

Individual Best Times (All Time)

James Long - (923659) - Kent Weald Swim Squad - 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 |
|---------|--------|-------|----------|---|-------------|-----------------|-------|
| 2:18.73 | 367 | H | 20/10/21 | Gravesend & Northfleet SC Club Championships 2021 | Cygnets LC | Gravesend | 4 |
| 2:21.58 | 345 | F | 05/01/20 | Kent Weald 2nd Last Chance County Qualifier | Gillingham | Gravesend | 3 |
| 2:22.94 | 335 | H | 20/09/19 | GNSC Club Championships | Cygnets | Gravesend | 4 |
| 2:24.46 | 325 | F | 02/11/19 | DDSC EDSC Fireworks Meet 2019 | Bexleyheath | Gravesend | 3 |
| 2:28.01 | 302 | F | 06/01/19 | Kent Weald Last Chance County Qualifier | Gillingham | Gravesend | 3 |
| 2:28.78 | 297 | H | 27/10/18 | Kent Development Meet 2018 | Gillingham | Gravesend | 3 |
| 2:37.19 | 252 | H | 03/12/16 | Gravesend & Nothfleet Open Meet 2016 | Gillingham | Gravesend | 3 |
| 2:38.54 | 246 | H | 24/09/17 | Gravesend & Northfleet Club Champs | Strood | Gravesend | 4 |
| 2:39.05 | 243 | H | 30/04/16 | Black Lion L3 Spring Open Meet | Gillingham | Gravesend | 3 |
| 2:40.38 | 237 | F | 01/07/17 | The White Horse League 2017 | Becontree | Gravesend | 3 |
| 2:45.21 | 217 | H | 12/09/15 | GNSC 2015 Club Championships | Gillingham | Gravesend | 4 |
| 2:53.73 | 187 | H | 06/12/14 | Gravesend & Northfleet Open Meet 2014 | Gillingham | | 3 |
| 2:55.44 | 181 | H | 06/09/14 | Gravesend & Northfleet Club Championships | Gillingham | | 4 |
| 2:56.34 | 178 | F | 05/07/14 | The White Horse League 2014 | Bexleyheath | Gravesend | 3 |
| 3:20.98 | 120 | H | 14/09/13 | Gravesend & Northfleet Club Championships | Gillingham | Gravesend | 4 |

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