

Individual Best Times (All Time)

Cayden Shanahan - (1324990) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.96	27.20	418	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
100 Freestyle	59.73	58.30	482	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Freestyle	2:12.24	2:09.60	458	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
400 Freestyle	4:36.96	4:31.80	501	28/04/24	SE London Region Summer Championships 2024	London	LR240710	1
800 Freestyle	9:36.20	9:26.10	483	30/04/23	SE London Summer Championships 2023	Stratford	LR230510	1
1500 Freestyle	18:20.97	18:02.10	495	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
50 Butterfly	29.35	28.70	436	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Butterfly	1:17.27	1:16.30	262	03/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3
200 Butterfly	2:56.07	2:54.30	246	03/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3
50 Backstroke	31.93	31.30	401	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
100 Backstroke	1:09.05	1:07.90	417	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Backstroke	2:28.46	2:26.20	428	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
200 Individual Medley	2:42.77	2:40.30	343	03/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.95	27.70	418	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	59.61	1:01.00	425	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
200 Freestyle	2:07.88	2:10.60	469	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
400 Freestyle	4:26.28	4:31.50	506	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
800 Freestyle	9:13.40	9:23.70	514	12/06/24	Killerwhales Spring Long Distance Time Trials 2024	Romford	LR241503	4
1500 Freestyle	17:53.94	18:13.00	490	18/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2
50 Breaststroke	37.30	38.10	299	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Breaststroke	1:25.87	1:27.30	266	08/03/23	Killerwhales SC Spring Time Trials 2023	Romford	LR230738	4
50 Butterfly	28.82	29.50	429	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Butterfly	1:03.90	1:05.10	418	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
200 Butterfly	2:54.79	2:56.60	228	16/07/22	Colchester Summer Spectacular Development Meet	Braintree	ER220730	3
50 Backstroke	31.37	32.00	350	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
100 Backstroke	1:06.24	1:07.40	388	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Backstroke	2:25.53	2:27.80	382	05/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
200 Individual Medley	2:32.01	2:34.60	375	20/05/23	Killerwhales Spring Club Champs 2023	Romford	LR231246	4