

Individual Best Times (All Time)

Rebecca Sherwin - (352143) - Team Ipswich Swimming - 50 Backstroke - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
28.97	662	F	04/12/15	Ontario Junior International Meet	Toronto		2
29.00	660	H	04/12/15	Ontario Junior International Meet	Toronto		2
29.02	658	F	12/02/17	Suffolk County ASA Championships 2017	Ipswich	teamipswich	2
29.04	657	H	07/11/15	ASA East Region Winter Championships 2015	Luton		2
29.10	653	F	06/12/14	ASA East Region Winter Championships	Luton		2
29.13	651	H	05/11/16	East Swimming 2016 SC Championships	Luton	teamipswich	2
29.20	646	F	12/02/17	Suffolk County ASA Championships 2017	Ipswich	teamipswich	2
29.24	643	F	07/11/15	ASA East Region Winter Championships 2015	Luton		2
29.29	640	H	19/12/15	ASA Winter Meet	Sheffield	teamipswich	2
29.30	640	F	16/03/14	Suffolk County Championships	Ipswich	teamipswich	2
29.33	638	H	06/12/14	ASA East Region Winter Championships	Luton		2
29.49	627	F	05/11/16	East Swimming 2016 SC Championships	Luton	teamipswich	2
29.52	625	F	16/03/14	Suffolk County Championships	Ipswich	teamipswich	2
29.53	625	F	21/02/16	Suffolk County Championships 2016	Ipswich	teamipswich	2
29.56	623	H	15/03/15	Suffolk County Championships	Ipswich	teamipswich	2
29.66	616	F	15/03/15	Suffolk County Championships	Ipswich	teamipswich	2
29.71	613	H	10/02/18	Suffolk County Championships 2018	Ipswich	teamipswich	2
29.72	613	F	09/07/17	TeamipswichJuly Surprize Meet 2017	Ipswich	teamipswich	3
29.77	610	F	21/02/16	Suffolk County Championships 2016	Ipswich	teamipswich	2
29.79	608	F	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	teamipswich	3
29.79	608	F	10/02/18	Suffolk County Championships 2018	Ipswich	teamipswich	2
29.98	597	F	02/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
30.26	581		18/10/15	ASA National County Teams Division 1	Sheffield	teamipswich	2
30.26	581		18/10/15	ASA National County Teams Division 2	Sheffield	teamipswich	2
30.27	580	F	28/09/14	Teamipswich SC Early Season Open Meet	Ipswich	teamipswich	3
30.32	577	R	23/10/16	ASA National County Teams Division 1	Sheffield	Suffolk	2
30.43	574	F	17/02/18	Suffolk County Championships	Ipswich	teamipswich	2

30.43	571	F	17/03/13	Suffolk County Championships	Ipswich	teamipswich	
30.46	569	F	17/07/16	Teamipswich July Surprize Meet 2016	Ipswich	teamipswich	3
30.48	568	F	13/07/14	Teamipswich SC July Surprize Open	Ipswich	teamipswich	3
30.76	553	F	02/12/12	ASA East Region Winter Championships	Cambridge	teamipswich	2
30.79	551	F	17/03/13	Suffolk County Championships	Ipswich	teamipswich	2
30.92	544	H	28/10/12	Teamipswich 14th Open Meet	Ipswich	teamipswich	2
30.95	543	H	19/10/14	BG ASA National County Team Division 2	Sheffield		2
30.96	542	H	02/12/12	ASA East Region Winter Championships	Cambridge	teamipswich	2
31.01	539	R	20/10/13	BG ASA National County Team Division 2	Sheffield	teamipswich	2
31.53	513	F	18/03/12	Suffolk County Championships	Newmarket	teamipswich	2
31.63	508	C	04/12/11	BG East Region Winter Championships	Norwich	teamipswich	2
31.65	507	H	18/03/12	Suffolk County Championships	Newmarket	teamipswich	2
32.51	468	H	04/12/11	BG East Region Winter Championships	Norwich	teamipswich	2
32.90	452	H	23/10/11	teamipswich 13th Open Meet	Ipswich	teamipswich	2
34.12	405		12/03/11	Suffolk County Championships	Ipswich	teamipswich	2
34.24	401		12/03/11	Suffolk County Championships	Ipswich	teamipswich	2
34.52	391		12/12/10	Three Counties Gala	Ipswich	teamipswich	3
35.43	361	H	09/01/11	teamipswich 12th Licensed Open Meet	Ipswich	teamipswich	3
36.25	337	H	23/10/10	teamipswich 25th Open Meet	Ipswich	teamipswich	2
37.53	304	F	30/10/10	Felixstowe Club Champs	Felixstowe	teamipswich	4
37.57	303		06/03/10	Suffolk County Champs	Ipswich	teamipswich	2
37.96	294	H	11/07/10	Teamipswich Summer Sprint	Ipswich	teamipswich	3
39.15	268		06/03/10	Suffolk County Champs	Ipswich	teamipswich	2
39.16	268	F	26/06/10	Felixstowe Club Champs	Felixstowe	teamipswich	4
40.05	250	H	24/01/10	teamipswich 11th Open Meet	Ipswich	teamipswich	2
43.18	199	H	01/11/09	teamipswich Junior Open	Ipswich	teamipswich	2
45.07	175		21/06/09	Suffolk Development Meet	Ipswich	teamipswich	3
45.85	167	H	12/07/09	teamipswich Summer Sprints	Ipswich	teamipswich	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
29.79	608	F	10/02/18	Suffolk County Championships 2018	Ipswich	teamipswich	2
29.71	613	H	10/02/18	Suffolk County Championships 2018	Ipswich	teamipswich	2
29.72	613	F	09/07/17	Teamipswich July Surprize Meet 2017	Ipswich	teamipswich	3
29.20	646	F	12/02/17	Suffolk County ASA Championships 2017	Ipswich	teamipswich	2
29.02	658	F	12/02/17	Suffolk County ASA Championships 2017	Ipswich	teamipswich	2
29.49	627	F	05/11/16	East Swimming 2016 SC Championships	Luton	teamipswich	2
29.13	651	H	05/11/16	East Swimming 2016 SC Championships	Luton	teamipswich	2
30.32	577	R	23/10/16	ASA National County Teams Division 1	Sheffield	Suffolk	2
30.46	569	F	17/07/16	Teamipswich July Surprize Meet 2016	Ipswich	teamipswich	3
29.77	610	F	21/02/16	Suffolk County Championships 2016	Ipswich	teamipswich	2
29.53	625	F	21/02/16	Suffolk County Championships 2016	Ipswich	teamipswich	2
29.29	640	H	19/12/15	ASA Winter Meet	Sheffield	teamipswich	2
28.97	662	F	04/12/15	Ontario Junior International Meet	Toronto		2
29.00	660	H	04/12/15	Ontario Junior International Meet	Toronto		2
29.24	643	F	07/11/15	ASA East Region Winter Championships 2015	Luton		2
29.04	657	H	07/11/15	ASA East Region Winter Championships 2015	Luton		2
30.26	581		18/10/15	ASA National County Teams Division 2	Sheffield	teamipswich	2
30.26	581		18/10/15	ASA National County Teams Division 1	Sheffield	teamipswich	2
29.79	608	F	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	teamipswich	3
29.66	616	F	15/03/15	Suffolk County Championships	Ipswich	teamipswich	2
29.56	623	H	15/03/15	Suffolk County Championships	Ipswich	teamipswich	2
29.10	653	F	06/12/14	ASA East Region Winter Championships	Luton		2

