

# Individual Best Times (All Time)

Kathleen Caserta - (1651098) - New Hall School Swim Club

## Long Course

| Stroke           | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                    | Venue | Licence  | Level |
|------------------|---------|-----------------|-----------|----------|---|-------|----------|-------|
| 50 Freestyle     | 33.23   | 32.60           | 358       | 22/06/24 | Team Luton Summer Long Course Meet 2024 | Luton | ER240777 | 3     |
| 100 Freestyle    | 1:14.36 | 1:13.20         | 336       | 22/06/24 | Team Luton Summer Long Course Meet 2024 | Luton | ER240777 | 3     |
| 200 Freestyle    | 2:36.56 | 2:34.30         | 374       | 23/06/24 | Team Luton Summer Long Course Meet 2024 | Luton | ER240777 | 3     |
| 50 Breaststroke  | 47.16   | 46.50           | 236       | 23/06/24 | Team Luton Summer Long Course Meet 2024 | Luton | ER240777 | 3     |
| 100 Breaststroke | 1:41.49 | 1:40.20         | 252       | 22/06/24 | Team Luton Summer Long Course Meet 2024 | Luton | ER240777 | 3     |
| 50 Backstroke    | 41.71   | 41.20           | 267       | 22/06/24 | Team Luton Summer Long Course Meet 2024 | Luton | ER240777 | 3     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet   | Venue      | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle          | 33.78   | 34.40           | 312       | 08/06/24 | New Hall School Swim Academy Summer Junior Splash  | Chelmsford | ER241337 | 4     |
| 100 Freestyle         | 1:13.87 | 1:15.00         | 314       | 18/05/24 | Watford Swimming Club Development Meet 2024        | Watford    | ER240110 | 3     |
| 200 Freestyle         | 2:47.18 | 2:49.20         | 287       | 03/12/23 | BBSC & DASC Christmas Cracker Meet 2023            | Braintree  | ER231878 | 3     |
| 400 Freestyle         | 5:52.49 | 5:56.50         | 282       | 23/03/24 | Harlow & Bishops Stortford 2024 Regional Qualifier | Harlow     | ER240144 | 3     |
| 50 Breaststroke       | 45.51   | 46.20           | 242       | 18/05/24 | Watford Swimming Club Development Meet 2024        | Watford    | ER240110 | 3     |
| 100 Breaststroke      | 1:38.75 | 1:40.00         | 251       | 08/06/24 | New Hall School Swim Academy Summer Junior Splash  | Chelmsford | ER241337 | 4     |
| 200 Breaststroke      | 3:32.69 | 3:35.20         | 253       | 18/05/24 | Watford Swimming Club Development Meet 2024        | Watford    | ER240110 | 3     |
| 50 Butterfly          | 39.00   | 39.50           | 244       | 18/05/24 | Watford Swimming Club Development Meet 2024        | Watford    | ER240110 | 3     |
| 50 Backstroke         | 42.62   | 43.10           | 207       | 02/12/23 | BBSC & DASC Christmas Cracker Meet 2023            | Braintree  | ER231878 | 3     |
| 100 Backstroke        | 1:26.85 | 1:27.80         | 252       | 08/06/24 | New Hall School Swim Academy Summer Junior Splash  | Chelmsford | ER241337 | 4     |
| 200 Individual Medley | 3:02.75 | 3:04.90         | 296       | 08/06/24 | New Hall School Swim Academy Summer Junior Splash  | Chelmsford | ER241337 | 4     |
| 100 Individual Medley | 1:32.74 | 1:32.70         | 226       | 24/06/23 | City of St Albans SC End of Season Meet 2023       | St Albans  | ER230216 | 3     |