

# Individual Best Times (All Time)

Jack Shillinglaw - (505896) - Loughborough University Swimming - 200 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
2:10.66	664	H	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	Lboro Uni	1
2:10.87	660	H	25/03/18	City of Sunderland National Qualifier	Sunderland	Ellesmere Co	1
2:11.41	652	H	13/05/18	Manchester Open Meet 2018	Manchester	Ellesmere Co	1
2:11.65	649	H	15/03/19	Edinburgh International	Edinburgh	Ellesmere Co	1
2:12.03	643	H	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Lboro Uni	1
2:13.56	621	H	14/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	Ellesmere Co	1
2:15.91	590	H	11/03/17	ESSA 67th National Inter-Divisiona Championships	Liverpool		1
2:17.10	574	F	10/04/16	Swim Ulster AG & Yth Long Course Championships	Leinster, NI	Wirral Metro	1
2:17.47	570	F	22/06/19	2019 Long Course Summer Open	London	Lboro Uni	1
2:18.55	557	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Wirral Metro	1
2:19.07	550	H	10/04/16	Swim Ulster AG & Yth Long Course Championships	Leinster, NI	Wirral Metro	1
2:19.16	549	H	29/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Wirral Metro	1
2:19.57	544	F	30/05/15	2015 North West Regional Championships	Manchester	Wirral Metro	1
2:19.89	541	H	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	Ellesmere Co	1
2:20.09	538	F	03/05/15	Manchester Open Meet 2015	Manchester	Wirral Metro	1
2:20.31	536	H	30/05/15	2015 North West Regional Championships	Manchester	Wirral Metro	1
2:23.43	502	H	08/02/14	Derventio Excel February Festival	Sheffield	Garston	1
2:23.74	498	H	11/01/14	City of Derby Long Course L1 Meet	Sheffield	Garston	1
2:25.78	478	H	07/12/14	ASA North West Region Winter Championships	Liverpool	Wirral Metro	1
2:25.84	477	F	11/05/14	City of Manchester Aquatics Open Meet	Manchester	Wirral Metro	1
2:26.03	475	H	25/01/14	Northern Area Zonal Meet 2014	Sheffield	Garston	1
2:29.79	440	H	02/06/13	BG North West Region 2013 Age Group Champs	Manchester	Garston	1
2:31.48	426	F	12/05/13	City of Manchester AST The Manchester Open	Manchester	Garston	1
2:32.48	417	H	20/01/13	City of Liverpool SC L1 Winter Open Meet	Liverpool	Garston	1
2:34.95	398	F	15/12/12	City of Manchester Snow Pen 2012	Manchester	Garston	1
2:40.36	359	H	03/06/12	North West Region Age Group Championships	Manchester	Garston	1
2:40.53	358	F	12/05/13	City of Manchester Aquatics Swim Team Open	Manchester	Garston	1

2:40.33	330	F	13/03/12	City of Manchester Aquatics Swim Team Open	Manchester	Garston	1
2:43.60	338	F	21/01/12	City of Liverpool Winter Open Distance Mee	Liverpool	Garston	1
2:44.87	330	H	15/04/12	City of Leeds SC National Qualifying Meet	Leeds	Garston	1
2:48.68	308	H	04/12/11	City of Sheffield Snow Frill Gala	Sheffield	Garston	3

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