

Individual Best Times (All Time)

Josh Cant - (481091) - Haslemere Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.78	30.10	313	23/03/13	Surrey Age Group County Champs	Crystal Palace	CC3042	1
100 Freestyle	1:06.45	1:05.20	350	12/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
200 Freestyle	2:22.74	2:20.30	364	13/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
400 Freestyle	4:57.84	4:53.10	403	03/03/13	Surrey County Championships	Guildford	CC3039	1
1500 Freestyle	19:43.93	19:26.40	398	02/03/13	Surrey County Championships	Guildford	CC3039	1
50 Breaststroke	55.90	55.30	100	03/04/10	Portsmouth Northsea Easter Meet	Portsmouth	SE0056	1
50 Butterfly	35.41	34.90	248	13/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
50 Backstroke	34.79	34.20	310	23/03/13	Surrey Age Group County Champs	Crystal Palace	CC3042	1
100 Backstroke	1:13.43	1:12.30	346	29/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1
200 Backstroke	2:36.83	2:34.70	363	13/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
200 Individual Medley	3:00.43	2:58.20	252	07/04/12	Portsmouth Northsea Easter Festival	Portsmouth	SE2161	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.38	29.10	358	05/07/14	Bracknell & Woking Summer Meet	Bracknell	SE4228	3
100 Freestyle	1:02.03	1:03.40	377	28/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4625	4
200 Freestyle	2:13.65	2:16.20	411	28/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4625	4
400 Freestyle	4:54.25	4:59.00	375	02/12/12	Haslemere Christmas Level 3 Open Meet	Haslemere	SE2088	3
1500 Freestyle	18:50.53	19:08.60	420	09/10/12	Haslemere SC Club Championships	Haslemere	SE2087	4
50 Breaststroke	39.10	39.90	259	28/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4625	4
100 Breaststroke	2:05.38	2:06.40	85	05/10/09	Haslemere Club Champs	Haslemere	SE9192	4
50 Butterfly	30.29	30.90	370	04/10/15	Haslemere SC Club Championships 2015	Haslemere	SE151634	4
100 Butterfly	1:11.13	1:12.20	303	09/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4624	4
50 Backstroke	31.93	32.60	332	28/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4625	4
100 Backstroke	1:08.39	1:09.60	352	04/10/15	Haslemere SC Club Championships 2015	Haslemere	SE151634	4
200 Backstroke	2:24.61	2:26.90	389	31/10/15	Hart Autumn Invitational Meet 2015	Fleet	SE151436	4
200 Individual Medley	2:33.01	2:35.60	367	09/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4624	4
400 Individual Medley	5:30.20	5:35.50	359	08/06/14	Haslemere Club Championships	Haslemere	SE4623	4
100 Individual Medley	1:21.14	1:21.10	224	07/10/12	Haslemere SC Club Championships	Haslemere	SE2087	4