

Individual Best Times (All Time)

Samuel Bowers - (846523) - Newcastle SwimTeam

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.05	40.50	132	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
100 Freestyle	1:26.59	1:25.60	158	15/01/12	City of Sunderland New Year Meet	Sunderland	NE2185	3
200 Freestyle	2:54.29	2:52.30	200	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
50 Breaststroke	51.25	50.60	129	15/01/12	City of Sunderland New Year Meet	Sunderland	NE2185	3
100 Breaststroke	1:56.24	1:55.10	117	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
200 Breaststroke	3:43.20	3:40.80	177	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
100 Butterfly	1:37.95	1:37.20	128	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
200 Butterfly	3:43.70	3:42.30	120	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
50 Backstroke	45.89	45.40	135	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
100 Backstroke	1:29.15	1:28.20	193	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
200 Backstroke	3:33.37	3:31.80	144	15/01/12	City of Sunderland New Year Meet	Sunderland	NE2185	3
200 Individual Medley	3:11.57	3:09.50	210	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.17	32.80	246	28/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3
100 Freestyle	1:11.64	1:12.80	245	07/03/15	Derwentside ASC Developmental 2015	Stanley	NE150720	3
200 Freestyle	2:34.79	2:37.00	264	07/03/15	Derwentside ASC Developmental 2015	Stanley	NE150720	3
400 Freestyle	5:51.80	5:55.80	219	07/12/13	Derwentside ASC Christmas Cracker	Stanley	NE3702	3
1500 Freestyle	21:45.83	22:01.60	272	10/11/13	Gateshead & Whickham Distance Meet	Gateshead	NE3917	3
50 Breaststroke	41.85	42.60	211	07/03/15	Derwentside ASC Developmental 2015	Stanley	NE150720	3
100 Breaststroke	1:36.20	1:37.50	189	29/11/14	Derwentside Christmas Cracker	Stanley	NE14447	3
200 Breaststroke	3:29.54	3:32.10	188	19/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
50 Butterfly	40.81	41.30	151	18/05/13	Wear Valley May Level 3 Meet	Bishop Auckland	NE3184	3
100 Butterfly	1:26.52	1:27.40	168	17/01/15	Newcastle Swim Team New Year Graded Meet	Stanley	NE150266	3
200 Butterfly	3:25.78	3:27.30	139	08/12/12	Derwentside ASC Christmas Cracker Meet	Stanley	NE2634	3
50 Backstroke	38.34	38.90	191	28/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3
100 Backstroke	1:22.51	1:23.50	200	29/03/14	North Tyneside Mad March Hare Extravaganza	Stanley	NE4109	3
200 Backstroke	2:53.30	2:55.20	226	29/11/14	Derwentside Christmas Cracker	Stanley	NE14447	3
200 Individual Medley	2:50.81	2:53.10	264	28/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3
100 Individual Medley	1:32.63	1:32.60	150	20/11/11	City of Newcastle Annual Shrimp Meet	Newcastle upon Tyne	NE1714	4