

# Individual Best Times (All Time)

Carlotta Morris-Cano - (826652) - Beckenham SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.78	31.10	410	12/07/14	London ASA Region Sprint Meet	Crystal Palace	LR4443	3
50 Breaststroke	38.97	38.20	418	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Breaststroke	1:37.55	1:36.20	284	10/05/14	Beckenham International Open Meet	London	LR4343	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.92	32.60	370	22/06/14	Saxon Crown Future Champions Meet	Lewisham	LR4722	3
100 Freestyle	1:11.13	1:12.30	352	13/10/14	Beckenham Club Championships	Beckenham	LR14277	4
200 Freestyle	2:31.63	2:33.90	385	04/01/15	Bexley Short Course Open Meet	Bexleyheath	LR150016	3
400 Freestyle	5:20.29	5:24.60	376	03/11/14	Beckenham Club Championships	Beckenham	LR14278	4
800 Freestyle	11:06.31	11:14.90	367	05/01/15	Beckenham Club Championships 2014	Beckenham	LR150104	4
50 Breaststroke	38.23	39.00	408	21/02/15	2015 Kent County Swimming Championships	Gillingham	CC150171	2
100 Breaststroke	1:26.86	1:28.30	370	16/11/15	Beckenham Club Championships	Beckenham	LR151574	4
200 Breaststroke	3:09.23	3:12.00	359	12/10/15	Beckenham Club Championships	Beckenham	LR151572	4
50 Butterfly	35.92	36.40	312	24/05/15	Dulwich Dolphins Sprint Meet 2015	Dulwich	LR150972	3
50 Backstroke	37.24	37.80	311	24/05/15	Dulwich Dolphins Sprint Meet 2015	Dulwich	LR150972	3
100 Backstroke	1:22.57	1:23.50	293	04/01/15	Bexley Short Course Open Meet	Bexleyheath	LR150016	3
200 Backstroke	2:53.78	2:55.70	320	03/11/14	Beckenham Club Championships	Beckenham	LR14278	4
200 Individual Medley	2:56.33	2:58.60	330	17/11/14	Beckenham Club Championships	Beckenham	LR14279	4
100 Individual Medley	1:20.06	1:20.10	351	04/01/15	Bexley Short Course Open Meet	Bexleyheath	LR150016	3