/04/23	SE South West Summer Regional Championships 2023	Plymouth		1
31.97	399	H	15/04/22	Swim Wales National Championships 2022	Swansea		1
32.14	393	H	08/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea		1
33.24	355	H	19/12/21	Swim Wales Winters 2021	Swansea		1
33.40	350	F	19/12/21	Swim Wales Winters 2021	Swansea		1
33.87	336	F	21/11/21	City of Cardiff Keith Bewley Memorial Open	Cardiff		3
34.36	321	F	09/08/21	Swansea Festival of Swimming 2021	Swansea		1
35.69	287	H	07/03/20	Arena National League 20th B Final	Cardiff	Swansea Aq	1
35.89	282	F	15/02/20	Swansea Aquatics 2020 Spring LC Open Meet	Swansea	Swansea Aq	1
39.47	212	H	21/04/19	Swim Wales Long Course Championships	WNPS	Swansea Aq	1
39.58	210	F	12/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	Swansea Aq	1
39.63	209	H	12/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	Swansea Aq	1
41.78	179	F	20/10/18	Neath ASC Open Meet 2018	WNPS	Swansea Aq	3

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30.95	440	F	04/02/23	Somerset ASA County Championships 2023	Millfield		1

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