

# Individual Best Times (All Time)

Charlotte Cassidy - (790194) - Nuneaton & Bedworth SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	46.15	45.70	133	18/01/15	City of Coventry January Open Meet 2015	Coventry	WM150096	3
200 Freestyle	3:22.03	3:20.30	174	16/01/16	City of Coventry January Meet	Coventry	WM160245	3
50 Breaststroke	1:07.10	1:06.60	82	18/01/15	City of Coventry January Open Meet 2015	Coventry	WM150096	3
50 Backstroke	54.95	54.60	116	17/01/15	City of Coventry January Open Meet 2015	Coventry	WM150096	3
200 Individual Medley	4:07.34	4:05.70	132	16/01/16	City of Coventry January Meet	Coventry	WM160245	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.52	41.00	181	11/03/18	Nuneaton & Bedworth Trophy Sprint Meet	Pingles LC	WM180841	4
100 Freestyle	1:29.19	1:30.10	178	17/11/18	Nuneaton & Bedworth Swimming Club Championships	Nuneaton	WM182002	4
200 Freestyle	3:26.86	3:28.50	151	29/10/16	Nuneaton & Bedworth Swimming Club Time Trials	Nuneaton	WM162043	4
50 Breaststroke	1:03.29	1:03.80	90	01/11/15	Nuneaton & Bedworth Club Championships	Nuneaton	WM151553	4
100 Breaststroke	2:14.60	2:15.50	99	29/10/16	Nuneaton & Bedworth Swimming Club Time Trials	Nuneaton	WM162043	4
50 Butterfly	50.69	51.10	111	02/07/17	Braunstone Sprint Open Meet 2017	Braunstone	EM170925	3
100 Butterfly	2:01.27	2:01.90	88	30/10/16	Nuneaton & Bedworth Swimming Club Time Trials	Nuneaton	WM162043	4
50 Backstroke	47.74	48.20	147	25/06/17	Nuneaton & Bedworth End of Season Open Meet	Nuneaton	WM170851	3
100 Backstroke	1:45.10	1:45.90	142	18/11/18	Nuneaton & Bedworth Swimming Club Championships	Nuneaton	WM182002	4
200 Backstroke	3:55.14	3:56.60	129	16/10/15	Nuneaton & Bedworth Time Trial Gala	Nuneaton	WM151554	4
200 Individual Medley	3:57.40	3:59.10	135	30/10/16	Nuneaton & Bedworth Swimming Club Time Trials	Nuneaton	WM162043	4
100 Individual Medley	1:45.10	1:45.10	155	02/07/17	Braunstone Sprint Open Meet 2017	Braunstone	EM170925	3