

Individual Best Times (All Time)

Jessica-Jane Applegate - (413408) - City of Norwich SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.16	26.40	656	08/06/19	IDM Berlin 2019	Berlin	INT363	1
100 Freestyle	58.82	57.40	679	07/07/17	Berlin Open Meet 2017	Berlin	DIS115	1
200 Freestyle	2:05.61	2:02.80	725	28/07/15	British Summer Championships	Sheffield	ASA141	1
400 Freestyle	4:27.08	4:21.80	684	08/07/17	Berlin Open Meet 2017	Berlin	DIS115	1
800 Freestyle	9:15.69	9:05.20	663	07/07/17	Berlin Open Meet 2017	Berlin	DIS115	1
1500 Freestyle	18:18.21	17:59.30	588	20/01/19	Norfolk County Championships 2019	Norwich	ER190242	1
50 Breaststroke	39.83	39.00	392	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	ER160218	1
100 Breaststroke	1:24.32	1:22.80	439	04/05/16	IPC European Championships 2016	Funchal	DIS110	1
50 Butterfly	29.31	28.70	579	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1
100 Butterfly	1:04.13	1:02.90	647	13/08/18	European Para Swimming Championships 2018	Dublin	INT358	1
200 Butterfly	2:45.14	2:43.20	401	26/04/14	IDM Berlin 2014	Berlin	DIS100	1
50 Backstroke	32.02	31.40	590	07/06/19	IDM Berlin 2019	Berlin	INT363	1
100 Backstroke	1:06.75	1:05.50	633	18/07/15	IPC World Championships 2015	Glasgow	DIS106	1
200 Backstroke	2:26.33	2:24.00	595	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1
200 Individual Medley	2:25.01	2:22.30	657	13/08/18	European Para Swimming Championships 2018	Dublin	INT358	1
400 Individual Medley	5:13.91	5:08.30	607	06/07/17	Berlin Open Meet 2017	Berlin	DIS115	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.92	27.70	617	21/11/16	The Leicester Open	Braunstone	EM161964	2
100 Freestyle	57.86	59.30	655	09/12/17	National Para-Swimming Champs 2017	Manchester	DIS116	2
200 Freestyle	2:03.71	2:06.50	708	10/12/17	National Para-Swimming Champs 2017	Manchester	DIS116	2
400 Freestyle	4:26.08	4:31.30	656	20/11/16	The Leicester Open	Braunstone	EM161964	2
800 Freestyle	9:09.20	9:19.60	656	06/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
1500 Freestyle	18:05.25	18:24.10	586	30/09/15	UEA City of Norwich Club Championships	Norwich	ER152180	4
50 Breaststroke	38.03	38.80	415	23/09/16	UEA City of Norwich Club Championships	Norwich	ER161259	4
100 Breaststroke	1:21.91	1:23.40	441	09/12/17	National Para-Swimming Champs 2017	Manchester	DIS116	2
50 Butterfly	29.61	30.20	558	05/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
100 Butterfly	1:05.02	1:06.20	574	10/12/17	National Para-Swimming Champs 2017	Manchester	DIS116	2
200 Butterfly	2:38.89	2:40.90	426	30/09/17	UEA Co Norwich Club Championships Main Events	Norwich	ER171620	4
50 Backstroke	31.92	32.50	494	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
100 Backstroke	1:06.14	1:07.30	571	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Backstroke	2:22.71	2:25.00	578	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
200 Individual Medley	2:26.29	2:29.00	578	09/12/17	National Para-Swimming Champs 2017	Manchester	DIS116	2
400 Individual Medley	5:20.29	5:25.70	528	29/09/17	UEA Co Norwich Club Championships Main Events	Norwich	ER171620	4
100 Individual Medley	1:08.93	1:08.90	550	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3