

Individual Best Times (All Time)

James Day - (206917) - Basildon and Phoenix SC - 100 Butterfly - 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
1:02.90	485	H	02/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
1:03.77	466	H	21/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
1:05.26	435	H	15/05/16	Team Luton May Long Course Meet	Luton	Basildon Ph	1
1:06.21	416	H	19/05/12	Rotherham Metro SC Long Course Open Meet	Sheffield	Basildon Ph	1
1:06.48	411	H	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
1:06.93	403	H	25/11/12	Essex Winter Long Course Championships	Basildon	Basildon Ph	1
1:07.81	387	H	26/11/11	Essex ASA Winter LC Championships	Basildon	Basildon Ph	1
1:07.96	385	H	17/12/11	Killerwhales Winter Open	Basildon	Basildon Ph	1
1:08.03	384	H	07/04/12	UEA City of Norwich Easter Meet	Norwich	Basildon Ph	1
1:08.22	380	H	05/12/10	Northampton Winter Fest	Corby	Basildon Ph	1
1:08.22	380	H	09/04/11	Bexley Long Course Open Meet	Crystal Palace	Basildon Ph	1
1:08.26	380	H	14/05/11	Rotherham Metro Level One Meet	Sheffield	Basildon Ph	1
1:08.27	380	F	07/04/12	UEA City of Norwich Easter Meet	Norwich	Basildon Ph	1
1:09.36	362	H	28/05/11	City of Sheffield No Frills Meet	Sheffield	Basildon Ph	1
1:09.68	357	H	15/01/11	Chester Le Street Burns Open Meet	Sheffield	Basildon Ph	1
1:09.94	353	H	15/05/10	Rotherham Metro LC Meet	Sheffield	Basildon Ph	1
1:10.13	350	H	12/06/11	BG East Region Bagcat Championships	Norwich	Basildon Ph	1
1:10.32	347	H	31/07/10	British Gas Nat Age Grps	Sheffield	Basildon Ph	1
1:10.66	342	H	30/05/10	Sheffield No Frills Meet	Sheffield	Basildon Ph	1
1:12.59	316	F	25/07/09	British Gas Nat Age Grps	Sheffield	Basildon Ph	1
1:13.58	303	H	25/07/09	British Gas Nat Age Grps	Sheffield	Basildon Ph	1
1:13.79	300		06/12/09	Northampton Winter Meet	Corby	Basildon Ph	1
1:14.84	288	F	03/04/10	City of Norwich Easter Meet	Norwich	Basildon Ph	1
1:14.96	287	F	13/06/09	East Region Age Groups	Norwich	Basildon Ph	1
1:15.22	284	H	19/12/09	Leeds Christmas Cracker	Leeds	Basildon Ph	1
1:15.27	283	H	09/01/10	City of Derby Long Course	Sheffield	Basildon Ph	1
1:15.25	282	H	12/06/09	East Region Age Groups	Norwich	Basildon Ph	1

1:15.33	202	H	13/06/09	East Region Age Groups	Norwich	Basildon Ph	1
1:15.41	281	H	31/05/09	Sheffield No Frills Meet	Sheffield	Basildon Ph	1
1:16.25	272		19/04/09	Crawley Spring Meet 2009	Crawley	Basildon Ph	1
1:16.51	269	H	10/05/09	Beckenham Open Meet	Crystal Palace	Basildon Ph	2
1:16.99	264	H	03/04/10	City of Norwich Easter Meet	Norwich	Basildon Ph	1
1:20.27	233	F	14/06/08	East Region Bagcat Champs	Norwich	Basildon Ph	1
1:20.59	231	H	14/06/08	East Region Bagcat Champs	Norwich	Basildon Ph	1
1:34.24	144	H	31/03/07	Bexley Long Course Meet	Crystal Palace	Basildon Ph	2

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