

Individual Best Times (All Time)

Jasmine Athwal - (1226264) - Torfaen Dolphins Performance

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.99	34.40	307	07/01/18	RCT New Year Open Meet	Cardiff	WL180124	3
100 Freestyle	1:14.69	1:13.60	331	16/06/19	Torfaen Dolphins Long Course Meet 2019	Cardiff	WL191595	3
200 Freestyle	3:20.31	3:18.60	178	21/06/15	Torfaen Dolphins Non National Qualifier 2015	Bristol	SW150881	3
400 Freestyle	6:20.29	6:16.60	237	20/02/16	City of Cardiff Closed Invitational Meet	Cardiff	WL160200	3
50 Breaststroke	42.68	41.90	318	16/06/19	Torfaen Dolphins Long Course Meet 2019	Cardiff	WL191595	3
100 Breaststroke	1:36.34	1:35.00	294	17/06/18	Torfaen Dolphins Long Course Meet 2018	Cardiff	WL180735	3
200 Breaststroke	3:36.94	3:34.50	254	18/09/16	Swim Wales Legends Meet	Swansea	WL160021	1
50 Butterfly	36.95	36.40	289	16/06/19	Torfaen Dolphins Long Course Meet 2019	Cardiff	WL191595	3
100 Butterfly	1:35.59	1:34.80	195	17/09/17	Swim Wales Legends Meet	Swansea	WL170075	1
50 Backstroke	38.30	37.80	344	16/06/18	Torfaen Dolphins Long Course Meet 2018	Cardiff	WL180735	3
100 Backstroke	1:25.61	1:24.70	300	17/06/18	Torfaen Dolphins Long Course Meet 2018	Cardiff	WL180735	3
200 Backstroke	3:11.60	3:09.80	265	18/09/16	Swim Wales Legends Meet	Swansea	WL160021	1
200 Individual Medley	3:01.64	2:59.50	334	16/06/18	Torfaen Dolphins Long Course Meet 2018	Cardiff	WL180735	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.96	32.60	369	06/10/18	RCT Performance Squad Development Meet	Cardiff	WL181853	3
100 Freestyle	1:10.35	1:11.50	364	03/02/19	Swim Wales South East Regional Championships	Newport	WL190035	2
200 Freestyle	2:33.88	2:36.10	368	20/10/18	Greater Gwent Fastwater Open Meet	Newport	WL181448	2
800 Freestyle	12:09.85	12:17.70	279	25/11/16	Swim Wales South East Sub Regional Champs	Newport	WL160031	3
50 Breaststroke	40.90	41.70	333	06/10/18	RCT Performance Squad Development Meet	Cardiff	WL181853	3
100 Breaststroke	1:30.19	1:31.60	330	20/10/18	Greater Gwent Fastwater Open Meet	Newport	WL181448	2
200 Breaststroke	3:14.26	3:17.00	332	21/10/18	Greater Gwent Fastwater Open Meet	Newport	WL181448	2
50 Butterfly	36.31	36.80	302	24/11/18	SW South East Sub Regional Championships	Newport	WL180058	3
100 Butterfly	1:34.19	1:35.00	188	09/07/16	Torfaen Short Course Meet 2016	Newport	WL161031	2
50 Backstroke	36.69	37.20	325	02/02/19	Swim Wales South East Regional Championships	Newport	WL190035	2
100 Backstroke	1:19.69	1:20.70	326	21/10/18	Greater Gwent Fastwater Open Meet	Newport	WL181448	2
200 Backstroke	2:53.02	2:54.90	324	21/10/18	Greater Gwent Fastwater Open Meet	Newport	WL181448	2
200 Individual Medley	2:52.50	2:54.80	352	21/10/18	Greater Gwent Fastwater Open Meet	Newport	WL181448	2
100 Individual Medley	1:20.15	1:20.20	350	06/10/18	RCT Performance Squad Development Meet	Cardiff	WL181853	3