

# Individual Best Times (All Time)

Jake Alderson - (961375) - Lancaster City SC

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                        | Venue     | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---------------------------------------------|-----------|---------|-------|
| 50 Freestyle          | 38.65   | 39.20           | 141       | 01/02/14 | North Lancashire Age Groups, Youth & Champs | Blackpool | NW4148  | 3     |
| 100 Freestyle         | 1:29.07 | 1:30.00         | 127       | 07/09/14 | Lancaster City Kick Start 2014 Gala         | Salt Ayre | NW14220 | 4     |
| 50 Breaststroke       | 50.82   | 51.40           | 118       | 19/01/14 | North Lancashire Age Groups 2014            | Blackpool | NW4147  | 3     |
| 50 Butterfly          | 58.45   | 58.80           | 51        | 08/12/13 | Lancaster City Summer Club Gala             | Salt Ayre | NW3989  | 4     |
| 50 Backstroke         | 46.67   | 47.10           | 106       | 07/09/14 | Lancaster City Kick Start 2014 Gala         | Salt Ayre | NW14220 | 4     |
| 100 Individual Medley | 1:37.45 | 1:37.50         | 129       | 07/09/14 | Lancaster City Kick Start 2014 Gala         | Salt Ayre | NW14220 | 4     |