

# Individual Best Times (All Time)

Alicia Morton - (1406762) - Basildon and Phoenix SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.82	29.10	496	14/05/23	Swim England East Region LC Championships 2023	Luton	ER230335	1
100 Freestyle	1:05.07	1:03.80	501	13/05/23	Swim England East Region LC Championships 2023	Luton	ER230335	1
50 Breaststroke	38.82	38.00	423	04/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
50 Butterfly	34.07	33.50	368	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Backstroke	34.32	33.70	479	23/04/23	Swim England East Region LC Championships 2023	Norwich	ER230333	1
100 Backstroke	1:14.79	1:13.70	450	14/05/23	Swim England East Region LC Championships 2023	Luton	ER230335	1
200 Backstroke	2:41.17	2:39.10	446	18/03/23	Team Luton March LC Meet 2023	Luton	ER230045	1
200 Individual Medley	2:57.17	2:54.90	360	02/05/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.01	29.70	493	11/03/23	Basildon & Phoenix Spring Regional Qualifier 2023	Basildon	ER230399	3
100 Freestyle	1:03.46	1:04.80	496	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Freestyle	2:22.47	2:24.90	464	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
400 Freestyle	5:16.58	5:21.00	390	21/05/22	Basildon & Phoenix Spring SC Open Meet 2022	Basildon	ER220571	3
800 Freestyle	10:45.96	10:54.90	403	19/11/22	Basildon & Phoenix 800/1500 County/Reg Qualifier	Basildon	ER222078	3
50 Breaststroke	37.60	38.40	429	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
100 Breaststroke	1:22.97	1:24.50	424	19/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2
200 Breaststroke	3:05.39	3:08.20	382	15/07/23	Basildon & Phoenix End of Season Meet 2023	Basildon	ER231463	3
50 Butterfly	33.35	33.90	390	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
100 Butterfly	1:14.92	1:15.90	375	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
50 Backstroke	33.26	33.90	437	26/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Backstroke	1:11.85	1:13.00	445	25/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
200 Backstroke	2:34.51	2:36.70	456	12/03/23	Basildon & Phoenix Spring Regional Qualifier 2023	Basildon	ER230399	3
200 Individual Medley	2:36.19	2:38.70	474	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
400 Individual Medley	5:40.70	5:45.80	439	15/07/23	Basildon & Phoenix End of Season Meet 2023	Basildon	ER231463	3
100 Individual Medley	1:14.51	1:14.50	436	18/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2