

# Individual Best Times (All Time)

Jessica Bower - (1171356) - Chapeltown SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	42.62	42.10	169	25/04/15	Stocksbridge Spring Open Meet	Sheffield	NE150262	3
50 Breaststroke	55.74	55.20	143	25/04/15	Stocksbridge Spring Open Meet	Sheffield	NE150262	3
100 Breaststroke	2:13.35	2:12.40	111	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	NE4704	3
100 Backstroke	1:55.97	1:55.30	120	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	NE4704	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	43.58	44.10	145	01/11/14	Barnsley Minors League	Barnsley	NE14137	3
100 Freestyle	1:39.67	1:40.50	128	23/08/14	Sheffield City SC 11th Annual Open Sprint Meet	Sheffield	NE4499	3
50 Breaststroke	56.65	57.20	125	01/11/14	Barnsley Minors League	Barnsley	NE14137	3
50 Butterfly	54.44	54.80	89	01/11/14	Barnsley Minors League	Barnsley	NE14137	3
50 Backstroke	48.77	49.20	138	01/11/14	Barnsley Minors League	Barnsley	NE14137	3
100 Backstroke	1:51.21	1:51.90	120	23/08/14	Sheffield City SC 11th Annual Open Sprint Meet	Sheffield	NE4499	3