

Individual Best Times (All Time)

Laura David Catarino - (1428747) - ORCA (Royton)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.03	30.30	440	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
100 Freestyle	1:08.87	1:07.60	423	05/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
50 Breaststroke	48.50	47.80	217	21/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
50 Butterfly	33.33	32.80	393	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
100 Butterfly	1:18.17	1:17.20	357	29/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1
50 Backstroke	34.33	33.70	478	29/04/23	SE North West Regional Summer Championships 2023	Liverpool	NW230690	1
100 Backstroke	1:15.29	1:14.20	441	11/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
200 Backstroke	2:45.66	2:43.60	410	01/05/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220369	1
200 Individual Medley	3:08.74	3:06.60	298	25/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.02	31.70	403	27/11/21	Wigan Best SC Future Stars Open Meet	Wigan	NW211012	2
100 Freestyle	1:06.86	1:08.10	424	16/10/22	Wigan BEST SC Future Stars Open Meet	Wigan	NW221978	2
200 Freestyle	2:33.32	2:35.60	372	04/12/21	Preston SC Christmas Countdown	Darwen	NW211587	4
400 Freestyle	5:23.08	5:27.40	366	05/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	NW220335	3
50 Breaststroke	43.04	43.80	286	05/12/21	Preston SC Christmas Countdown	Darwen	NW211318	3
100 Breaststroke	1:53.39	1:54.50	166	14/07/19	City of Salford Summer Spectacular 2019	Broughton	NW191466	3
200 Breaststroke	3:56.18	3:58.40	184	13/07/19	City of Salford Summer Spectacular 2019	Broughton	NW191466	3
50 Butterfly	33.28	33.80	393	18/11/23	Blackpool Lights Meet 2023	Blackpool	NW231618	3
100 Butterfly	1:16.04	1:17.00	359	06/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	NW220335	3
50 Backstroke	33.45	34.00	430	19/11/23	Blackpool Lights Meet 2023	Blackpool	NW231618	3
100 Backstroke	1:14.83	1:15.90	394	15/10/22	Wigan BEST SC Future Stars Open Meet	Wigan	NW221978	2
200 Backstroke	2:38.86	2:40.90	419	05/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	NW220335	3
200 Individual Medley	2:45.55	2:47.90	398	15/10/22	Wigan BEST SC Future Stars Open Meet	Wigan	NW221978	2
100 Individual Medley	1:19.40	1:19.40	360	04/12/21	Preston SC Christmas Countdown	Darwen	NW211587	4