

Individual Best Times (All Time)

Carl Westwick - (751029) - Eston SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 26.69 | 25.90 | 480 | 01/05/16 | ASANER Regional Championships 2016 | Sunderland | NE160065 | 1 |
| 50 Breaststroke | 34.56 | 33.60 | 423 | 20/09/15 | City of Sheffield 33rd Annual Teaspoon Gala | Sheffield | NE150208 | 3 |
| 100 Breaststroke | 1:17.53 | 1:15.90 | 394 | 01/05/16 | ASANER Regional Championships 2016 | Sunderland | NE160065 | 1 |
| 50 Butterfly | 27.70 | 27.00 | 519 | 27/02/16 | Northumberland & Durham County Champs | Sunderland | NE160072 | 1 |
| 50 Backstroke | 34.26 | 33.70 | 324 | 25/09/16 | City of Sheffield Swim Squad 34th Annual Teaspoon | Sheffield | NE160268 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|---------------|----------|-------|
| 50 Freestyle | 25.62 | 26.40 | 487 | 06/11/16 | ASA North East Region Senior Junior Champs | Sunderland | NE162070 | 2 |
| 100 Freestyle | 57.87 | 59.30 | 465 | 18/06/16 | Middlesbrough 2016 Open Meet | Middlesbrough | NE160355 | 3 |
| 50 Breaststroke | 33.04 | 34.00 | 430 | 05/11/16 | ASA North East Region Senior Junior Champs | Sunderland | NE162070 | 2 |
| 100 Breaststroke | 1:15.26 | 1:16.90 | 396 | 11/10/15 | Durham City Medley Challenge | Durham | NE150369 | 3 |
| 50 Butterfly | 27.60 | 28.30 | 489 | 05/11/16 | ASA North East Region Senior Junior Champs | Sunderland | NE162070 | 2 |
| 100 Butterfly | 1:05.20 | 1:06.40 | 393 | 11/10/15 | Durham City Medley Challenge | Durham | NE150369 | 3 |
| 50 Backstroke | 31.66 | 32.30 | 340 | 18/06/16 | Middlesbrough 2016 Open Meet | Middlesbrough | NE160355 | 3 |
| 100 Backstroke | 1:13.94 | 1:15.00 | 279 | 08/06/13 | Derwentside ASC 4th Annual Charity Swim Meet | Stanley | NE3327 | 3 |
| 200 Individual Medley | 2:30.03 | 2:32.60 | 390 | 11/10/15 | Durham City Medley Challenge | Durham | NE150369 | 3 |
| 100 Individual Medley | 1:06.42 | 1:06.40 | 408 | 22/10/16 | Moors Swim Squad Individuals Gala | Middlesbrough | NE160434 | 4 |