

Individual Best Times (All Time)

James Pope - (758518) - Watford SC - 200 Freestyle - 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 |
|---------|--------|-------|----------|---|----------------------|-----------------|-------|
| 2:07.17 | 477 | F | 18/11/18 | Watford November 2018 County Qualifier | Garston | Watford SC | 3 |
| 2:07.69 | 471 | F | 07/10/18 | Harpenden Legacy Meet | Westminster Lodge | Watford SC | 3 |
| 2:07.93 | 468 | F | 16/03/19 | Watford Regional Qualifier 2019 | Garston | Watford SC | 3 |
| 2:08.42 | 463 | F | 02/12/18 | City Of St Albans Open Meet Winter 2018 | St Albans | Watford SC | 3 |
| 2:08.46 | 462 | F | 22/06/19 | The Terry Davies Alternative Nationals | Woodside | Watford SC | 3 |
| 2:09.36 | 453 | F | 07/03/20 | Watford March 2020 Regional Qualifier | Garston | | 3 |
| 2:09.62 | 450 | H | 26/01/19 | SE Hertfordshire County Champs & Age Group Comp | Borehamwood | Watford SC | 2 |
| 2:09.71 | 449 | H | 21/10/18 | Team Luton Autumn Short Course Meet 2018 | Inspire Luton Sports | Watford SC | 3 |
| 2:09.84 | 448 | F | 16/09/18 | Watford Club Championships 2018 | Garston | Watford SC | 4 |
| 2:09.87 | 447 | H | 18/01/20 | Swim England Hertfordshire County Championships | Borehamwood | Watford SC | 2 |
| 2:10.16 | 444 | F | 29/09/19 | Watford Club Championships 2019 | Watford | Watford SC | 4 |
| 2:10.38 | 442 | F | 14/03/20 | City of St Albans Spring Open Meet | St Albans | | 3 |
| 2:12.35 | 423 | F | 10/03/18 | CoStA Spring Open Meet 2018 | St Albans | Watford SC | 3 |
| 2:13.51 | 412 | F | 23/06/18 | The Terry Davies Alternative Nationals | Woodside LC | Watford SC | 3 |
| 2:13.85 | 409 | H | 27/01/18 | Hertfordshire County Championships | Borehamwood | Watford SC | 2 |
| 2:14.23 | 405 | F | 18/10/17 | Watford Club Championships 2017 | Woodside LC | Watford SC | 4 |
| 2:14.23 | 405 | F | 26/11/17 | Watford November 2017 County Qualifier | Garston | Watford SC | 3 |
| 2:16.95 | 382 | F | 17/06/17 | The Terry Davies Alternative Nationals | Watford | Watford SC | 3 |
| 2:17.70 | 375 | F | 07/10/17 | Hemel Hempstead Birthday Open | Hemel Hempstead | Watford SC | 3 |
| 2:19.36 | 362 | F | 18/03/17 | Watford Regional Qualifier | Watford | Watford SC | 3 |
| 2:20.71 | 352 | F | 28/01/17 | Herts County Champs & Age Group Champs | Borehamwood | Watford SC | 2 |
| 2:24.01 | 328 | F | 18/12/16 | Hatfield Christmas Gala | Hatfield | Watford SC | 3 |
| 2:24.08 | 328 | H | 18/12/16 | Hatfield Christmas Gala | Hatfield | Watford SC | 3 |
| 2:25.43 | 319 | F | 20/11/16 | Watford November 2016 County Qualifier | Garston | Watford SC | 3 |
| 2:25.78 | 316 | F | 25/06/16 | The Terry Davies Alternative Nationals 2016 | Watford | Watford SC | 3 |
| 2:27.78 | 304 | F | 09/11/16 | Watford 200 Club Champs | Watford | Watford SC | 4 |
| 2:28.04 | 300 | F | 15/10/16 | Hemel Hempstead 100th Birthday Open | Hertfordshire | Watford SC | 3 |

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|---------|-----|---|----------|--|-----------------|------------|---|
| 2:20.04 | 302 | F | 13/10/16 | Hemel Hempstead 103rd Birthday Open | Hertfordshire | Watford SC | 3 |
| 2:32.07 | 279 | F | 25/01/16 | Hertfordshire County Championships | Borehamwood | Watford SC | 2 |
| 2:33.69 | 270 | H | 25/10/15 | Team Luton Autumn Short Course Meet | Luton | Watford SC | 3 |
| 2:35.06 | 263 | F | 12/03/16 | Watford Regional Qualifier | Watford | Watford SC | 3 |
| 2:35.21 | 262 | F | 22/11/15 | Watford November County Qualifier Open Meet | Watford | Watford SC | 3 |
| 2:37.19 | 252 | F | 04/10/15 | Harpenden SC Legacy Open Meet 2015 | Borehamwood | Watford SC | 3 |
| 2:38.48 | 246 | F | 27/06/15 | The Terry Davies Alternative Nationals | Watford | Watford SC | 3 |
| 2:40.84 | 235 | F | 15/03/15 | Hertfordshire County Championships | Borehamwood | Watford SC | 2 |
| 2:46.76 | 211 | F | 18/01/15 | Watford County Qualifier Open Meet | Watford | Watford SC | 3 |
| 2:49.93 | 199 | F | 01/02/15 | Hertsmere Flyers Last Chance No Frills Qualifier | Hendon | Watford SC | 3 |
| 2:52.44 | 191 | F | 23/11/14 | Watford MD & Sprints Open Meet | Watford | Watford SC | 3 |
| 2:54.55 | 184 | F | 01/10/14 | Watford SC Club Championships Distance 2014 | Watford | Watford SC | 4 |
| 3:02.02 | 162 | F | 28/06/14 | WSC Terry Davies Alternative Nationals | Watford | Watford SC | 3 |
| 3:15.64 | 131 | F | 02/02/14 | Hertsmere Flyers Last Chance "No Frills" Gala | Barnet | Watford SC | 3 |
| 3:16.40 | 129 | F | 20/10/13 | Hemel Hempstead 100th Birthday Open Meet | Hemel Hempstead | Watford SC | 3 |
| 3:20.87 | 121 | F | 17/03/13 | Hertfordshire County Championships | Borehamwood | Watford SC | 2 |
| 3:25.98 | 112 | F | 29/06/13 | Watford SC Alternative Nationals Open Meet | Watford | Watford SC | 3 |

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