

# Individual Best Times (All Time)

Henry Cawte - (166895) - Lincoln Vulcans SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.53	25.70	489	20/12/14	Derwentio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
100 Freestyle	56.69	55.20	564	11/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
200 Freestyle	2:03.39	2:00.60	564	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
400 Freestyle	4:32.17	4:27.00	528	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	EM2315	1
1500 Freestyle	17:50.86	17:31.40	538	02/06/12	Midlands Age Group Championships	Coventry	WMR208	1
50 Breaststroke	32.19	31.20	523	03/05/15	Midland Swimming Spring Championships 2015	Corby	EM150799	1
100 Breaststroke	1:10.87	1:09.10	517	07/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
200 Breaststroke	2:37.02	2:33.60	510	20/12/14	Derwentio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
50 Butterfly	29.49	28.80	430	11/04/15	Derwentio Excel 9th Open Meet	Sheffield	EM150029	1
100 Butterfly	1:07.22	1:06.10	398	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
50 Backstroke	31.01	30.40	437	11/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
100 Backstroke	1:07.04	1:05.80	455	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
200 Backstroke	2:28.52	2:26.30	427	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
200 Individual Medley	2:16.71	2:13.80	579	11/04/15	Derwentio Excel 9th Open Meet	Sheffield	EM150029	1
400 Individual Medley	5:02.05	4:56.20	517	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.85	26.60	474	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2
100 Freestyle	55.89	57.40	516	03/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge	ER150482	2
200 Freestyle	2:00.93	2:03.80	554	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
400 Freestyle	4:20.30	4:25.60	542	15/11/14	Lincoln Vulcans Club Championships	Grantham	EM4354	4
1500 Freestyle	17:36.13	17:55.50	515	09/02/13	Lincoln County Championships	Grantham	CC3001	2
50 Breaststroke	31.85	32.80	480	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2
100 Breaststroke	1:08.68	1:10.50	521	18/10/15	ASA National County Teams Division 2	Sheffield	ASA145	2
200 Breaststroke	2:27.81	2:31.30	537	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
50 Butterfly	28.82	29.50	429	18/04/15	Lincoln Vulcans Squad Sprint	Lincoln	EM150584	4
100 Butterfly	1:04.52	1:05.70	406	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
200 Butterfly	2:28.01	2:30.10	376	23/11/13	Lincoln Vulcans Club Championships	Lincoln	EM3280	4
50 Backstroke	30.00	30.70	400	18/04/15	Lincoln Vulcans Squad Sprint	Lincoln	EM150584	4
100 Backstroke	1:03.26	1:04.50	445	22/11/14	Lincoln Vulcans Club Championships	Grantham	EM4354	4
200 Backstroke	2:17.54	2:19.90	452	12/07/14	Lincoln Vulcans Short Course Level 3 Open Meet	Grantham	EM4357	3
200 Individual Medley	2:14.02	2:16.90	547	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
400 Individual Medley	4:55.10	5:01.00	503	08/03/14	Lincolnshire 63rd Annual County Champs	Louth	CC4015	2
100 Individual Medley	1:02.97	1:03.00	479	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2