

Individual Best Times (All Time)

Caitlin Panacides - (426729) - Borough of Harrow S C

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.03	37.50	239	20/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
100 Freestyle	1:24.24	1:23.20	231	19/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
200 Freestyle	2:55.91	2:53.90	264	20/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
50 Breaststroke	55.04	54.50	148	20/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
100 Breaststroke	2:00.61	1:59.60	150	19/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
50 Butterfly	48.54	48.10	127	19/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
50 Backstroke	45.05	44.60	211	19/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
100 Backstroke	1:29.07	1:28.20	266	20/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
200 Individual Medley	3:24.16	3:22.20	235	19/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.14	34.70	302	30/11/14	BO Harrow Christmas Cracker Open Meet	Barnet	LR14451	3
100 Freestyle	1:19.61	1:20.70	251	12/05/13	Barnet Cophall SC Kate Lack Trophy Meet	Hendon	LR3365	3
200 Freestyle	2:42.57	2:44.70	312	28/09/14	Borough of Harrow Club Championships	Barnet	LR14230	4
400 Freestyle	5:56.48	6:00.40	273	12/01/14	Basildon & Phoenix Last Chance County	Basildon	ER4045	3
800 Freestyle	12:21.84	12:29.60	266	12/04/14	MCASA Spring Development Meet	Southbury	LR4479	3
50 Breaststroke	49.84	50.50	184	02/11/13	The Borough of Harrow Club Championships	Barnet	LR3804	4
100 Breaststroke	1:49.00	1:50.20	187	28/09/14	Borough of Harrow Club Championships	Barnet	LR14230	4
200 Breaststroke	3:52.60	3:54.90	193	28/09/14	Borough of Harrow Club Championships	Barnet	LR14230	4
50 Butterfly	40.78	41.20	213	27/09/14	Borough of Harrow Club Championships	Barnet	LR14230	4
100 Butterfly	1:34.57	1:35.40	186	02/11/13	The Borough of Harrow Club Championships	Barnet	LR3804	4
50 Backstroke	39.80	40.30	255	22/06/14	Borough of Harrow End of Season Open Meet	Barnet	LR4548	3
100 Backstroke	1:26.08	1:27.00	259	28/09/14	Borough of Harrow Club Championships	Barnet	LR14230	4
200 Backstroke	2:58.90	3:00.80	293	30/11/14	BO Harrow Christmas Cracker Open Meet	Barnet	LR14451	3
200 Individual Medley	3:13.37	3:15.40	250	27/09/14	Borough of Harrow Club Championships	Barnet	LR14230	4
100 Individual Medley	1:28.47	1:28.50	260	28/09/14	Borough of Harrow Club Championships	Barnet	LR14230	4