

Individual Best Times (All Time)

Jake Austin - (279520) - Haringey Aquatics

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.91	25.10	525	17/07/16	BWFSC Summer Meet 2016	London	LR161026	3
100 Freestyle	56.48	55.00	571	09/04/16	London Region Summer Championships	London	LR160414	1
200 Freestyle	2:07.40	2:04.70	513	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
400 Freestyle	4:32.57	4:27.40	526	04/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
50 Breaststroke	38.16	37.30	314	12/07/14	London ASA Region Sprint Meet	Crystal Palace	LR4443	3
100 Breaststroke	1:19.37	1:17.80	368	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
200 Breaststroke	3:01.70	2:58.80	329	01/11/14	City of Bristol Open Meet	Bristol	SW4538	3
50 Butterfly	28.22	27.50	491	17/07/16	BWFSC Summer Meet 2016	London	LR161026	3
100 Butterfly	1:03.19	1:02.00	479	10/04/16	London Region Summer Championships	London	LR160414	1
200 Butterfly	2:25.69	2:23.50	434	10/04/16	London Region Summer Championships	London	LR160414	1
200 Individual Medley	2:24.31	2:21.60	492	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
400 Individual Medley	5:11.00	5:05.30	474	10/04/16	London Region Summer Championships	London	LR160414	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.49	26.30	494	27/11/16	St Albans Open Meet	St Albans	ER161417	3
100 Freestyle	55.30	56.80	533	27/11/16	St Albans Open Meet	St Albans	ER161417	3
200 Freestyle	2:04.28	2:07.00	511	08/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
400 Freestyle	4:21.92	4:27.20	532	26/09/15	Basildon & Phoenix Season Opener Meet	Basildon	ER150236	2
1500 Freestyle	17:35.14	17:54.50	517	07/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
50 Breaststroke	33.01	33.90	431	25/06/16	Haringey Aquatics Summer Club Champs	Crouch End	LR161218	4
100 Breaststroke	1:13.75	1:15.40	421	19/11/16	Haringey Aquatics Winter Club Championships	London	LR162265	4
200 Breaststroke	2:45.77	2:48.90	380	12/06/16	Barnet Coptall Kate Lack Trophy Meet	London	LR160993	3
50 Butterfly	27.89	28.60	474	26/11/16	St Albans Open Meet	St Albans	ER161417	3
100 Butterfly	1:01.40	1:02.60	471	26/11/16	St Albans Open Meet	St Albans	ER161417	3
200 Butterfly	2:18.55	2:20.80	458	23/01/16	MCASA County Championships 2016	Barnet	LR160279	2
50 Backstroke	31.62	32.20	341	05/07/15	Barnet Cophall Summer Sprints	Barnet	LR151303	3
100 Backstroke	1:07.09	1:08.30	373	27/11/15	Haringey Aquatics Winter Club Championships	Crouch End	LR152239	4
200 Backstroke	2:26.36	2:28.60	375	15/03/15	MCASA Spring Development Meet	Enfield	LR150434	3
200 Individual Medley	2:18.57	2:21.40	495	08/10/16	NASL London	Luton	ER162314	3
400 Individual Medley	4:56.80	5:02.70	495	27/09/15	Basildon & Phoenix Season Opener Meet	Basildon	ER150236	2
100 Individual Medley	1:04.31	1:04.30	449	27/11/15	Haringey Aquatics Winter Club Championships	Crouch End	LR152239	4