

Individual Best Times (All Time)

Jacob Armstrong - (1427335) - York City Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	43.42	42.90	111	15/01/22	City of Bradford SC New Year Long Course Meet	Leeds	NE220086	3
100 Freestyle	1:17.10	1:16.00	224	25/03/23	York City Baths National Qualifier Meet 2023	Leeds	NE230063	1
50 Breaststroke	55.57	55.00	101	11/09/21	City of Leeds Sprints Meet 2021	John Charles Centre	NE210001	3
100 Breaststroke	1:50.00	1:48.80	138	15/01/22	City of Bradford SC New Year Long Course Meet	Leeds	NE220086	3
50 Butterfly	36.78	36.30	221	26/03/23	York City Baths National Qualifier Meet 2023	Leeds	NE230063	1
100 Butterfly	1:50.37	1:49.70	89	15/01/22	City of Bradford SC New Year Long Course Meet	Leeds	NE220086	3
50 Backstroke	52.71	52.30	89	11/09/21	City of Leeds Sprints Meet 2021	John Charles Centre	NE210001	3
200 Individual Medley	3:38.85	3:37.00	141	15/01/22	City of Bradford SC New Year Long Course Meet	Leeds	NE220086	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	42.44	42.90	107	07/11/21	BONFIRE BASH	JOHN CHARLES CENTRE	NE210258	3
100 Freestyle	1:13.61	1:14.70	226	03/09/23	Tadcaster York SSS Back-to-School Blast 2023	York	NE231140	3
800 Freestyle	12:26.00	12:33.70	210	09/11/22	York City Baths Distance Time Trials Autumn 2022	York	NE221881	4
50 Breaststroke	58.61	59.10	77	23/11/19	York City Baths Club Championships	York	NE192278	4
100 Breaststroke	1:33.50	1:34.80	206	03/09/23	Tadcaster York SSS Back-to-School Blast 2023	York	NE231140	3
50 Butterfly	34.59	35.10	248	03/09/23	Tadcaster York SSS Back-to-School Blast 2023	York	NE231140	3
100 Butterfly	1:20.46	1:21.40	209	03/09/23	Tadcaster York SSS Back-to-School Blast 2023	York	NE231140	3
50 Backstroke	50.58	51.00	83	11/12/21	Winter Swim Extravaganza 2021	Leeds	NE210580	3
100 Backstroke	1:28.88	1:29.80	160	26/11/22	YCBC Club Championships 2022	York	NE221884	4
200 Individual Medley	2:56.96	2:59.20	237	03/09/23	Tadcaster York SSS Back-to-School Blast 2023	York	NE231140	3
100 Individual Medley	1:21.25	1:21.30	223	03/09/23	Tadcaster York SSS Back-to-School Blast 2023	York	NE231140	3