

Individual Best Times (All Time)

Jenna Armstrong - (1108083) - Hinckley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.71	30.00	454	02/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220575	1
100 Freestyle	1:09.88	1:08.70	405	03/07/22	City of Coventry SC Graham Sykes Meet 2022	Coventry	WM220693	3
400 Freestyle	6:55.07	6:51.70	182	09/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
50 Butterfly	32.83	32.20	412	02/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220575	1
100 Butterfly	1:22.57	1:21.60	303	03/07/22	City of Coventry SC Graham Sykes Meet 2022	Coventry	WM220693	3
50 Backstroke	38.12	37.60	349	03/07/22	City of Coventry SC Graham Sykes Meet 2022	Coventry	WM220693	3
100 Backstroke	1:38.89	1:38.10	194	09/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
200 Individual Medley	3:43.79	3:42.00	178	09/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.57	31.20	422	30/01/22	Leicestershire & Rutland County Championships 2022	Braunstone	EM220101	2
100 Freestyle	1:07.36	1:08.60	415	29/01/22	Leicestershire & Rutland County Championships 2022	Braunstone	EM220101	2
200 Freestyle	2:31.93	2:34.20	382	26/06/22	Hinckley SC June 2022 Time Trial	Hinckley	EM221292	4
400 Freestyle	5:16.84	5:21.20	389	03/10/21	Hinckley Swimming Club Championships 2021	Hinckley	EM210833	4
800 Freestyle	11:37.75	11:46.00	320	01/12/18	Hinckley 2018 Last Chance County Saloon Time Trial	Hinckley	EM182714	4
50 Breaststroke	46.49	47.20	227	01/12/19	2019 HINCKLEY SC WINTER COMPETITION	HINCKLEY	EM193342	4
50 Butterfly	33.10	33.70	399	29/01/22	Leicestershire & Rutland County Championships 2022	Braunstone	EM220101	2
100 Butterfly	1:18.68	1:19.60	324	08/02/20	2020 LASA County Age Group & Championships	Braunstone	EM200331	2
200 Butterfly	3:05.06	3:06.80	270	03/10/21	Hinckley Swimming Club Championships 2021	Hinckley	EM210833	4
50 Backstroke	35.78	36.30	351	04/12/21	Hinckley SC Last Chance Saloon 2021	Hinckley	EM211446	4
100 Backstroke	1:16.41	1:17.50	370	05/12/21	Hinckley SC Last Chance Saloon 2021	Hinckley	EM211446	4
200 Backstroke	3:14.09	3:15.80	230	21/01/18	Leicestershire County Age Groups & Championships	Hinckley	EM180329	2
200 Individual Medley	2:48.68	2:51.00	377	30/10/21	Trick or Treat	Nuneaton	EM210277	3
400 Individual Medley	6:03.80	6:08.60	360	02/10/21	Hinckley Swimming Club Championships 2021	Hinckley	EM210833	4
100 Individual Medley	1:17.52	1:17.50	387	06/02/22	Leicestershire & Rutland County Championships 2022	Braunstone	EM220102	2