

Individual Best Times (All Time)

Jessica Arnold - (1212077) - Cwmbran

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.24	36.70	254	01/07/23	Cardiff Bay Sprint Meet 2023	Cardiff	WL230296	3
100 Freestyle	1:23.29	1:22.30	239	31/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
200 Freestyle	3:53.43	3:51.90	112	18/06/17	Torfaen Dolphins Non National Qualifier	Cardiff	WL170181	3
400 Freestyle	6:15.96	6:12.20	245	31/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
50 Breaststroke	56.38	55.80	138	09/07/22	Cardiff Bay Sprint Meet 2022	Cardiff	WL220125	3
100 Breaststroke	2:51.79	2:51.00	52	18/06/17	Torfaen Dolphins Non National Qualifier	Cardiff	WL170181	3
50 Butterfly	51.44	51.10	107	09/07/22	Cardiff Bay Sprint Meet 2022	Cardiff	WL220125	3
100 Butterfly	2:27.42	2:26.90	53	17/06/17	Torfaen Dolphins Non National Qualifier	Cardiff	WL170181	3
50 Backstroke	44.39	43.90	221	01/07/23	Cardiff Bay Sprint Meet 2023	Cardiff	WL230296	3
100 Backstroke	1:34.33	1:33.50	224	31/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
200 Individual Medley	3:51.33	3:49.60	162	20/03/22	Tiger Bay Open Meet	Cardiff	WL220039	3
400 Individual Medley	7:31.06	7:27.10	204	16/06/19	Torfaen Dolphins Long Course Meet 2019	Cardiff	WL191595	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.39	36.00	272	26/11/23	Swim Wales Regional SC Championships - SE 2023	Newport	WL232011	2
100 Freestyle	1:20.22	1:21.30	245	20/10/18	Greater Gwent Fastwater Open Meet	Newport	WL181448	2
200 Freestyle	2:57.53	2:59.50	239	02/02/19	Swim Wales South East Regional Championships	Newport	WL190035	2
400 Freestyle	6:14.03	6:17.80	236	21/10/18	Greater Gwent Fastwater Open Meet	Newport	WL181448	2
800 Freestyle	13:18.83	13:26.10	213	23/11/18	SW South East Sub Regional Championships	Newport	WL180058	3
50 Breaststroke	55.46	56.00	133	28/10/18	BCLSC Low Level Invitational Meet	Gloucester	SW181043	4
100 Breaststroke	2:00.88	2:01.90	137	06/04/19	Swim Wales South East No Time Gala	Newport	WL190038	3
200 Breaststroke	4:11.05	4:13.20	154	06/04/19	Swim Wales South East No Time Gala	Newport	WL190038	3
50 Butterfly	48.06	48.50	130	04/05/19	City of Newport SC Spring Open Meet	Newport	WL190549	3
100 Butterfly	1:46.50	1:47.20	130	24/11/18	SW South East Sub Regional Championships	Newport	WL180058	3
50 Backstroke	41.56	42.00	224	11/12/22	City of Newport SC Christmas Cracker Meet 2022	Newport	WL222358	3
100 Backstroke	1:33.88	1:34.70	199	14/12/20	Swim Wales Super Series - Round 3, Session 1	Swansea	LYX007	0
200 Backstroke	3:20.80	3:22.50	207	06/04/19	Swim Wales South East No Time Gala	Newport	WL190038	3
200 Individual Medley	3:28.29	3:30.20	200	03/02/19	Swim Wales South East Regional Championships	Newport	WL190035	2
400 Individual Medley	7:15.20	7:19.20	210	06/04/19	Swim Wales South East No Time Gala	Newport	WL190038	3
100 Individual Medley	1:40.45	1:40.50	178	14/12/20	Swim Wales Super Series - Round 3, Session 1	Swansea	LYX007	0