

Individual Best Times (All Time)

James Long - (923659) - Kent Weald Swim Squad - 100 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 |
|---------|--------|-------|----------|---|-------------|-----------------|-------|
| 1:05.81 | 396 | H | 14/07/21 | Gravesend & Northfleet | Cygnets | Gravesend | 0 |
| 1:06.03 | 392 | H | 02/10/21 | Medway Championships 2021 | Gillingham | Gravesend | 3 |
| 1:06.35 | 386 | F | 02/10/21 | Medway Championships 2021 | Gillingham | Gravesend | 3 |
| 1:06.53 | 383 | H | 03/11/21 | Gravesend & Northfleet SC Club Championships 2021 | Cygnets LC | Gravesend | 4 |
| 1:10.30 | 324 | H | 28/09/19 | BPSC Season Opener 2019 | Basildon | Gravesend | 3 |
| 1:10.86 | 317 | F | 08/12/19 | Bromley SC Christmas Gold Open Meet 2019 | Bromley | | 3 |
| 1:11.47 | 309 | F | 05/01/20 | Kent Weald 2nd Last Chance County Qualifier | Gillingham | Gravesend | 3 |
| 1:11.56 | 308 | H | 22/09/19 | GNSC Club Championships | Cygnets | Gravesend | 4 |
| 1:12.32 | 298 | F | 02/11/19 | DDSC EDSC Fireworks Meet 2019 | Bexleyheath | Gravesend | 3 |
| 1:12.43 | 297 | F | 06/01/19 | Kent Weald Last Chance County Qualifier | Gillingham | Gravesend | 3 |
| 1:13.33 | 286 | F | 06/07/19 | Beachfield 5th Beachfield Summer Open | Gillingham | Gravesend | 3 |
| 1:14.84 | 269 | H | 15/12/18 | TYR Festive Qualifier | Hartsdown | Gravesend | 3 |
| 1:16.03 | 256 | H | 29/09/18 | BPSC Season Opener 2018 | Basildon | Gravesend | 3 |
| 1:16.46 | 252 | H | 06/10/18 | Medway ASA Championships 2018 | Gillingham | Gravesend | 3 |
| 1:17.39 | 243 | H | 27/10/18 | Kent Development Meet 2018 | Gillingham | Gravesend | 3 |
| 1:17.92 | 238 | F | 07/07/18 | 4th Beachfield Summer Open | Gillingham | Gravesend | 3 |
| 1:21.12 | 211 | H | 06/05/17 | Medway ASA Championships 2017 | Gillingham | Gravesend | 4 |
| 1:21.44 | 208 | H | 26/09/17 | Gravesend & Northfleet Club Champs | Strood | Gravesend | 4 |
| 1:21.79 | 206 | F | 06/05/17 | Medway ASA Championships 2017 | Gillingham | Gravesend | 4 |
| 1:21.88 | 205 | F | 04/03/17 | The White Horse League 2017 | Eltham | Gravesend | 3 |
| 1:22.31 | 202 | H | 21/04/18 | M21eme meeting international | Lumbres | Gravesend | 3 |
| 1:22.98 | 197 | F | 02/06/18 | The White Horse League | Becontree | Gravesend | 3 |
| 1:23.16 | 196 | F | 08/07/17 | 3rd Beachfield Summer Open | Gillingham | Gravesend | 3 |
| 1:23.44 | 194 | F | 03/06/17 | The White Horse League 2017 | Eltham | Gravesend | 3 |
| 1:23.76 | 192 | H | 03/12/16 | Gravesend & Nothfleet Open Meet 2016 | Gillingham | Gravesend | 3 |
| 1:27.04 | 171 | F | 09/07/16 | Beachfield 2nd Beachfield Summer Open | Gillingham | | 3 |
| 1:28.16 | 164 | H | 20/11/16 | Medway 1/2 Lipped Open Meet 2016 | Medway | Gravesend | 3 |

