

# Individual Best Times (All Time)

Macie Cailles - (1452816) - Poole SC

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet   | Venue        | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|--|--------------|----------|-------|
| 50 Freestyle          | 30.37   | 29.70           | 469       | 16/12/23 | Winchester Winter Sparkler 2023                  | Winchester   | SE232492 | 3     |
| 100 Freestyle         | 1:08.24 | 1:07.00         | 435       | 26/03/23 | The Winchester Spring Qualifier 2023             | Winchester   | SE230179 | 1     |
| 200 Freestyle         | 2:28.45 | 2:26.10         | 439       | 09/03/24 | 2024 Wycombe Long Course L1 Premier Meet         | High Wycombe | SE240287 | 1     |
| 50 Breaststroke       | 38.92   | 38.10           | 420       | 22/04/23 | SE South West Summer Regional Championships 2023 | Millfield    | SW230522 | 1     |
| 100 Breaststroke      | 1:23.68 | 1:22.20         | 450       | 27/04/24 | SE SWR Summer Championships 2024                 | Millfield    | SW240587 | 1     |
| 200 Breaststroke      | 2:58.40 | 2:55.40         | 458       | 29/03/24 | Portsmouth Northsea Easter Meet 2024 LC L1 Meet  | Portsmouth   | SE240108 | 1     |
| 50 Butterfly          | 32.39   | 31.80           | 429       | 17/12/23 | Winchester Winter Sparkler 2023                  | Winchester   | SE232492 | 3     |
| 100 Butterfly         | 1:19.45 | 1:18.50         | 340       | 16/12/23 | Winchester Winter Sparkler 2023                  | Winchester   | SE232492 | 3     |
| 50 Backstroke         | 33.28   | 32.70           | 525       | 22/04/23 | SE South West Summer Regional Championships 2023 | Millfield    | SW230522 | 1     |
| 100 Backstroke        | 1:09.94 | 1:08.80         | 550       | 27/04/24 | SE SWR Summer Championships 2024                 | Millfield    | SW240587 | 1     |
| 200 Backstroke        | 2:35.81 | 2:33.70         | 493       | 21/04/24 | SE SWR Summer Championships 2024                 | Bristol      | SW240586 | 1     |
| 200 Individual Medley | 2:39.54 | 2:37.00         | 494       | 20/04/24 | SE SWR Summer Championships 2024                 | Bristol      | SW240586 | 1     |
| 400 Individual Medley | 6:00.47 | 5:55.60         | 401       | 18/12/22 | Winchester Winter Sparkler Meet 2022             | Winchester   | SE222312 | 3     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet  | Venue       | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-------------|----------|-------|
| 50 Freestyle          | 29.26    | 30.00           | 481       | 17/03/24 | Swim Bournemouth Regional Prep' L2 Open Meet      | Bournemouth | SW240250 | 2     |
| 100 Freestyle         | 1:04.79  | 1:06.10         | 466       | 03/02/24 | Dorset County 2024 Championships & AG Competition | Littledown  | SW240066 | 2     |
| 200 Freestyle         | 2:21.84  | 2:24.30         | 470       | 02/12/23 | West Dorset Yuletide Opener 2023                  | Dorchester  | SW232235 | 3     |
| 400 Freestyle         | 4:59.54  | 5:04.20         | 460       | 16/03/24 | Swim Bournemouth Regional Prep' L2 Open Meet      | Bournemouth | SW240250 | 2     |
| 800 Freestyle         | 10:40.53 | 10:49.50        | 414       | 28/01/24 | Dorset County 2024 Championships & AG Competition | Dorchester  | SW240065 | 2     |
| 1500 Freestyle        | 20:02.75 | 20:19.80        | 430       | 03/02/24 | Dorset County 2024 Championships & AG Competition | Dorchester  | SW240067 | 2     |
| 50 Breaststroke       | 36.84    | 37.70           | 456       | 03/02/24 | Dorset County 2024 Championships & AG Competition | Littledown  | SW240066 | 2     |
| 100 Breaststroke      | 1:21.53  | 1:23.10         | 447       | 04/02/24 | Dorset County 2024 Championships & AG Competition | Littledown  | SW240066 | 2     |
| 200 Breaststroke      | 2:57.25  | 3:00.20         | 437       | 03/02/24 | Dorset County 2024 Championships & AG Competition | Littledown  | SW240066 | 2     |
| 50 Butterfly          | 32.03    | 32.60           | 440       | 23/09/23 | Poole SC September Super Sprints                  | Rossmore LC | SW231688 | 4     |
| 100 Butterfly         | 1:15.27  | 1:16.30         | 370       | 20/01/24 | Dorset County 2024 Championships & AG Competition | Littledown  | SW240064 | 2     |
| 200 Butterfly         | 3:00.10  | 3:01.80         | 292       | 22/06/24 | Poole Swimming Club Champs 2024                   | Poole       | SW240908 | 4     |
| 50 Backstroke         | 32.54    | 33.20           | 467       | 21/01/24 | Dorset County 2024 Championships & AG Competition | Littledown  | SW240064 | 2     |
| 100 Backstroke        | 1:09.04  | 1:10.20         | 502       | 04/02/24 | Dorset County 2024 Championships & AG Competition | Littledown  | SW240066 | 2     |
| 200 Backstroke        | 2:32.64  | 2:34.80         | 473       | 17/03/24 | Swim Bournemouth Regional Prep' L2 Open Meet      | Bournemouth | SW240250 | 2     |
| 200 Individual Medley | 2:39.56  | 2:42.00         | 445       | 03/02/24 | Dorset County 2024 Championships & AG Competition | Littledown  | SW240066 | 2     |
| 400 Individual Medley | 5:40.53  | 5:45.70         | 439       | 22/06/24 | Poole Swimming Club Champs 2024                   | Poole       | SW240908 | 4     |
| 100 Individual Medley | 1:13.11  | 1:13.10         | 461       | 21/01/24 | Dorset County 2024 Championships & AG Competition | Littledown  | SW240064 | 2     |