

Individual Best Times (All Time)

Jessica Armstrong - (1231666) - Sheffield City SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.46	32.80	351	18/11/17	Glyn Mettam Memorial B Grade Open Meet	Sheffield	NE170901	3
100 Freestyle	1:07.29	1:06.00	453	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
200 Freestyle	2:24.54	2:22.10	475	13/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
400 Freestyle	5:01.15	4:56.40	477	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
50 Breaststroke	38.87	38.10	422	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
100 Breaststroke	1:26.25	1:24.80	411	13/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
200 Breaststroke	3:01.10	2:58.20	438	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
50 Butterfly	38.59	38.10	253	18/11/17	Glyn Mettam Memorial B Grade Open Meet	Sheffield	NE170901	3
100 Butterfly	1:28.26	1:27.40	248	18/11/17	Glyn Mettam Memorial B Grade Open Meet	Sheffield	NE170901	3
50 Backstroke	36.01	35.40	415	13/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
100 Backstroke	1:16.85	1:15.80	415	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
200 Backstroke	2:45.56	2:43.50	411	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
200 Individual Medley	2:41.37	2:38.90	477	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
400 Individual Medley	6:10.94	6:06.20	368	02/09/18	Sheffield & District Championships	Sheffield	NE180824	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.25	33.90	327	17/06/17	Scarborough Annual A & B Graded Meet	Scarborough	NE170491	3
100 Freestyle	1:06.89	1:08.10	423	31/08/19	Sheffield City 16th Annual Open Sprints Meet	Sheffield	NE191587	3
400 Freestyle	5:00.19	5:04.80	457	15/06/18	Scarborough Annual A & B Graded Meet	Scarborough	NE180814	3
50 Breaststroke	39.63	40.40	366	26/08/17	Sheffield City 14th Annual Open Sprints Meet	Sheffield	NE170899	3
100 Breaststroke	1:26.04	1:27.50	380	31/08/19	Sheffield City 16th Annual Open Sprints Meet	Sheffield	NE191587	3
200 Breaststroke	3:27.87	3:30.40	271	17/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE160533	3
50 Butterfly	40.22	40.70	222	18/06/17	Scarborough Annual A & B Graded Meet	Scarborough	NE170491	3
50 Backstroke	36.77	37.30	323	16/06/18	Scarborough Annual A & B Graded Meet	Scarborough	NE180814	3
100 Backstroke	1:19.77	1:20.80	325	26/08/17	Sheffield City 14th Annual Open Sprints Meet	Sheffield	NE170899	3
200 Individual Medley	2:40.73	2:43.20	435	16/06/18	Scarborough Annual A & B Graded Meet	Scarborough	NE180814	3
100 Individual Medley	1:16.31	1:16.30	406	17/06/18	Scarborough Annual A & B Graded Meet	Scarborough	NE180814	3