

# Individual Best Times (All Time)

Francis Shelton - (1111907) - City of Sheffield Swim Squad Ltd

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.60	27.90	390	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
100 Freestyle	1:04.01	1:02.70	392	12/03/17	City of Sheffield March Madness	Sheffield	NE170247	3
200 Freestyle	2:20.09	2:17.60	385	23/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
400 Freestyle	4:54.94	4:50.10	415	07/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3
50 Breaststroke	33.50	32.60	464	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
100 Breaststroke	1:13.53	1:11.80	462	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	NE180164	1
200 Breaststroke	2:39.03	2:35.70	491	22/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
50 Butterfly	31.83	31.20	342	24/09/17	City of Sheffield 35th Annual Teaspoon Meet	Sheffield	NE170251	3
100 Butterfly	1:17.08	1:16.10	264	12/03/17	City of Sheffield March Madness	Sheffield	NE170247	3
50 Backstroke	33.97	33.40	333	24/09/17	City of Sheffield 35th Annual Teaspoon Meet	Sheffield	NE170251	3
100 Backstroke	1:14.04	1:12.90	338	23/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
200 Backstroke	2:38.88	2:36.80	349	06/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3
200 Individual Medley	2:37.54	2:35.00	378	07/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3
400 Individual Medley	5:29.77	5:24.40	397	06/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.16	30.80	298	15/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
100 Freestyle	1:02.38	1:03.70	371	15/10/17	Durham City Medley Challenge 2017	Durham	NE170970	3
200 Freestyle	2:29.75	2:32.10	292	01/11/15	City of Salford Potential Olympians 2015	Salford	NW150730	3
400 Freestyle	4:44.65	4:49.50	414	24/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
50 Breaststroke	36.22	37.10	326	15/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
100 Breaststroke	1:12.41	1:14.10	444	03/02/18	Yorkshire County Championships	Leeds	NE180135	2
200 Breaststroke	2:35.27	2:38.60	463	24/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
50 Butterfly	33.43	34.00	275	16/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
100 Butterfly	1:14.23	1:15.20	266	15/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
50 Backstroke	32.81	33.40	306	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
100 Backstroke	1:11.52	1:12.60	308	15/10/17	Durham City Medley Challenge 2017	Durham	NE170970	3
200 Backstroke	3:09.55	3:11.30	173	26/04/14	Harrogate Spa Town Graded Meet	Harrogate	NE4181	3
200 Individual Medley	2:28.64	2:31.30	401	15/10/17	Durham City Medley Challenge 2017	Durham	NE170970	3
400 Individual Medley	5:13.79	5:19.30	419	24/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
100 Individual Medley	1:15.63	1:15.60	276	17/04/16	Borough of Kirklees April Short Course Open Meet	Huddersfield	NE160599	3