

Individual Best Times (All Time)

James Argent - (49084) - Hadleigh and Sudbury Swimming Cl

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.42	35.80	189	23/09/06	Wycombe District Age Grp	High Wycombe	SE6178	3
100 Freestyle	1:18.60	1:17.50	211	23/09/06	Wycombe District Age Grp	High Wycombe	SE6178	3
400 Freestyle	6:24.19	6:20.50	187	07/10/06	WASA Disability Champs (LD)	Swansea	WAL119	1
50 Breaststroke	55.62	55.00	101	23/09/06	Wycombe District Age Grp	High Wycombe	SE6178	3
50 Butterfly	59.40	59.10	52	23/09/06	Wycombe District Age Grp	High Wycombe	SE6178	3
50 Backstroke	56.34	56.00	73	24/09/05	Wycombe Long Course Meet	Wycombe	L3S347	1
100 Backstroke	1:45.10	1:44.30	118	24/09/05	Wycombe Long Course Meet	Wycombe	L3S347	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.43	34.10	219	25/11/06	West Suffolk Open Meet	Bury St Edmunds	ER6138	3
100 Freestyle	1:11.06	1:12.20	251	04/11/06	DSE National SC Champs	Sheffield	DIS034	1
200 Freestyle	2:41.06	2:43.20	234	25/11/06	West Suffolk Open Meet	Bury St Edmunds	ER6138	3
400 Freestyle	5:50.70	5:54.70	221	07/02/09	East Region Disability	Braintree	ER9209	3
50 Breaststroke	51.28	51.90	115	17/06/07	Suffolk County Development	Ipswich	ER7080	3
100 Breaststroke	1:48.73	1:49.90	131	04/11/07	DSE Open Short Course 2007	Sheffield	DIS042	2
200 Breaststroke	3:52.88	3:55.10	137	17/11/07	West Suffolk Annual Meet	Bury St Edmunds	ER7243	3
50 Butterfly	43.41	43.80	125	17/06/07	Suffolk County Development	Ipswich	ER7080	3
100 Butterfly	1:34.44	1:35.20	129	23/05/09	Colchester Open Meet 09	Colchester	ER9272	3
50 Backstroke	43.73	44.20	129	25/11/06	West Suffolk Open Meet	Bury St Edmunds	ER6138	3
100 Backstroke	1:25.70	1:26.60	179	23/05/09	Colchester Open Meet 09	Colchester	ER9272	3
200 Individual Medley	3:15.64	3:17.70	175	17/11/07	West Suffolk Annual Meet	Bury St Edmunds	ER7243	3
100 Individual Medley	1:28.71	1:28.70	171	24/05/08	Colchester Open Meet 2008	Colchester	ER8234	3