

Individual Best Times (All Time)

Kate McQuaid - (363301) - Hatfield SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.56	27.80	564	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	ER4086	1
100 Freestyle	1:01.72	1:00.40	588	06/07/14	ASA East Region Inter County Championships	Basildon	ER4439	1
200 Freestyle	2:13.78	2:11.20	600	07/12/13	ASA East Regionals Winter Championships	Norwich	ERX328	1
400 Freestyle	4:46.34	4:41.40	555	28/01/12	ASA Central Zone Meet	Corby	ZM2130	1
800 Freestyle	10:17.15	10:07.70	484	09/03/13	Hertfordshire County Championships	Luton	CC3087	1
50 Breaststroke	35.06	34.20	575	27/06/14	British Gas International Swimming Meet 2014	Manchester	ASA133	1
100 Breaststroke	1:16.74	1:15.10	583	27/06/15	ESSA Inter-Divisional Championships	Sunderland	NE151127	1
200 Breaststroke	2:46.06	2:42.90	568	26/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
50 Butterfly	30.29	29.70	524	16/04/16	Team Luton April Long Course Meet	Luton	ER160181	1
100 Butterfly	1:15.60	1:14.60	395	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
200 Individual Medley	2:35.02	2:32.50	538	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.28	29.00	533	20/09/15	Hatfield Club Championships 2015	Hatfield	ER151699	4
100 Freestyle	1:00.08	1:01.50	585	12/07/14	Hatfield Summer Spectacle at the Sports Village	Hatfield	ER4749	2
200 Freestyle	2:09.03	2:11.70	624	12/07/14	Hatfield Summer Spectacle at the Sports Village	Hatfield	ER4749	2
400 Freestyle	4:35.15	4:40.20	594	14/12/14	Team Luton Development 2014 Meet	Luton	ER14555	3
50 Breaststroke	34.99	35.90	533	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
100 Breaststroke	1:15.22	1:16.90	569	11/07/15	Hatfield Summer Spectacle	Hatfield	ER151035	3
200 Breaststroke	2:45.57	2:48.70	536	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
50 Butterfly	30.28	30.90	521	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
100 Butterfly	1:07.42	1:08.50	515	28/11/15	Hatfield SC Winter Gala 2015	Hatfield	ER152040	3
50 Backstroke	32.85	33.50	454	28/09/14	Hatfield Club Championships	Hatfield	ER14124	4
100 Backstroke	1:31.12	1:32.00	218	16/11/08	Milton Keynes Open Meet	Stantonbury	SE8393	2
200 Backstroke	3:05.92	3:07.70	261	11/03/09	Hertfordshire Champs	Borehamwood	CC9005	2
200 Individual Medley	2:28.36	2:31.00	554	31/01/15	Hatfield Valentines Gala	Hatfield	ER150374	3
100 Individual Medley	1:10.06	1:10.10	524	28/09/14	Hatfield Club Championships	Hatfield	ER14124	4