

# Individual Best Times (All Time)

Ace Bower - (965519) - Carnforth & Dist Otters

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.05	32.40	253	05/02/17	Lancashire County Championships	Manchester	NW170200	1
50 Breaststroke	44.98	44.30	192	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
50 Backstroke	40.32	39.80	199	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
200 Backstroke	3:00.11	2:58.20	239	29/01/17	Lancashire County Championships	Manchester	NW170199	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.36	33.00	241	29/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
100 Freestyle	1:11.95	1:13.10	242	29/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
200 Freestyle	2:38.16	2:40.30	248	27/11/16	Wigan BEST Future Stars Open Meet	Wigan	NW161516	2
50 Breaststroke	42.48	43.20	202	25/03/17	Ulverston Graded Open Meet	Kendal	NW170614	3
100 Breaststroke	1:32.32	1:33.70	214	30/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
200 Breaststroke	3:22.95	3:25.50	207	27/11/16	Wigan BEST Future Stars Open Meet	Wigan	NW161516	2
50 Butterfly	36.06	36.60	219	29/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
100 Butterfly	1:23.85	1:24.80	185	25/03/17	Ulverston Graded Open Meet	Kendal	NW170614	3
50 Backstroke	38.05	38.60	196	30/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
100 Backstroke	1:20.41	1:21.40	217	25/03/17	Ulverston Graded Open Meet	Kendal	NW170614	3
200 Backstroke	2:54.18	2:56.10	223	12/06/16	Preston Summer Spectacular 2016 Open Meet	Darwen	NW160845	3
200 Individual Medley	2:58.21	3:00.40	232	01/07/17	Kendal Mint Open Gala 2017	Kendall	NW171279	3
100 Individual Medley	1:20.52	1:20.50	229	29/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3