29.33	638	H	06/12/14	ASA East Region Winter Championships	Luton		2
29.98	597	F	02/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
30.95	543	H	19/10/14	BG ASA National County Team Division 2	Sheffield		2
30.27	580	F	28/09/14	Teamipswich SC Early Season Open Meet	Ipswich	teamipswich	3
30.48	568	F	13/07/14	Teamipswich SC July Surprize Open	Ipswich	teamipswich	3
29.52	625	F	16/03/14	Suffolk County Championships	Ipswich	teamipswich	2
29.30	640	F	16/03/14	Suffolk County Championships	Ipswich	teamipswich	2
31.01	539	R	20/10/13	BG ASA National County Team Division 2	Sheffield	teamipswich	2
30.79	551	F	17/03/13	Suffolk County Championships	Ipswich	teamipswich	2
30.43	571	F	17/03/13	Suffolk County Championships	Ipswich	teamipswich	2
30.76	553	F	02/12/12	ASA East Region Winter Championships	Cambridge	teamipswich	2
30.96	542	H	02/12/12	ASA East Region Winter Championships	Cambridge	teamipswich	2
30.92	544	H	28/10/12	Teamipswich 14th Open Meet	Ipswich	teamipswich	2
31.53	513	F	18/03/12	Suffolk County Championships	Newmarket	teamipswich	2
31.65	507	H	18/03/12	Suffolk County Championships	Newmarket	teamipswich	2
31.63	508	C	04/12/11	BG East Region Winter Championships	Norwich	teamipswich	2
32.51	468	H	04/12/11	BG East Region Winter Championships	Norwich	teamipswich	2
32.90	452	H	23/10/11	teamipswich 13th Open Meet	Ipswich	teamipswich	2
34.24	401		12/03/11	Suffolk County Championships	Ipswich	teamipswich	2
34.12	405		12/03/11	Suffolk County Championships	Ipswich	teamipswich	2
35.43	361	H	09/01/11	teamipswich 12th Licensed Open Meet	Ipswich	teamipswich	3
34.52	391		12/12/10	Three Counties Gala	Ipswich	teamipswich	3
37.53	304	F	30/10/10	Felixstowe Club Champs	Felixstowe	teamipswich	4
36.25	337	H	23/10/10	teamipswich 25th Open Meet	Ipswich	teamipswich	2
37.96	294	H	11/07/10	Teamipswich Summer Sprint	Ipswich	teamipswich	3
39.16	268	F	26/06/10	Felixstowe Club Champs	Felixstowe	teamipswich	4
39.15	268		06/03/10	Suffolk County Champs	Ipswich	teamipswich	2
37.57	303		06/03/10	Suffolk County Champs	Ipswich	teamipswich	2
40.05	250	H	24/01/10	teamipswich 11th Open Meet	Ipswich	teamipswich	2
43.18	199	H	01/11/09	teamipswich Junior Open	Ipswich	teamipswich	2
45.85	167	H	12/07/09	teamipswich Summer Sprints	Ipswich	teamipswich	3
45.07	175		21/06/09	Suffolk Development Meet	Ipswich	teamipswich	3