

Individual Best Times (All Time)

James Pope - (758518) - Watford SC - 200 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
2:22.80	404	F	23/09/18	Watford Club Championships 2018	Garston	Watford SC	4
2:23.00	403	F	06/10/18	Harpenden Legacy Meet	Westminster Lodge	Watford SC	3
2:23.54	398	H	25/01/20	Swim England Hertfordshire County Championships	Borehamwood	Watford SC	2
2:23.64	397	H	27/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	Watford SC	2
2:23.69	397	F	16/03/19	Watford Regional Qualifier 2019	Garston	Watford SC	3
2:25.52	382	F	16/11/19	Watford November 2019 County Qualifier	Garston		3
2:25.83	380	F	01/12/18	City Of St Albans Open Meet Winter 2018	St Albans	Watford SC	3
2:26.20	377	H	20/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	Watford SC	3
2:26.32	376	F	23/06/19	The Terry Davies Alternative Nationals	Woodside	Watford SC	3
2:26.66	373	H	26/10/19	Team Luton Autumn Short Course Open Meet	Inspire; Luton	Watford SC	3
2:27.10	370	F	24/06/18	The Terry Davies Alternative Nationals	Woodside LC	Watford SC	3
2:27.64	366	F	03/03/18	Watford Regional Qualifier	Watford	Watford SC	3
2:27.79	365	F	18/10/17	Watford Club Championships 2017	Woodside LC	Watford SC	4
2:28.70	358	H	28/01/18	Hertfordshire County Championships	Borehamwood	Watford SC	2
2:29.48	352	F	08/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	Watford SC	3
2:29.64	351	F	15/09/19	Watford Club Championships 2019	Watford	Watford SC	4
2:29.79	350	F	25/11/17	Watford November 2017 County Qualifier	Garston	Watford SC	3
2:33.92	323	F	18/06/17	The Terry Davies Alternative Nationals	Watford	Watford SC	3
2:34.42	320	F	18/03/17	Watford Regional Qualifier	Watford	Watford SC	3
2:35.75	311	F	29/01/17	Herts County Champs & Age Group Champs	Borehamwood	Watford SC	2
2:39.17	292	F	18/12/16	Hatfield Christmas Gala	Hatfield	Watford SC	3
2:39.75	289	H	11/12/16	Team Luton 2016 Winter Development Meet	Luton	Watford SC	3
2:39.80	288	H	18/12/16	Hatfield Christmas Gala	Hatfield	Watford SC	3
2:40.42	285	F	19/11/16	Watford November 2016 County Qualifier	Garston	Watford SC	3
2:41.39	280	F	12/03/16	Watford Regional Qualifier	Watford	Watford SC	3
2:42.31	275	F	30/11/16	Watford 200 Club Champs	Watford	Watford SC	4
2:42.46	274	F	01/10/16	Harpenden Legacy Meet 2016	Borehamwood	Watford SC	3

