

Individual Best Times (All Time)

Jessica Arnold - (1484314) - City of Swansea Aquatics Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.83	32.20	371	15/10/22	Neath ASC Open Meet	Swansea	WL221006	3
100 Freestyle	1:12.78	1:11.60	358	30/07/22	Winchester City Penguins Summer Scorchers 2022	Winchester	SE221270	3
50 Backstroke	33.90	33.30	497	09/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
100 Backstroke	1:11.54	1:10.40	514	11/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
200 Backstroke	2:33.39	2:31.20	517	25/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.87	32.50	372	01/10/22	Swansea Aquatics Club Championships 2022	Swansea	WL221691	3
100 Freestyle	1:08.28	1:09.50	398	01/10/23	City of Swansea Aquatics Club Championships 2023	Swansea	WL230624	3
200 Freestyle	3:21.57	3:23.30	163	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea	LYX004	0
50 Breaststroke	43.34	44.10	280	01/10/23	City of Swansea Aquatics Club Championships 2023	Swansea	WL230624	3
50 Butterfly	57.47	57.80	76	23/06/19	Swim Wales West Region Junior Development	Carmarthen	WL190041	3
50 Backstroke	33.77	34.40	418	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Backstroke	1:10.54	1:11.70	471	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Backstroke	2:27.93	2:30.20	519	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Individual Medley	3:22.85	3:24.80	216	12/07/21	Swim Wales Super Series 2021 - Round 3, Session 1	Swansea	LYX016	0
100 Individual Medley	1:21.19	1:21.20	337	01/10/23	City of Swansea Aquatics Club Championships 2023	Swansea	WL230624	3