

Individual Best Times (All Time)

Jan Salcedo - (735735) - Bushey Amateur Swimming Club - 50 Backstroke - Short 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
29.85	406	F	22/11/15	Watford November County Qualifier Open Meet	Watford	Bushey	3
29.87	405	F	27/06/15	The Terry Davies Alternative Nationals	Watford	Bushey	3
30.00	400	H	05/12/15	Bushey ASC TT3 - County Qualifier Last Chance	Bushey	Watford SC	4
30.09	396	F	16/07/14	Watford SC Club Championships Sprints 2014	Watford	Watford SC	4
30.22	391	H	05/07/15	Bushey Time Trials 2	Bushey	Watford SC	4
30.35	386	F	23/11/14	Watford MD & Sprints Open Meet	Watford	Watford SC	3
30.35	386	H	08/11/15	ASA East Region Winter Championships 2015	Luton		2
30.47	382	F	19/01/14	Watford County Qualifier Open Meet	Watford	Watford SC	3
30.53	379	F	16/03/14	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.57	378	H	25/01/16	Hertfordshire County Championships	Borehamwood	Bushey	2
30.70	373	F	28/06/14	WSC Terry Davies Alternative Nationals	Watford	Watford SC	3
30.94	364	F	24/06/13	Watford SC Club Championships Sprints	Watford	Watford SC	4
31.07	360	F	20/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	Watford SC	3
31.49	346	F	24/03/13	Hertfordshire County Championships	Borehamwood	Watford SC	2
31.73	338	F	20/01/13	Watford County Qualifier Open Meet	Watford	Watford SC	3
32.20	323	R	21/10/12	BG ASA National County Team Division 1	Sheffield	Watford SC	2
32.48	315	F	11/10/12	Watford SC Club Championships 2012	Watford	Watford SC	4
33.50	287	F	11/02/12	Ealing Short Course Open Meet	Ealing	Watford SC	3
34.72	258	F	15/01/12	Watford County Qualifier Meet	Watford	Watford SC	3
35.88	233	F	15/10/11	Hemel Hempstead 98th Birthday Meet	Hemel Hempstead	Watford SC	3
37.08	212	F	19/06/11	Maxwell Summer Meet	Aylesbury	Watford SC	3
37.45	205	F	07/05/11	Stevenage SC May Open Meet	Stevenage	Watford SC	3
40.52	162		28/11/10	Watford Middle Distance	Watford	Watford SC	2
41.69	149	F	16/10/10	Hemel Hempstead Birthday	Hemel Hempstead	Watford SC	3
41.80	147		04/09/10	Hoddesdon Open Meet	Enfield	Watford SC	4
41.80	147		06/10/10	Watford Club Champs	Watford	Watford SC	4
47.64	80		14/10/09	Watford Club Champs	Watford	Watford SC	4

47.84	99	14/10/09	Watford Club Champs	Watford	Watford SC	4
48.57	94	17/10/09	Hemel Hempstead Birthday	Hemel Hempstead	Watford SC	3
50.62	83	02/05/09	Leighton Buzzard C Grade	milton Keynes	Watford SC	4

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