

# Individual Best Times (All Time)

Benjamin Cotton - (881860) - Leicester Sharks Swimming Club

Long Course

| Stroke         | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                      | Venue        | Licence | Level |
|----------------|---------|-----------------|-----------|----------|-------------------------------------------|--------------|---------|-------|
| 50 Freestyle   | 32.52   | 31.90           | 265       | 02/03/14 | Leicestershire County Age Groups & Champs | Corby        | CC4071  | 1     |
| 100 Freestyle  | 1:21.33 | 1:20.30         | 191       | 23/02/13 | Leicestershire County Age Groups Champs   | Loughborough | CC3058  | 1     |
| 200 Freestyle  | 2:52.70 | 2:50.70         | 206       | 24/02/13 | Leicestershire County Age Groups Champs   | Loughborough | CC3058  | 1     |
| 400 Freestyle  | 6:45.05 | 6:41.60         | 160       | 26/02/12 | Leicestershire County Championships       | Loughborough | CC2062  | 1     |
| 50 Butterfly   | 36.01   | 35.50           | 236       | 01/03/14 | Leicestershire County Age Groups & Champs | Corby        | CC4071  | 1     |
| 200 Backstroke | 3:19.40 | 3:17.70         | 176       | 02/03/13 | Leicestershire County Championships       | Loughborough | CC3059  | 1     |

Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                             | Venue      | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--------------------------------------------------|------------|----------|-------|
| 50 Freestyle          | 29.24    | 29.90           | 327       | 22/03/15 | Leicestershire County Age Groups & Championships | Leicester  | EM150153 | 2     |
| 100 Freestyle         | 1:16.55  | 1:17.60         | 200       | 02/11/13 | Leicester Sharks Club Championships              | Nuneaton   | EM3975   | 4     |
| 200 Freestyle         | 2:45.75  | 2:47.80         | 215       | 10/11/13 | Leicester Sharks Club Championships              | Braunstone | EM3660   | 4     |
| 800 Freestyle         | 13:45.91 | 13:52.90        | 154       | 06/04/12 | City of Birmingham Open Meet                     | Birmingham | WM2034   | 3     |
| 1500 Freestyle        | 26:06.81 | 26:20.00        | 157       | 25/11/11 | City of Leicester Distance Meet                  | Braunstone | EM1321   | 2     |
| 50 Butterfly          | 32.00    | 32.60           | 313       | 21/03/15 | Leicestershire County Age Groups & Championships | Leicester  | EM150153 | 2     |
| 200 Butterfly         | 3:43.02  | 3:44.40         | 109       | 29/09/12 | Leicester Sharks Club Championships              | Leicester  | EM2717   | 4     |
| 50 Backstroke         | 43.03    | 43.50           | 135       | 16/03/13 | Leicestershire County Championships              | Braunstone | CC3060   | 2     |
| 100 Backstroke        | 1:28.78  | 1:29.70         | 161       | 10/11/13 | Leicester Sharks Club Championships              | Braunstone | EM3660   | 4     |
| 200 Backstroke        | 3:07.43  | 3:09.20         | 178       | 02/11/13 | Leicester Sharks Club Championships              | Nuneaton   | EM3975   | 4     |
| 200 Individual Medley | 3:27.94  | 3:29.80         | 146       | 27/10/12 | Leicester Sharks Club Championships              | Leicester  | EM2717   | 4     |
| 100 Individual Medley | 1:29.40  | 1:29.40         | 167       | 10/11/13 | Leicester Sharks Club Championships              | Braunstone | EM3660   | 4     |