

Individual Best Times (All Time)

Joseph Box - (1296800) - City of Birmingham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.25	26.50	451	04/02/23	Warwickshire Swimming Championships 2023	Coventry	WM230053	1
100 Freestyle	57.40	55.90	544	30/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
200 Freestyle	2:00.25	1:57.30	610	03/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
400 Freestyle	4:29.78	4:24.50	542	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
50 Breaststroke	45.81	45.10	181	21/09/19	City of Coventry SC 50 Sprints Meet	Coventry	WM191193	3
100 Breaststroke	1:27.33	1:25.90	276	03/04/22	Welsh Capital Open Meet	Cardiff	WL220026	1
50 Butterfly	29.04	28.40	450	21/01/23	Warwickshire Swimming Championships 2023	Coventry	WM230052	1
100 Butterfly	1:00.50	59.20	546	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
200 Butterfly	2:15.19	2:12.80	543	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
50 Backstroke	28.30	27.60	576	21/01/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240113	1
100 Backstroke	1:00.52	59.20	619	30/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
200 Backstroke	2:10.96	2:08.40	624	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Individual Medley	2:15.81	2:12.90	591	04/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
400 Individual Medley	4:54.73	4:48.70	557	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.33	27.10	448	17/06/23	City of Birmingham Summer Open Meet 2023	Birmingham	WM230448	3
100 Freestyle	55.45	56.90	528	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
200 Freestyle	1:59.37	2:02.20	576	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
400 Freestyle	4:17.56	4:22.90	559	18/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
800 Freestyle	9:07.82	9:18.30	530	12/11/23	City of Birmingham Distance Meet 2023	Birmingham	WM232527	4
1500 Freestyle	17:13.94	17:33.70	549	22/02/24	City of Birmingham Distance Meet 2024	Birmingham	WM240264	4
50 Breaststroke	36.22	37.10	326	10/12/23	Solihull SC County Qualifier 2023	Solihull	WM232500	4
100 Breaststroke	1:19.77	1:21.30	332	17/06/23	City of Birmingham Summer Open Meet 2023	Birmingham	WM230448	3
200 Breaststroke	2:38.97	2:42.30	431	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	WM230773	2
50 Butterfly	28.81	29.50	430	17/06/23	City of Birmingham Summer Open Meet 2023	Birmingham	WM230448	3
100 Butterfly	1:00.42	1:01.70	494	18/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
200 Butterfly	2:11.90	2:14.30	531	15/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
50 Backstroke	27.55	28.30	516	17/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Backstroke	58.91	1:00.30	552	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Backstroke	2:06.43	2:09.00	583	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Individual Medley	2:10.57	2:13.50	591	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
400 Individual Medley	4:44.43	4:50.50	562	15/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Individual Medley	1:07.72	1:07.70	385	12/02/23	Solihull SC Sprint Club Championships 2023	Solihull	WM230278	4