

P.b's	400 f/c	200m I.M	200m f/c	200m b/c	200m brst	100m f/c	100m b/c	100m brst	100m fly	50m f/c	50m b/c	50m brst	50m fly
Jessica Barham			2.21.54	2.42.20					1.13.44				
			2.22.31	2.39.20					1.13.15				
SHORT COURSE CONVERSION			2.19.80	2.37.00					1.12.15				
P.b's	400 f/c	200m I.M	200m f/c	200m b/c	200m brst	100m f/c	100m b/c	100m brst	100m fly	50m f/c	50m b/c	50m brst	50m fly
Adam Parchment				2.31.28			1.09.62						27.52
				DNC			1.11.53						27.35
SHORT COURSE CONVERSION							1.10.33						26.55