

Individual Best Times (All Time)

Cameron Carlos - (973202) - Barnet Cophall SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.90	25.10	526	17/12/22	Northampton SC Winter Festival 2022	Corby	EM221730	1
100 Freestyle	56.30	54.80	576	18/12/22	Northampton SC Winter Festival 2022	Corby	EM221730	1
200 Freestyle	1:59.21	1:56.30	626	26/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	NE230254	1
400 Freestyle	4:07.72	4:02.00	701	28/07/23	British Summer Championships	Sheffield	BSW025	1
800 Freestyle	8:35.57	8:24.30	674	27/07/22	British Summer Championships	Sheffield	BSW022	1
1500 Freestyle	16:25.00	16:03.90	691	07/04/22	British Championships 2022	Sheffield	BSW020	1
50 Breaststroke	35.92	35.00	377	21/05/22	Swim England Talent Team Prep the Pool	Birmingham	ENG021	1
100 Breaststroke	1:34.75	1:33.40	216	20/05/17	2017 London Swimming Regional Age Group Champs	Crystal Palace	LR170802	1
200 Breaststroke	3:21.55	3:18.90	241	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
50 Butterfly	35.75	35.20	241	27/05/17	2017 London Swimming May Open Meet	London	LR170886	1
100 Butterfly	1:02.50	1:01.30	495	05/02/22	MIDDX County Championships 2022	Hillingdon LC	LR220143	1
200 Butterfly	2:23.55	2:21.30	454	15/02/20	The 2020 Middlesex County Championships	London	LR200153	1
50 Backstroke	32.84	32.20	368	13/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	EM190118	1
100 Backstroke	1:04.78	1:03.50	505	17/12/22	Northampton SC Winter Festival 2022	Corby	EM221730	1
200 Backstroke	2:17.94	2:15.50	534	02/05/22	SE London Summer Championships 2022	Stratford	LR220486	1
200 Individual Medley	2:21.32	2:18.50	524	01/03/20	ESSA 70th National Inter-Divisional Championships	Sheffield	NE200158	1
400 Individual Medley	4:44.78	4:38.60	617	05/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.90	26.70	471	13/11/22	Barnet Cophall SC County Qualifier Meet 1	Cophall Pools	LR221843	3
100 Freestyle	55.12	56.60	538	21/11/21	Barnet Cophall County Qualifier&Development Meet2	Cophall	LR210669	3
200 Freestyle	1:56.68	1:59.60	617	05/11/23	SE London Winter Championships 2023	Stratford	LR231947	2
400 Freestyle	4:04.27	4:09.90	656	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
800 Freestyle	8:24.74	8:36.00	678	30/01/22	MIDDX County Championships 2022	Southbury Road LC	LR220142	2
1500 Freestyle	16:05.64	16:26.70	674	29/01/22	MIDDX County Championships 2022	Southbury Road LC	LR220142	2
50 Breaststroke	44.22	44.90	179	19/09/16	Borough of Harrow Club Championships	Hendon	LR161085	4
100 Breaststroke	1:31.33	1:32.70	221	05/03/17	BHSC Regional Qualifier Meet 2017	Barnet	LR170540	3
200 Breaststroke	3:07.83	3:10.60	261	21/01/18	MCASA 2018 County Age Group & Youth Championships	Southbury Road LC	LR180224	2
50 Butterfly	28.71	29.40	434	13/11/22	Barnet Cophall SC County Qualifier Meet 1	Cophall Pools	LR221843	3
100 Butterfly	1:02.80	1:04.00	440	20/11/22	County Qualifier and Development Meet 2	Cophall	LR222011	3
200 Butterfly	2:16.46	2:18.80	480	20/11/22	County Qualifier and Development Meet 2	Cophall	LR222011	3
50 Backstroke	30.04	30.70	398	13/11/22	Barnet Cophall SC County Qualifier Meet 1	Cophall Pools	LR221843	3
100 Backstroke	1:03.54	1:04.80	440	20/11/22	County Qualifier and Development Meet 2	Cophall	LR222011	3
200 Backstroke	2:12.18	2:14.70	510	20/11/22	County Qualifier and Development Meet 2	Cophall	LR222011	3
200 Individual Medley	2:21.51	2:24.30	464	13/10/19	Barnett Cophall County Qualifier & Development	London	LR192659	3
400 Individual Medley	4:40.63	4:46.80	585	14/11/21	Barnet Cophall County Qualifier &Development Meet	Cophall	LR210668	3
100 Individual Medley	1:05.71	1:05.70	421	17/11/19	Barnett Cophall County Qualifier & Development	London	LR192672	3