

# Individual Best Times (All Time)

James Long - (923659) - Kent Weald Swim Squad - 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
30.84	368	F	07/11/21	Kent Weald SS 50s/200s Meet	Gillingham		3
30.97	363	H	12/05/21	Gravesend & Northfleet Swimming Club	Cygnets LC	Gravesend	0
31.16	357	H	17/10/21	Gravesend & Northfleet SC Club Championships 2021	Cygnets LC	Gravesend	4
31.37	350	H	16/06/21	Gravesend & Northfleet	Cygnets	Gravesend	0
31.95	331	F	07/12/19	Bromley SC Christmas Gold Open Meet 2019	Bromley		3
32.04	328	H	28/09/19	BPSC Season Opener 2019	Basildon	Gravesend	3
32.88	304	F	05/01/20	Kent Weald 2nd Last Chance County Qualifier	Gillingham	Gravesend	3
33.45	288	F	06/07/19	Beachfield 5th Beachfield Summer Open	Gillingham	Gravesend	3
33.56	285	F	06/01/19	Kent Weald Last Chance County Qualifier	Gillingham	Gravesend	3
33.69	282	F	02/11/19	DDSC EDSC Fireworks Meet 2019	Bexleyheath	Gravesend	3
34.47	263	H	21/07/19	GNSC Club Championships	Cygnets	Gravesend	4
34.96	252	H	27/10/18	Kent Development Meet 2018	Gillingham	Gravesend	3
34.98	252	H	29/09/18	BPSC Season Opener 2018	Basildon	Gravesend	3
35.15	248	H	18/11/18	Medway ASA Championships 2018	Gillingham	Gravesend	3
35.37	244	H	06/04/19	22e meeting international de la vallee de l'Aa	Lumbres, France	Gravesend	3
35.73	236	H	19/11/17	Medway ASA Championships 2017	Gillingham	Gravesend	4
36.87	215	F	07/07/18	4th Beachfield Summer Open	Gillingham	Gravesend	3
37.29	208	H	21/04/18	M21eme meeting international	Lumbres	Gravesend	3
37.69	201	H	03/12/16	Gravesend & Northfleet Open Meet 2016	Gillingham	Gravesend	3
38.38	191	H	04/01/17	Black Lion Licensed Time Trials 2017	Strood	Gravesend	4
38.60	187	F	08/07/17	3rd Beachfield Summer Open	Gillingham	Gravesend	3
38.62	187	H	24/09/17	Gravesend & Northfleet Club Champs	Strood	Gravesend	4
39.47	175	H	30/04/16	Black Lion L3 Spring Open Meet	Gillingham	Gravesend	3
40.04	168	F	01/07/17	The White Horse League 2017	Becontree	Gravesend	3
40.26	165	H	20/11/16	Maidstone L3 Licensed Open Meet 2016	Maidstone	Gravesend	3
40.97	157	F	09/07/16	Beachfield 2nd Beachfield Summer Open	Gillingham		3
41.03	153	H	10/09/15	GNSC 2015 Club Championships	Gillingham	Gravesend	4

41.32	133	F	12/09/13	GNSC 2013 Club Championships	Gillingham	Gravesend	
43.69	129	F	11/07/15	Beachfield Swimming Squad Summer Open	Gillingham		3
45.10	117	H	06/09/14	Gravesend & Northfleet Club Championships	Gillingham		4
45.52	114	F	10/05/14	The White Horse League 2014	Bexleyheath	Gravesend	3
46.71	106	F	22/06/13	The White Horse League 2013	Eltham	Gravesend	3
47.28	102	H	14/09/13	Gravesend & Northfleet Club Championships	Gillingham	Gravesend	4
57.35	57	H	03/11/12	Gravesend & Northfleet Club Championships	Gillingham	Gravesend	4

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