

Individual Best Times (All Time)

Francesca Van den Heever - (929179) - York City Baths Club

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------|-----------|----------|-------|
| 50 Freestyle | 32.43 | 31.80 | 385 | 31/01/15 | Yorkshire County Championships | Sheffield | NE150621 | 1 |
| 100 Freestyle | 1:13.54 | 1:12.40 | 347 | 28/06/14 | Co of Leeds B Grade Meet | Leeds | NE14031 | 3 |
| 200 Freestyle | 2:39.93 | 2:37.70 | 351 | 29/06/14 | Co of Leeds B Grade Meet | Leeds | NE14031 | 3 |
| 400 Freestyle | 5:21.36 | 5:17.00 | 392 | 14/02/15 | Yorkshire County Championships | Leeds | NE150622 | 1 |
| 50 Breaststroke | 44.64 | 43.90 | 278 | 19/01/14 | Co Leeds New Year Meet 2014 | Leeds | NE4019 | 3 |
| 100 Breaststroke | 1:41.24 | 1:40.00 | 254 | 29/06/14 | Co of Leeds B Grade Meet | Leeds | NE14031 | 3 |
| 200 Breaststroke | 3:37.99 | 3:35.50 | 251 | 19/01/14 | Co Leeds New Year Meet 2014 | Leeds | NE4019 | 3 |
| 50 Butterfly | 39.72 | 39.20 | 232 | 18/01/14 | Co Leeds New Year Meet 2014 | Leeds | NE4019 | 3 |
| 100 Butterfly | 1:35.70 | 1:34.90 | 194 | 29/06/14 | Co of Leeds B Grade Meet | Leeds | NE14031 | 3 |
| 50 Backstroke | 39.51 | 39.00 | 314 | 31/01/15 | Yorkshire County Championships | Sheffield | NE150621 | 1 |
| 100 Backstroke | 1:23.75 | 1:22.80 | 320 | 14/02/15 | Yorkshire County Championships | Leeds | NE150622 | 1 |
| 200 Backstroke | 2:50.96 | 2:49.00 | 373 | 15/02/15 | Yorkshire County Championships | Leeds | NE150622 | 1 |
| 200 Individual Medley | 3:05.59 | 3:03.40 | 313 | 28/06/14 | Co of Leeds B Grade Meet | Leeds | NE14031 | 3 |
| 400 Individual Medley | 6:08.54 | 6:03.70 | 375 | 21/02/15 | Yorkshire County Championships | Leeds | NE150623 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|---------------|----------|-------|
| 50 Freestyle | 33.12 | 33.70 | 331 | 13/12/14 | Middlesbrough Xmas Gala | Middlesbrough | NE14678 | 3 |
| 100 Freestyle | 1:11.37 | 1:12.50 | 349 | 14/12/14 | Middlesbrough Xmas Gala | Middlesbrough | NE14678 | 3 |
| 200 Freestyle | 2:37.14 | 2:39.30 | 345 | 01/11/14 | York City Baths Club Regional Qualifier | Hull | NE14331 | 3 |
| 400 Freestyle | 5:22.48 | 5:26.80 | 368 | 14/12/14 | Middlesbrough Xmas Gala | Middlesbrough | NE14678 | 3 |
| 800 Freestyle | 11:34.06 | 11:42.40 | 325 | 22/03/14 | York City Baths Distance Time Trials | York | NE4412 | 4 |
| 50 Breaststroke | 44.61 | 45.30 | 257 | 15/03/15 | Barracudas A B Short Course Sprints Gala | Beverley | NE150263 | 3 |
| 100 Breaststroke | 1:34.32 | 1:35.70 | 289 | 23/11/14 | Doncaster Dartes Swim Along-a-Santa Meet | Beverley | NE14136 | 3 |
| 200 Breaststroke | 3:19.10 | 3:21.70 | 308 | 10/12/14 | York City Baths Club Championships 2014 | York | NE14595 | 4 |
| 50 Butterfly | 37.79 | 38.30 | 268 | 23/11/14 | Doncaster Dartes Swim Along-a-Santa Meet | Beverley | NE14136 | 3 |
| 100 Butterfly | 1:27.79 | 1:28.70 | 233 | 31/12/14 | York City Baths Club Championships | York | NE150265 | 4 |
| 200 Butterfly | 3:06.66 | 3:08.30 | 263 | 08/12/14 | York City Baths Club Championships 2014 | York | NE14595 | 4 |
| 50 Backstroke | 38.70 | 39.20 | 277 | 02/11/14 | York City Baths Club Regional Qualifier | Hull | NE14331 | 3 |
| 100 Backstroke | 1:21.08 | 1:22.10 | 310 | 23/11/14 | Doncaster Dartes Swim Along-a-Santa Meet | Beverley | NE14136 | 3 |
| 200 Backstroke | 2:51.19 | 2:53.10 | 335 | 08/12/14 | York City Baths Club Championships 2014 | York | NE14595 | 4 |
| 200 Individual Medley | 2:54.77 | 2:57.00 | 338 | 23/11/14 | Doncaster Dartes Swim Along-a-Santa Meet | Beverley | NE14136 | 3 |
| 400 Individual Medley | 6:09.03 | 6:13.80 | 345 | 01/11/14 | York City Baths Club Regional Qualifier | Hull | NE14331 | 3 |
| 100 Individual Medley | 1:25.41 | 1:25.40 | 289 | 20/09/14 | Rotherham Metro A&B Grade Meet | Sheffield | NE4307 | 3 |