

Individual Best Times (All Time)

Layla Wareing - (1306701) - West Dorset SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 28.99 | 28.30 | 540 | 10/03/24 | Plymouth Leander March L1 National Qualifier 2024 | Plymouth | SW240330 | 1 |
| 100 Freestyle | 1:02.97 | 1:01.60 | 553 | 28/04/24 | SE SWR Summer Championships 2024 | Millfield | SW240587 | 1 |
| 200 Freestyle | 2:17.53 | 2:15.00 | 552 | 12/05/24 | Team Bath AS & Millfield L1 Last Chance Meet 2024 | Millfield | SW240605 | 1 |
| 400 Freestyle | 5:08.16 | 5:03.60 | 445 | 24/03/24 | Winchester Spring Qualifier 2024 | Winchester | SE240331 | 1 |
| 50 Breaststroke | 38.46 | 37.60 | 435 | 09/03/24 | Plymouth Leander March L1 National Qualifier 2024 | Plymouth | SW240330 | 1 |
| 100 Breaststroke | 1:26.31 | 1:24.80 | 410 | 13/05/23 | SE South West Summer Regional Championships 2023 | Hengrove | SW230524 | 1 |
| 200 Breaststroke | 3:21.41 | 3:18.80 | 318 | 11/03/23 | PL Early Spring National Qualifier L1 Meet 2023 | Plymouth | SW230453 | 1 |
| 50 Butterfly | 31.28 | 30.70 | 476 | 27/04/24 | SE SWR Summer Championships 2024 | Millfield | SW240587 | 1 |
| 100 Butterfly | 1:09.77 | 1:08.70 | 502 | 21/04/24 | SE SWR Summer Championships 2024 | Bristol | SW240586 | 1 |
| 50 Backstroke | 35.30 | 34.70 | 440 | 20/04/24 | SE SWR Summer Championships 2024 | Bristol | SW240586 | 1 |
| 100 Backstroke | 1:16.43 | 1:15.40 | 422 | 06/04/24 | City of Bristol L1 International Open Meet 2024 | Bristol | SW240226 | 1 |
| 200 Individual Medley | 2:40.37 | 2:37.90 | 486 | 20/04/24 | SE SWR Summer Championships 2024 | Bristol | SW240586 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 28.31 | 29.00 | 531 | 19/11/23 | Swim Bournemouth Winter Meet 2023 | Littledown | SW231876 | 2 |
| 100 Freestyle | 1:01.51 | 1:02.90 | 545 | 08/10/23 | Swim England National County Team Champs 2023 | Sheffield | ASA157 | 2 |
| 200 Freestyle | 2:15.05 | 2:17.60 | 544 | 19/11/23 | Swim Bournemouth Winter Meet 2023 | Littledown | SW231876 | 2 |
| 400 Freestyle | 4:58.19 | 5:02.90 | 466 | 04/02/24 | Dorset County 2024 Championships & AG Competition | Littledown | SW240066 | 2 |
| 50 Breaststroke | 37.79 | 38.60 | 423 | 03/02/24 | Dorset County 2024 Championships & AG Competition | Littledown | SW240066 | 2 |
| 100 Breaststroke | 1:24.38 | 1:25.90 | 403 | 04/02/24 | Dorset County 2024 Championships & AG Competition | Littledown | SW240066 | 2 |
| 200 Breaststroke | 3:09.83 | 3:12.60 | 356 | 04/12/22 | West Dorset SC Yuletide Opener 2022 | Dorchester | SW221605 | 3 |
| 50 Butterfly | 30.98 | 31.60 | 487 | 01/06/24 | West Dorset Whitsun Wave L3 2024 | Dorchester | SW240672 | 3 |
| 100 Butterfly | 1:09.03 | 1:10.10 | 480 | 03/03/24 | Poole SC Regional Qualifier 2024 Level 3 | Dorchester | SW240265 | 3 |
| 50 Backstroke | 33.40 | 34.00 | 432 | 21/01/24 | Dorset County 2024 Championships & AG Competition | Littledown | SW240064 | 2 |
| 100 Backstroke | 1:12.56 | 1:13.70 | 432 | 04/02/24 | Dorset County 2024 Championships & AG Competition | Littledown | SW240066 | 2 |
| 200 Backstroke | 2:42.97 | 2:45.00 | 388 | 20/01/24 | Dorset County 2024 Championships & AG Competition | Littledown | SW240064 | 2 |
| 200 Individual Medley | 2:43.04 | 2:45.40 | 417 | 03/02/24 | Dorset County 2024 Championships & AG Competition | Littledown | SW240066 | 2 |
| 100 Individual Medley | 1:11.60 | 1:11.60 | 491 | 01/06/24 | West Dorset Whitsun Wave L3 2024 | Dorchester | SW240672 | 3 |