

# Individual Best Times (All Time)

Rebecca Sherwin - (352143) - Team Ipswich Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.71	25.90	690	30/04/16	ASA East Region Long Course Championships	Norwich	ER160820	1
100 Freestyle	57.15	55.70	740	30/07/15	British Summer Championships	Sheffield	ASA141	1
200 Freestyle	2:02.50	1:59.60	781	28/07/15	British Summer Championships	Sheffield	ASA141	1
400 Freestyle	4:21.74	4:16.30	727	29/07/17	British Summer Championships	Sheffield	BSW002	1
800 Freestyle	9:14.41	9:03.90	668	15/02/14	Suffolk County ASA County Championships	Norwich	CC4082	1
100 Breaststroke	1:35.86	1:34.50	299	12/06/11	BG East Region Bagcat Championships	Norwich	ERX117	1
200 Breaststroke	3:26.96	3:24.40	293	11/06/11	BG East Region Bagcat Championships	Norwich	ERX117	1
50 Butterfly	30.04	29.40	537	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Butterfly	1:05.13	1:04.00	618	08/06/14	BGASA East Region Championships 2014	Norwich	ERX412	1
50 Backstroke	29.48	28.80	756	22/04/17	British Swimming Championships 2017	Sheffield	BSW001	1
100 Backstroke	1:02.75	1:01.50	762	13/04/16	British Championships 2016	Glasgow	ASA147	1
200 Backstroke	2:13.81	2:11.30	779	30/07/14	BG ASA National Age Groups Champs 2014	Sheffield	ASA134	1
200 Individual Medley	2:23.00	2:20.20	686	09/04/17	The National Arena Swimming League 47th Cup Final	Cardiff	WL170094	1
400 Individual Medley	5:24.05	5:18.60	552	16/11/13	Team Luton Autumn LC Open Meet	Luton	ER3665	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.47	27.20	650	20/12/15	ASA Winter Meet	Sheffield	ASA146	2
100 Freestyle	56.18	57.60	715	04/12/15	Ontario Junior International Meet	Toronto	INT321	2
200 Freestyle	2:00.90	2:03.70	759	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
400 Freestyle	4:18.18	4:23.60	719	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
800 Freestyle	9:15.53	9:25.80	634	14/02/15	Suffolk County Championships	Norwich	CC150047	2
50 Breaststroke	38.34	39.20	405	13/07/14	Teamipswich SC July Surprize Open	Ipswich	ER4352	3
100 Breaststroke	1:21.38	1:22.90	449	27/09/15	Teamipswich Club Championships 2015	Ipswich	ER151190	4
200 Breaststroke	2:58.86	3:01.80	425	03/11/13	Teamipswich Swimming November Open Meet	Ipswich	ER3536	3
50 Butterfly	28.67	29.30	614	14/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
100 Butterfly	1:02.49	1:03.70	647	13/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
200 Butterfly	2:25.92	2:28.10	550	15/03/14	Suffolk County Championships	Ipswich	CC4084	2
50 Backstroke	28.97	29.70	662	04/12/15	Ontario Junior International Meet	Toronto	INT321	2
100 Backstroke	1:01.34	1:02.60	716	04/12/15	Ontario Junior International Meet	Toronto	INT321	2
200 Backstroke	2:12.65	2:15.10	720	09/03/14	Suffolk County ASA County Championships	Ipswich	CC4083	2
200 Individual Medley	2:18.71	2:21.50	678	09/12/17	NASL - London Rounds 2017 - Premier Division	Luton	ER172137	2
400 Individual Medley	5:01.45	5:07.20	633	08/03/14	Suffolk County ASA County Championships	Ipswich	CC4083	2
100 Individual Medley	1:05.15	1:05.20	652	05/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170394	2