

Individual Best Times (All Time)

Joshua Barlow - (1421128) - City of Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.72	34.10	218	30/11/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
100 Freestyle	1:17.00	1:15.90	225	20/07/19	City of Sheffield Swim Squad Summer Meet	Sheffield	NE190404	3
200 Freestyle	2:44.88	2:42.80	236	30/11/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
400 Freestyle	5:42.29	5:38.20	265	01/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1
50 Breaststroke	48.22	47.60	155	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Breaststroke	1:43.81	1:42.60	164	08/03/20	City of Sheffield Swim Squad March Madness Meet	Sheffield	NE200363	3
200 Breaststroke	3:35.31	3:32.80	197	01/12/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
50 Butterfly	39.92	39.40	173	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Butterfly	1:32.86	1:32.00	151	30/11/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
50 Backstroke	39.10	38.60	218	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Backstroke	1:23.71	1:22.70	234	09/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1
200 Backstroke	2:56.51	2:54.60	254	02/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1
200 Individual Medley	3:08.41	3:06.30	221	01/12/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
400 Individual Medley	6:45.92	6:41.60	213	29/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.66	35.30	196	28/09/19	Yorkshire Swimming Association Winter Competition	Leeds	NE192011	2
100 Freestyle	1:16.25	1:17.30	203	29/09/19	Yorkshire Swimming Association Winter Competition	Leeds	NE192011	2
200 Freestyle	2:44.44	2:46.50	220	16/06/19	Harrogate Summer A Grade Meet	Harrogate	NE190473	3
400 Freestyle	5:48.22	5:52.20	226	15/06/19	Harrogate Summer A Grade Meet	Harrogate	NE190473	3
800 Freestyle	12:08.54	12:16.50	225	20/12/19	City of Leeds Distance Time Trial	Leeds	NE193302	4
1500 Freestyle	22:49.97	23:05.00	236	13/12/19	City of Leeds Distance Time Trial	Leeds	NE193302	4
50 Breaststroke	46.63	47.30	153	29/09/19	Yorkshire Swimming Association Winter Competition	Leeds	NE192011	2
100 Breaststroke	1:46.07	1:47.30	141	16/06/19	Harrogate Summer A Grade Meet	Harrogate	NE190473	3
200 Breaststroke	3:35.13	3:37.60	174	15/06/19	Harrogate Summer A Grade Meet	Harrogate	NE190473	3
50 Butterfly	40.28	40.70	157	28/04/19	Borough of Kirklees Spring Short Course Open Meet	Borough of Kirklees	NE191139	3
50 Backstroke	38.83	39.30	184	29/09/19	Yorkshire Swimming Association Winter Competition	Leeds	NE192011	2
100 Backstroke	1:21.68	1:22.70	207	02/11/19	North East Region Age Group Championships (25m)	Sheffield	NE192158	2
200 Backstroke	2:59.56	3:01.40	203	30/03/19	Harrogate Spa Town A&B Grade Meet	Harrogate	NE190472	3
200 Individual Medley	3:09.20	3:11.30	194	28/09/19	Yorkshire Swimming Association Winter Competition	Leeds	NE192011	2
100 Individual Medley	1:30.56	1:30.60	161	28/04/19	Borough of Kirklees Spring Short Course Open Meet	Borough of Kirklees	NE191139	3