

# Individual Best Times (All Time)

Cameron Upton - (793224) - Hastings Seagull SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.47	27.70	396	24/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190456	1
100 Freestyle	1:02.57	1:01.20	420	23/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190456	1
200 Freestyle	2:20.72	2:18.20	380	10/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180607	1
400 Freestyle	5:29.41	5:25.10	298	03/10/15	Crawley SC Lis Hartley LC Opportunity Meet 2015	Crawley	SE150732	3
50 Breaststroke	41.43	40.70	245	29/09/18	Lis Hartley Long Course Open Meet	Crawley	SE180015	3
100 Breaststroke	1:32.75	1:31.40	230	01/10/17	Lis Hartley Long Course Open Meet	Crawley	SE170538	3
50 Butterfly	37.14	36.60	215	13/02/16	Sussex County Championships	Crawley	SE160360	1
100 Butterfly	1:14.69	1:13.70	290	11/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180607	1
50 Backstroke	35.32	34.70	296	29/09/18	Lis Hartley Long Course Open Meet	Crawley	SE180015	3
100 Backstroke	1:23.49	1:22.50	236	01/10/16	Lis Hartley LC Opportunity Meet 2016	Crawley	SE160448	3
200 Backstroke	2:50.82	2:48.90	281	25/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170354	1
200 Individual Medley	2:42.18	2:39.70	347	29/09/18	Lis Hartley Long Course Open Meet	Crawley	SE180015	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.47	28.20	395	13/01/19	Brighton SC Tom Handley Open Meet	Prince Regent	SE190173	3
100 Freestyle	1:00.00	1:01.40	417	13/01/19	Brighton SC Tom Handley Open Meet	Prince Regent	SE190173	3
200 Freestyle	2:16.61	2:19.10	384	12/04/18	Hastings Club Championships - Heats 1-6	Summerfields LC	SE180929	4
400 Freestyle	4:51.15	4:55.90	387	12/07/18	Hastings Club Championships - Heats 1-6	Summerfields LC	SE180931	4
1500 Freestyle	19:30.20	19:47.70	379	14/12/17	Hastings Seagull Club Championships	Hastings	SE170611	4
50 Breaststroke	38.65	39.50	269	13/01/19	Brighton SC Tom Handley Open Meet	Prince Regent	SE190173	3
100 Breaststroke	1:23.99	1:25.50	285	11/04/19	Hastings Seagull SC Club Championships	Hastings	SE191723	4
50 Butterfly	31.62	32.20	325	14/07/18	Terry Fitzgerald Memorial Open Meet 2018	Summerfields LC	SE180928	3
100 Butterfly	1:14.21	1:15.20	266	15/11/18	Hastings Club Championships - Heats 1-6	Summerfields LC	SE180933	4
200 Butterfly	2:53.88	2:55.70	232	20/04/17	Hastings Seagull Club Championships	Hastings	SE170606	4
50 Backstroke	33.73	34.30	281	14/07/18	Terry Fitzgerald Memorial Open Meet 2018	Summerfields LC	SE180928	3
100 Backstroke	1:12.71	1:13.80	293	07/06/18	Hastings Club Championships - Heats 1-6	Summerfields LC	SE180930	4
200 Backstroke	2:34.93	2:37.10	316	15/11/18	Hastings Club Championships - Heats 1-6	Summerfields LC	SE180933	4
200 Individual Medley	2:37.17	2:39.70	339	07/06/18	Hastings Club Championships - Heats 1-6	Summerfields LC	SE180930	4
400 Individual Medley	5:30.41	5:35.70	358	12/07/18	Hastings Club Championships - Heats 1-6	Summerfields LC	SE180931	4
100 Individual Medley	1:12.11	1:12.10	319	14/07/18	Terry Fitzgerald Memorial Open Meet 2018	Summerfields LC	SE180928	3