

Individual Best Times (All Time)

Jessica Blower - (912615) - Arun Tridents SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.08	40.60	187	11/10/14	National Swimming Arena South 2014 R1	Waterlooville	LR14185	3
100 Freestyle	1:36.87	1:37.70	139	01/12/14	Littlehampton Club Championships 2014	Bognor Regis	SE14478	4
200 Freestyle	3:43.27	3:44.80	120	21/04/13	Littlehampton Last Chance R Qualifier	Feltham	SE3195	3
50 Breaststroke	59.77	1:00.30	106	04/12/13	Littlehampton SC Club Championships	Bognor Regis	SE3489	4
100 Breaststroke	2:08.11	2:09.10	115	28/09/14	Littlehampton Development Chaser Open Meet	Bognor Regis	SE4930	3
50 Backstroke	48.35	48.80	142	08/11/14	NASL2014 Round 2	Southampton	LR14630	3
100 Backstroke	1:47.48	1:48.20	133	29/11/14	Littlehampton Club Championships 2014	Bognor Regis	SE14477	4
100 Individual Medley	2:13.08	2:13.10	76	06/01/13	Littlehampton SC Splash into 2013	Feltham	SE3007	3