

# Individual Best Times (All Time)

Jack Sheffield - (923789) - Worsley SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.68	27.90	387	05/11/17	Swim England Noth West Region Winter Champs	Manchester	NW172020	1
100 Freestyle	1:03.98	1:02.70	392	04/11/17	Swim England Noth West Region Winter Champs	Manchester	NW172020	1
200 Freestyle	2:20.47	2:18.00	382	03/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
50 Breaststroke	51.29	50.70	129	01/12/13	City of Sheffield Snow Frills Gala	Sheffield	NE3174	3
100 Breaststroke	1:34.67	1:33.30	216	28/05/16	ASA North West Region Summer Championships	Manchester	NW160339	1
50 Butterfly	32.74	32.20	314	17/09/17	The Robin Hood Open Meet 2017	Sheffield	EM171325	3
100 Butterfly	1:15.53	1:14.50	280	03/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
50 Backstroke	37.03	36.50	257	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
100 Backstroke	1:14.84	1:13.80	327	16/09/17	The Robin Hood Open Meet 2017	Sheffield	EM171325	3
200 Backstroke	2:51.44	2:49.50	278	03/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
200 Individual Medley	2:38.58	2:36.10	371	03/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.73	29.40	345	22/07/17	City of Salford Summer Spectacular 2017	Broughton	NW170741	3
100 Freestyle	1:03.15	1:04.50	357	03/12/16	City of Salford Sprint Meet	Salford	NW160717	3
200 Freestyle	2:20.09	2:22.50	356	01/04/17	City of Salford Spring Meet 2017	Salford	NW170740	3
400 Freestyle	5:12.69	5:17.20	312	18/09/15	City of Salford Club Championships 2015	Salford	NW150754	4
1500 Freestyle	22:59.71	23:14.60	231	08/02/14	City of Salford Grand Prix 3 & 4	Broughton	NW4361	4
50 Breaststroke	40.56	41.30	232	09/07/17	Isle of Man Microgaming Sprints Gala	Isle of Man	NW171437	3
100 Breaststroke	1:32.36	1:33.70	214	05/12/15	Salford's Making Waves Test Event 3	Salford	NW152308	3
200 Breaststroke	3:25.60	3:28.20	199	28/09/14	Blackpool Lights 2014	Blackpool	NW4922	3
50 Butterfly	32.83	33.40	290	08/07/17	Isle of Man Microgaming Sprints Gala	Isle of Man	NW171437	3
100 Butterfly	1:12.05	1:13.10	291	22/09/17	City of Salford Club Championships 2017	Salford	NW170738	4
200 Butterfly	3:44.55	3:46.00	107	22/06/13	Preston Guild Summer Spectacular Meet	Darwen	NW3330	3
50 Backstroke	34.02	34.60	274	27/11/16	Wigan BEST Future Stars Open Meet	Wigan	NW161516	2
100 Backstroke	1:11.88	1:13.00	303	29/10/17	City of Salford Potential Olympians 2017	Broughton	NW170739	3
200 Backstroke	2:49.72	2:51.70	241	10/01/15	Greater Manchester Age Group Meet 2015	Wigan	NW150007	3
200 Individual Medley	2:35.06	2:37.60	353	28/10/17	City of Salford Potential Olympians 2017	Broughton	NW170739	3
100 Individual Medley	1:16.28	1:16.30	269	03/07/16	2016 Microgaming Isle of Man Summer Sprint	Isle of Man	NW161022	3