

# Individual Best Times (All Time)

Jack Atkins - (1226794) - Boldmere Swimming and Water Polo

Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                             | Venue     | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------------------------|-----------|----------|-------|
| 50 Freestyle          | 25.67   | 24.80           | 540       | 02/05/22 | West Midlands Region 2022 Regional Championships | Coventry  | WM220504 | 1     |
| 100 Freestyle         | 56.12   | 54.60           | 582       | 07/05/22 | West Midlands Region 2022 Regional Championships | Coventry  | WM220505 | 1     |
| 200 Freestyle         | 2:06.21 | 2:03.40         | 527       | 19/03/22 | Derventio eXcel March Open Meet                  | Sheffield | EM220103 | 1     |
| 400 Freestyle         | 4:38.62 | 4:33.50         | 492       | 26/01/20 | Warwickshire ASA Chanlpionships                  | Coventry  | WM200115 | 1     |
| 50 Breaststroke       | 44.49   | 43.80           | 198       | 10/02/19 | Warwickshire ASA Swimming Championships 2019     | Coventry  | WM190009 | 1     |
| 100 Breaststroke      | 1:36.05 | 1:34.70         | 207       | 26/01/19 | Warwickshire ASA Swimming Championships 2019     | Coventry  | WM190008 | 1     |
| 50 Butterfly          | 27.96   | 27.30           | 505       | 20/03/22 | Derventio eXcel March Open Meet                  | Sheffield | EM220103 | 1     |
| 100 Butterfly         | 1:01.75 | 1:00.50         | 513       | 01/05/22 | West Midlands Region 2022 Regional Championships | Coventry  | WM220504 | 1     |
| 50 Backstroke         | 29.80   | 29.10           | 493       | 02/05/22 | West Midlands Region 2022 Regional Championships | Coventry  | WM220504 | 1     |
| 100 Backstroke        | 1:08.34 | 1:07.20         | 430       | 19/03/22 | Derventio eXcel March Open Meet                  | Sheffield | EM220103 | 1     |
| 200 Backstroke        | 2:39.99 | 2:37.90         | 342       | 24/05/19 | City of Cardiff International Open Meet          | Cardiff   | WL190057 | 1     |
| 200 Individual Medley | 2:19.90 | 2:17.10         | 541       | 19/03/22 | Derventio eXcel March Open Meet                  | Sheffield | EM220103 | 1     |
| 400 Individual Medley | 5:32.91 | 5:27.60         | 386       | 08/02/20 | Warwickshire ASA Chanlpionships                  | Coventry  | WM200116 | 1     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                | Venue         | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|-------------------------------------|---------------|----------|-------|
| 50 Freestyle          | 26.00   | 26.80           | 466       | 06/11/21 | Swim England West Midlands Regional | Coventry      | WM211169 | 2     |
| 100 Freestyle         | 55.42   | 56.90           | 529       | 26/09/21 | Boldmere Open                       | Birmingham    | WM210341 | 3     |
| 200 Freestyle         | 2:04.90 | 2:07.60         | 503       | 26/09/21 | Boldmere Open                       | Birmingham    | WM210341 | 3     |
| 400 Freestyle         | 4:30.31 | 4:35.40         | 484       | 15/11/19 | The Boldmere Open Meet 19           | Birmingham    | WM192924 | 3     |
| 50 Breaststroke       | 36.24   | 37.10           | 326       | 16/11/19 | The Boldmere Open Meet 19           | Birmingham    | WM192924 | 3     |
| 100 Breaststroke      | 1:18.47 | 1:20.10         | 349       | 26/09/21 | Boldmere Open                       | Birmingham    | WM210341 | 3     |
| 200 Breaststroke      | 2:59.41 | 3:02.30         | 300       | 07/07/19 | Boldmere Water Carnival             | Wolverhampton | WM191661 | 3     |
| 50 Butterfly          | 27.97   | 28.60           | 470       | 21/11/21 | Boldmere SC Club Championships      | Birmingham    | WM211415 | 4     |
| 100 Butterfly         | 1:03.21 | 1:04.40         | 431       | 07/11/21 | Swim England West Midlands Regional | Coventry      | WM211169 | 2     |
| 200 Butterfly         | 2:36.41 | 2:38.40         | 318       | 16/11/19 | The Boldmere Open Meet 19           | Birmingham    | WM192924 | 3     |
| 50 Backstroke         | 29.16   | 29.80           | 435       | 06/11/21 | Swim England West Midlands Regional | Coventry      | WM211169 | 2     |
| 100 Backstroke        | 1:04.36 | 1:05.60         | 423       | 07/11/21 | Swim England West Midlands Regional | Coventry      | WM211169 | 2     |
| 200 Backstroke        | 2:27.64 | 2:29.90         | 366       | 16/11/19 | The Boldmere Open Meet 19           | Birmingham    | WM192924 | 3     |
| 200 Individual Medley | 2:20.70 | 2:23.50         | 473       | 25/09/21 | Boldmere Open                       | Birmingham    | WM210341 | 3     |
| 400 Individual Medley | 5:17.73 | 5:23.20         | 403       | 15/11/19 | The Boldmere Open Meet 19           | Birmingham    | WM192924 | 3     |
| 100 Individual Medley | 1:03.96 | 1:04.00         | 457       | 06/11/21 | Swim England West Midlands Regional | Coventry      | WM211169 | 2     |