

Individual Best Times (All Time)

Jessica Cowie - (511250) - Yeovil District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.02	31.40	400	14/04/12	Taunton Deane Easter Open Meet	Millfield	SW2095	1
100 Freestyle	1:07.53	1:06.30	448	17/05/14	Millfield Last Chance Swim Meet	Millfield	SW4457	1
200 Freestyle	2:30.49	2:28.20	421	01/04/12	3 Towers Open Meet	Millfield	SW2174	3
50 Breaststroke	43.61	42.90	298	09/04/11	Frome, Wells & Shepton Mallet 3 Towers Ope	Millfield	SW1195	3
100 Breaststroke	1:27.28	1:25.80	396	17/05/14	Millfield Last Chance Swim Meet	Millfield	SW4457	1
200 Breaststroke	3:24.93	3:22.30	302	10/04/11	Frome, Wells & Shepton Mallet 3 Towers Ope	Millfield	SW1195	3
50 Butterfly	31.42	30.80	470	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
100 Butterfly	1:11.22	1:10.10	472	04/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
200 Butterfly	2:40.99	2:39.00	433	04/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
50 Backstroke	39.82	39.30	306	10/04/11	Frome, Wells & Shepton Mallet 3 Towers Ope	Millfield	SW1195	3
100 Backstroke	1:20.68	1:19.70	358	14/04/12	Taunton Deane Easter Open Meet	Millfield	SW2095	1
200 Backstroke	3:20.15	3:18.50	232	24/10/09	Avalon Autumn Open Meet	Millfield	SW9320	3
200 Individual Medley	2:39.69	2:37.20	492	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
400 Individual Medley	5:45.87	5:40.70	454	17/05/14	Millfield Last Chance Swim Meet	Millfield	SW4457	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.92	30.60	450	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Freestyle	1:06.18	1:07.40	437	16/03/14	Somerset County Championships	Millfield	CC4077	2
200 Freestyle	2:23.19	2:25.60	457	15/06/13	Yeovil District Club Championships	Sherborne	SW3530	4
400 Freestyle	5:09.40	5:13.90	417	18/02/12	Somerset ASA County Championships 2012	Millfield	CC2021	2
800 Freestyle	10:29.50	10:38.60	436	06/07/14	Yeovil & District SC 2014 Club Championships	Sherborne	SW4721	4
1500 Freestyle	21:38.90	21:54.70	341	14/10/11	Yeovil District Club Championships	Sherborne & Yeovil	SW1694	4
50 Breaststroke	39.69	40.50	365	09/03/13	Somerset County Championships	Millfield	CC3104	2
100 Breaststroke	1:23.23	1:24.70	420	07/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
200 Breaststroke	3:00.82	3:03.70	412	20/04/14	Weston 12th Easter Open Meet	Weston	SW4251	3
50 Butterfly	31.22	31.80	476	21/03/15	Somerset ASA Championships	Millfield	CC150478	2
100 Butterfly	1:09.55	1:10.60	469	09/03/14	Somerset County Championships	Millfield	CC4076	2
200 Butterfly	2:38.54	2:40.50	429	21/12/14	Yeovil & District 2014 Christmas Open Meet	Millfield	SW4539	3
50 Backstroke	35.77	36.30	351	09/03/13	Somerset County Championships	Millfield	CC3104	2
100 Backstroke	1:15.73	1:16.80	380	16/02/13	Somerset ASA County Championships	Millfield	CC3101	2
200 Backstroke	2:44.29	2:46.30	379	02/03/13	Somerset County Championships	Millfield	CC3103	2
200 Individual Medley	2:37.74	2:40.20	461	21/03/15	Somerset ASA Championships	Millfield	CC150478	2
400 Individual Medley	5:34.29	5:39.50	464	08/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
100 Individual Medley	1:25.29	1:25.30	290	20/02/10	Somerset County Champs	Hutton Moor	CC0116	2