

# Individual Best Times (All Time)

James Cross - (771595) - Wigan Best SC - 200 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
2:11.42	617	C	25/05/18	2018 Glasgow International Swim Meet	Glasgow	Wigan BEST	1
2:12.16	607	H	25/05/18	2018 Glasgow International Swim Meet	Glasgow	Wigan BEST	1
2:12.60	601	H	04/08/18	Swim England National Summer Meet	Sheffield	Wigan BEST	1
2:14.32	578	H	20/01/19	Flanders Swimming Cup	Antwerp, Belgium	Wigan BEST	1
2:15.14	568	H	25/03/18	City of Sunderland National Qualifier	Sunderland	Wigan BEST	1
2:18.23	530	H	12/05/18	Manchester Open Meet 2018	Manchester	Wigan BEST	1
2:19.71	514	F	07/05/16	Manchester Open Meet 2016	Manchester	Wigan BEST	1
2:19.74	513	H	30/04/16	ASA North West Region Summer Championships	Manchester	Wigan BEST	1
2:20.39	506	H	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	Wigan BEST	1
2:21.25	497	F	02/05/15	Manchester Open Meet 2015	Manchester	Wigan BEST	1
2:21.57	494	H	24/01/16	Lancashire County WPSA Age Group & Championships	Manchester	Wigan BEST	1
2:21.84	491	F	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	Wigan BEST	1
2:22.49	484	F	30/04/16	ASA North West Region Summer Championships	Manchester	Wigan BEST	1
2:23.13	478	H	01/03/15	Lancashire County Age Groups & Championships	Liverpool		1
2:24.22	467	H	31/05/15	2015 North West Regional Championships	Manchester		1
2:24.57	463	H	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen	Wigan BEST	1
2:24.85	461	F	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen	Wigan BEST	1
2:27.95	432	H	01/06/14	BG North West Age Group Championships	Manchester		1
2:29.34	420	F	01/06/14	BG North West Age Group Championships	Manchester		1
2:29.55	419	F	10/05/14	City of Manchester Aquatics Open Meet	Manchester	Wigan BEST	1
2:29.95	415	H	09/03/14	Lancashire Age Groups & Championships	Manchester	Wigan BEST	1
2:31.89	400	F	30/07/13	Swim Wales Summer Nationals	Swansea	Wigan BEST	1
2:35.18	375	H	30/07/13	Swim Wales Summer Nationals	Swansea	Wigan BEST	1
2:38.06	355	H	02/06/13	BG North West Region 2013 Age Group Champs	Manchester	Wigan BEST	1
2:42.58	326	F	16/12/12	City of Manchester Snow Pen 2012	Manchester	Wigan BEST	1
2:43.28	322	H	17/03/13	Lancashire County Championships	Liverpool	Wigan BEST	1
2:53.17	272	H	04/02/10	Lancashire County Championships	Liverpool	Wigan BEST	1

2:32.47	273	H	04/03/12	Lancashire County Championships	Liverpool	Wigan BEST	1
2:55.53	259	H	27/03/11	Lancashire County Championships	Liverpool	Wigan BEST	1
3:04.40	223	H	05/06/11	BG North West Region Age Group Championshi	Manchester	Wigan BEST	1

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