

Individual Best Times (All Time)

Alexandra Dowman - (1104388) - Sheffield City SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|----------------|---------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 32.08 | 31.40 | 398 | 25/04/15 | Stocksbridge Spring Open Meet | Sheffield | NE150262 | 3 |
| 100 Freestyle | 1:12.37 | 1:11.20 | 364 | 23/04/16 | Stocksbridge Spring Open Meet 2016 | Sheffield | NE160227 | 3 |
| 50 Backstroke | 36.31 | 35.80 | 404 | 21/11/15 | Sheffield City SC 27th Annual B Grade Sprints Meet | Sheffield | NE150784 | 3 |
| 100 Backstroke | 1:21.92 | 1:20.90 | 342 | 01/02/15 | Sheffield & District ASA Championships | Sheffield | NE150146 | 4 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|----------------|---------|-----------------|-----------|----------|---|-------------|----------|-------|
| 50 Freestyle | 32.29 | 32.90 | 358 | 29/08/15 | Sheffield City 12th Annual Open Sprints Meet | Sheffield | NE150776 | 3 |
| 100 Freestyle | 1:11.38 | 1:12.50 | 348 | 20/06/15 | Scarborough Annual A & B Graded Meet 2015 | Scarborough | NE150643 | 3 |
| 50 Backstroke | 35.54 | 36.10 | 358 | 20/06/15 | Scarborough Annual A & B Graded Meet 2015 | Scarborough | NE150643 | 3 |
| 100 Backstroke | 1:17.63 | 1:18.70 | 353 | 05/07/15 | Borough of Barnsley 8th Annual Summer Sizzler | Sheffield | NE150893 | 3 |