2:42.46	274	F	01/10/16	Harpenden Legacy Meet 2016	Borehamwood	Watford SC	3
2:42.69	273	F	26/01/16	Hertfordshire County Championships	Borehamwood	Watford SC	2
2:44.14	266	F	21/11/15	Watford November County Qualifier Open Meet	Watford	Watford SC	3
2:47.18	252	F	18/10/15	Hemel Hempstead 102nd Birthday Open	Hemel Hempstead	Watford SC	2
2:51.08	235	H	24/10/15	Team Luton Autumn Short Course Meet	Luton	Watford SC	3
2:51.47	233	F	03/10/15	Harpenden SC Legacy Open Meet 2015	Borehamwood	Watford SC	3
2:52.44	229	F	03/07/15	Watford Club Championships 2015	Watford	Watford SC	4
2:52.45	229	F	22/03/15	Hertfordshire County Championships	Borehamwood	Watford SC	2
2:52.61	229	F	28/06/15	The Terry Davies Alternative Nationals	Watford	Watford SC	3
2:57.72	209	F	23/11/14	Watford MD & Sprints Open Meet	Watford	Watford SC	3
3:03.88	189	F	29/06/14	WSC Terry Davies Alternative Nationals	Watford	Watford SC	3
3:04.96	186	F	22/10/14	Watford Club Championships	Garston	Watford SC	4
3:30.60	126	F	02/02/14	Hertsmere Flyers Last Chance "No Frills" Gala	Barnet	Watford SC	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:23.54	398	H	25/01/20	Swim England Hertfordshire County Championships	Borehamwood	Watford SC	2
2:25.52	382	F	16/11/19	Watford November 2019 County Qualifier	Garston	Watford SC	3
2:26.66	373	H	26/10/19	Team Luton Autumn Short Course Open Meet	Inspire; Luton	Watford SC	3
2:29.64	351	F	15/09/19	Watford Club Championships 2019	Watford	Watford SC	4
2:26.32	376	F	23/06/19	The Terry Davies Alternative Nationals	Woodside	Watford SC	3
2:23.69	397	F	16/03/19	Watford Regional Qualifier 2019	Garston	Watford SC	3
2:23.64	397	H	27/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	Watford SC	2
2:25.83	380	F	01/12/18	City Of St Albans Open Meet Winter 2018	St Albans	Watford SC	3
2:26.20	377	H	20/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	Watford SC	3
2:23.00	403	F	06/10/18	Harpenden Legacy Meet	Westminster Lodge	Watford SC	3
2:22.80	404	F	23/09/18	Watford Club Championships 2018	Garston	Watford SC	4
2:27.10	370	F	24/06/18	The Terry Davies Alternative Nationals	Woodside LC	Watford SC	3
2:27.64	366	F	03/03/18	Watford Regional Qualifier	Watford	Watford SC	3
2:28.70	358	H	28/01/18	Hertfordshire County Championships	Borehamwood	Watford SC	2
2:29.79	350	F	25/11/17	Watford November 2017 County Qualifier	Garston	Watford SC	3
2:27.79	365	F	18/10/17	Watford Club Championships 2017	Woodside LC	Watford SC	4
2:29.48	352	F	08/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	Watford SC	3
2:33.92	323	F	18/06/17	The Terry Davies Alternative Nationals	Watford	Watford SC	3
2:34.42	320	F	18/03/17	Watford Regional Qualifier	Watford	Watford SC	3
2:35.75	311	F	29/01/17	Herts County Champs & Age Group Champs	Borehamwood	Watford SC	2
2:39.17	292	F	18/12/16	Hatfield Christmas Gala	Hatfield	Watford SC	3
2:39.80	288	H	18/12/16	Hatfield Christmas Gala	Hatfield	Watford SC	3
2:39.75	289	H	11/12/16	Team Luton 2016 Winter Development Meet	Luton	Watford SC	3
2:42.31	275	F	30/11/16	Watford 200 Club Champs	Watford	Watford SC	4
2:40.42	285	F	19/11/16	Watford November 2016 County Qualifier	Garston	Watford SC	3
2:42.46	274	F	01/10/16	Harpenden Legacy Meet 2016	Borehamwood	Watford SC	3
2:41.39	280	F	12/03/16	Watford Regional Qualifier	Watford	Watford SC	3
2:42.69	273	F	26/01/16	Hertfordshire County Championships	Borehamwood	Watford SC	2
2:44.14	266	F	21/11/15	Watford November County Qualifier Open Meet	Watford	Watford SC	3
2:51.08	235	H	24/10/15	Team Luton Autumn Short Course Meet	Luton	Watford SC	3
2:47.18	252	F	18/10/15	Hemel Hempstead 102nd Birthday Open	Hemel Hempstead	Watford SC	2
2:51.47	233	F	03/10/15	Harpenden SC Legacy Open Meet 2015	Borehamwood	Watford SC	3
2:52.44	229	F	03/07/15	Watford Club Championships 2015	Watford	Watford SC	4
2:52.61	229	F	28/06/15	The Terry Davies Alternative Nationals	Watford	Watford SC	3
2:52.45	229	F	22/03/15	Hertfordshire County Championships	Borehamwood	Watford SC	2
2:57.72	209	F	23/11/14	Watford MD & Sprints Open Meet	Watford	Watford SC	3
3:04.96	186	F	22/10/14	Watford Club Championships	Garston	Watford SC	4

3:03.88	189	F	29/06/14	WSC Terry Davies Alternative Nationals	Watford	Watford SC	Page 3 / 3 3
3:30.60	126	F	02/02/14	Hertsmere Flyers Last Chance "No Frills" Gala	Barnet	Watford SC	3