

Individual Best Times (All Time)

Daniel Morgan-Cottinelli - (1500574) - Norwich Swan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.20	34.60	209	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Freestyle	1:19.06	1:18.00	208	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Freestyle	2:52.63	2:50.60	206	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
400 Freestyle	5:59.22	5:55.30	229	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Breaststroke	48.85	48.20	149	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Breaststroke	1:44.41	1:43.20	161	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Breaststroke	3:48.74	3:46.40	165	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Backstroke	39.17	38.70	217	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Backstroke	1:24.90	1:23.90	224	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Backstroke	2:59.60	2:57.70	241	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.61	35.20	197	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
100 Freestyle	1:18.77	1:19.80	184	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
200 Freestyle	2:56.37	2:58.30	178	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
400 Freestyle	6:05.83	6:09.70	195	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
50 Breaststroke	49.14	49.80	130	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Breaststroke	1:51.84	1:53.00	120	23/09/23	Norwich Swan No Frills Season Starter Meet 2023	Norwich	ER231938	3
200 Breaststroke	3:49.84	3:52.10	142	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
50 Butterfly	1:14.53	1:14.80	24	18/05/21	City of Norwich	Hewett	LEX1131	0
50 Backstroke	37.58	38.10	203	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
100 Backstroke	1:26.15	1:27.10	176	09/12/23	National Arena Swimming League East Mids R3 2023	Whittlesey	EM232266	3
200 Backstroke	2:59.66	3:01.50	203	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Individual Medley	1:50.32	1:50.30	89	16/07/22	Norwich Swan Club Championships 2022	Sportspark	ER220929	4