

Individual Best Times (All Time)

Jade Bennett-Wood - (1174930) - City of Sheffield Swim Squad Ltd

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	45.78	45.30	137	22/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
100 Freestyle	1:43.09	1:42.30	126	11/12/14	CO Sheffield December Time Trials	Sheffield	NE14717	4
50 Breaststroke	57.12	56.60	133	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
50 Backstroke	53.72	53.30	125	02/02/14	Sheffield & District ASA Championships	Sheffield	NE4187	4
100 Backstroke	1:58.63	1:57.90	112	11/11/14	City of Sheffield Time Trials	Sheffield	NE14716	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	49.18	49.60	101	22/06/14	Retford 21st Annual Open Meet	Sheffield	EM4487	3
50 Breaststroke	1:02.46	1:03.00	93	18/05/14	Doncaster Dartes SC B Grade Meet 2014	Adwick	NE4703	3
50 Backstroke	52.07	52.50	114	18/05/14	Doncaster Dartes SC B Grade Meet 2014	Adwick	NE4703	3