| | | | | | | | |
|---------|-----|---|----------|---|------------|-----------|---|
| 1:28.19 | 104 | H | 20/11/16 | Maidstone L3 Licensed Open Meet 2016 | Maidstone | Gravesend | |
| 1:29.47 | 157 | F | 04/04/15 | Medway ASA Championships 2015 | Gillingham | | 4 |
| 1:29.69 | 156 | H | 04/04/15 | Medway ASA Championships 2015 | Gillingham | | 4 |
| 1:31.92 | 145 | H | 26/09/15 | GNSC 2015 Club Championships | Gillingham | Gravesend | 4 |
| 1:32.46 | 142 | F | 11/07/15 | Beachfield Swimming Squad Summer Open | Gillingham | | 3 |
| 1:35.64 | 129 | H | 07/09/14 | Gravesend & Northfleet Club Championships | Gillingham | | 4 |
| 1:39.70 | 113 | H | 22/09/13 | Gravesend & Northfleet Club Championships | Gillingham | Gravesend | 4 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|-------------|-----------------|-------|
| 1:06.53 | 383 | H | 03/11/21 | Gravesend & Northfleet SC Club Championships 2021 | Cygnets LC | Gravesend | 4 |
| 1:06.35 | 386 | F | 02/10/21 | Medway Championships 2021 | Gillingham | Gravesend | 3 |
| 1:06.03 | 392 | H | 02/10/21 | Medway Championships 2021 | Gillingham | Gravesend | 3 |
| 1:05.81 | 396 | H | 14/07/21 | Gravesend & Northfleet | Cygnets | Gravesend | 0 |
| 1:11.47 | 309 | F | 05/01/20 | Kent Weald 2nd Last Chance County Qualifier | Gillingham | Gravesend | 3 |
| 1:10.86 | 317 | F | 08/12/19 | Bromley SC Christmas Gold Open Meet 2019 | Bromley | | 3 |
| 1:12.32 | 298 | F | 02/11/19 | DDSC EDSC Fireworks Meet 2019 | Bexleyheath | Gravesend | 3 |
| 1:10.30 | 324 | H | 28/09/19 | BPSC Season Opener 2019 | Basildon | Gravesend | 3 |
| 1:11.56 | 308 | H | 22/09/19 | GNSC Club Championships | Cygnets | Gravesend | 4 |
| 1:13.33 | 286 | F | 06/07/19 | Beachfield 5th Beachfield Summer Open | Gillingham | Gravesend | 3 |
| 1:12.43 | 297 | F | 06/01/19 | Kent Weald Last Chance County Qualifier | Gillingham | Gravesend | 3 |
| 1:14.84 | 269 | H | 15/12/18 | TYR Festive Qualifier | Hartsdown | Gravesend | 3 |
| 1:17.39 | 243 | H | 27/10/18 | Kent Development Meet 2018 | Gillingham | Gravesend | 3 |
| 1:16.46 | 252 | H | 06/10/18 | Medway ASA Championships 2018 | Gillingham | Gravesend | 3 |
| 1:16.03 | 256 | H | 29/09/18 | BPSC Season Opener 2018 | Basildon | Gravesend | 3 |
| 1:17.92 | 238 | F | 07/07/18 | 4th Beachfield Summer Open | Gillingham | Gravesend | 3 |
| 1:22.98 | 197 | F | 02/06/18 | The White Horse League | Becontree | Gravesend | 3 |
| 1:22.31 | 202 | H | 21/04/18 | M21eme meeting international | Lumbres | Gravesend | 3 |
| 1:21.44 | 208 | H | 26/09/17 | Gravesend & Northfleet Club Champs | Strood | Gravesend | 4 |
| 1:23.16 | 196 | F | 08/07/17 | 3rd Beachfield Summer Open | Gillingham | Gravesend | 3 |
| 1:23.44 | 194 | F | 03/06/17 | The White Horse League 2017 | Eltham | Gravesend | 3 |
| 1:21.79 | 206 | F | 06/05/17 | Medway ASA Championships 2017 | Gillingham | Gravesend | 4 |
| 1:21.12 | 211 | H | 06/05/17 | Medway ASA Championships 2017 | Gillingham | Gravesend | 4 |
| 1:21.88 | 205 | F | 04/03/17 | The White Horse League 2017 | Eltham | Gravesend | 3 |
| 1:23.76 | 192 | H | 03/12/16 | Gravesend & Northfleet Open Meet 2016 | Gillingham | Gravesend | 3 |
| 1:28.19 | 164 | H | 20/11/16 | Maidstone L3 Licensed Open Meet 2016 | Maidstone | Gravesend | 3 |
| 1:27.04 | 171 | F | 09/07/16 | Beachfield 2nd Beachfield Summer Open | Gillingham | | 3 |
| 1:31.92 | 145 | H | 26/09/15 | GNSC 2015 Club Championships | Gillingham | Gravesend | 4 |
| 1:32.46 | 142 | F | 11/07/15 | Beachfield Swimming Squad Summer Open | Gillingham | | 3 |
| 1:29.47 | 157 | F | 04/04/15 | Medway ASA Championships 2015 | Gillingham | | 4 |
| 1:29.69 | 156 | H | 04/04/15 | Medway ASA Championships 2015 | Gillingham | | 4 |
| 1:35.64 | 129 | H | 07/09/14 | Gravesend & Northfleet Club Championships | Gillingham | | 4 |
| 1:39.70 | 113 | H | 22/09/13 | Gravesend & Northfleet Club Championships | Gillingham | Gravesend | 4 |