

Individual Best Times (All Time)

Joel Cant - (839358) - Haslemere Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.66	33.00	239	23/03/14	BG Surrey County Championships	Crystal Palace	CC4054	1
50 Breaststroke	44.93	44.20	192	23/03/14	BG Surrey County Championships	Crystal Palace	CC4054	1
200 Breaststroke	4:14.70	4:12.60	119	14/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
50 Backstroke	38.74	38.20	224	23/03/14	BG Surrey County Championships	Crystal Palace	CC4054	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.16	32.80	246	09/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4624	4
100 Freestyle	1:12.22	1:13.40	239	07/10/13	Haslemere SC Club Championships	Surrey	SE3191	4
200 Freestyle	2:33.45	2:35.70	271	11/01/14	Rushmoor Royals New Year Meet	Guildford	SE4214	3
400 Freestyle	5:35.28	5:39.40	253	09/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4624	4
1500 Freestyle	21:22.82	21:38.80	287	08/10/13	Haslemere SC Club Championships	Surrey	SE3191	4
50 Breaststroke	45.45	46.10	165	02/11/13	Rushmoor Royals November L2 Sprint Meet	Guildford	SE3963	2
200 Breaststroke	3:50.93	3:53.20	140	24/11/12	Guildford City SC Open Meet	Guildford	SE2734	2
50 Butterfly	43.90	44.30	121	06/10/13	Haslemere SC Club Championships	Surrey	SE3191	4
50 Backstroke	37.65	38.20	202	11/01/14	Rushmoor Royals New Year Meet	Guildford	SE4214	3
100 Backstroke	1:19.60	1:20.60	223	14/12/14	Haslemere Celebration Meet	Haslemere	SE14723	4
200 Backstroke	2:56.92	2:58.80	212	07/10/13	Haslemere SC Club Championships	Surrey	SE3191	4
100 Individual Medley	1:26.37	1:26.40	185	14/12/14	Haslemere Celebration Meet	Haslemere	SE14723	4