

# Individual Best Times (All Time)

Nate Cahill - (1283137) - Eastbourne SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.55	24.70	548	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
100 Freestyle	57.22	55.70	549	09/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1
200 Freestyle	2:12.85	2:10.20	452	23/07/22	NUEL SC End of Season Open Meet 2022	London Aquatics Cntr	LR221212	3
400 Freestyle	4:47.19	4:42.30	449	07/05/22	Swim England South East Summer Championships	Crawley	SE220756	1
1500 Freestyle	21:40.26	21:24.30	300	02/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200448	1
50 Breaststroke	34.23	33.30	435	10/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1
100 Breaststroke	1:21.23	1:19.70	343	23/07/22	NUEL SC End of Season Open Meet 2022	London Aquatics Cntr	LR221212	3
200 Breaststroke	3:02.59	2:59.70	324	27/02/22	Sussex County ASA County Championships	Crawley	SE220130	1
50 Butterfly	28.17	27.50	494	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Butterfly	1:04.05	1:02.90	460	26/07/23	Irish Youth and Senior Summer Nationals 2023	Dublin	GBR2104	1
200 Butterfly	2:25.52	2:23.30	435	26/07/23	Irish Youth and Senior Summer Nationals 2023	Dublin	GBR2104	1
50 Backstroke	34.47	33.90	318	09/04/22	Crawley SC Spring L1 Open Meet 2022	Crawley	SE220443	1
100 Backstroke	1:15.11	1:14.00	324	09/04/22	Crawley SC Spring L1 Open Meet 2022	Crawley	SE220443	1
200 Backstroke	2:40.06	2:38.00	341	26/02/22	Sussex County ASA County Championships	Crawley	SE220130	1
200 Individual Medley	2:31.63	2:29.00	424	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
400 Individual Medley	5:31.55	5:26.20	391	11/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230304	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.22	26.00	510	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
100 Freestyle	56.24	57.70	506	26/11/23	Atlantis SC Christmas Cracker 2023	Horsham	SE231038	3
200 Freestyle	2:07.77	2:10.50	470	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
400 Freestyle	4:37.45	4:42.50	447	17/06/23	Eastbourne SC 2023 Club Championships	Eastbourne	SE230504	4
800 Freestyle	9:59.70	10:09.30	404	06/12/21	Hastings Seagull SC Club Championships 2021	Hastings	SE210912	4
1500 Freestyle	21:42.81	21:58.60	274	21/11/19	Hastings Seagull Club Championships	Summerfields LC	SE192397	4
50 Breaststroke	33.75	34.70	404	25/11/23	Atlantis SC Christmas Cracker 2023	Horsham	SE231038	3
100 Breaststroke	1:16.26	1:17.90	380	15/06/24	Eastbourne SC Club Championships	Eastbourne	SE240338	4
200 Breaststroke	2:55.51	2:58.50	320	16/10/21	Sussex County ASA Winter Competition	Crawley	SE211129	2
50 Butterfly	28.11	28.80	463	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
100 Butterfly	1:04.48	1:05.60	406	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
200 Butterfly	2:24.21	2:26.40	406	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
50 Backstroke	31.39	32.00	349	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
100 Backstroke	1:10.94	1:12.10	316	26/11/22	Atlantis SC Christmas Cracker 2022	Horsham	SE220762	3
200 Backstroke	2:34.82	2:37.00	317	21/11/21	Crawley SC Winter National Qualifier L2 2021	Crawley	SE211250	2
200 Individual Medley	2:26.96	2:29.60	415	30/06/24	Atlantis Summer Splash 2024	Horsham	SE240295	3
400 Individual Medley	5:34.48	5:39.70	345	25/10/21	Hastings Seagull SC Club Championships 2021	Hastings	SE210909	4
100 Individual Medley	1:05.24	1:05.20	430	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2