

Individual Best Times (All Time)

Cavan Ward - (560265) - Fox Hollies

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.15	30.50	302	13/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
100 Freestyle	1:07.47	1:06.20	335	14/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
200 Freestyle	2:27.35	2:25.00	331	13/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
400 Freestyle	5:28.73	5:24.40	300	16/03/13	Warwickshire County Championships	Coventry	CC3009	1
50 Breaststroke	44.03	43.30	204	10/03/12	Warwickshire County Championships	Coventry	CC2006	1
100 Breaststroke	1:29.58	1:28.20	256	14/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
200 Breaststroke	3:06.60	3:03.70	304	14/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
50 Butterfly	35.56	35.00	245	14/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
100 Butterfly	1:22.50	1:21.60	215	02/03/13	Warwickshire County Championships	Coventry	CC3007	1
200 Individual Medley	2:47.30	2:44.90	316	13/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.89	31.60	277	17/11/12	Boldmere SC Level 2 Open Meet	Boldmere	WM2322	2
100 Freestyle	1:06.69	1:07.90	303	18/11/12	Boldmere SC Level 3 Open Meet	Boldmere	WM2323	3
200 Freestyle	2:25.10	2:27.50	321	10/02/13	Rugby Open Meet 2013	Rugby	WM3083	3
400 Freestyle	5:07.78	5:12.30	327	09/02/13	Rugby Open Meet 2013	Rugby	WM3083	3
1500 Freestyle	20:26.92	20:43.60	328	23/11/12	City of Leicester Distance Meet	Leicester	EM2526	2
50 Breaststroke	39.81	40.60	246	07/04/13	Nuneaton & Bedworth SC Spring Qualifying	Nuneaton	WM3126	2
100 Breaststroke	1:28.00	1:29.40	247	06/04/13	Nuneaton & Bedworth SC Spring Qualifying	Nuneaton	WM3126	2
200 Breaststroke	3:02.02	3:04.90	287	07/04/13	Nuneaton & Bedworth SC Spring Qualifying	Nuneaton	WM3126	2
50 Butterfly	34.81	35.40	243	07/04/13	Nuneaton & Bedworth SC Spring Qualifying	Nuneaton	WM3126	2
100 Butterfly	1:20.16	1:21.10	211	09/02/13	Rugby Open Meet 2013	Rugby	WM3083	3
200 Individual Medley	2:43.29	2:45.70	302	10/02/13	Rugby Open Meet 2013	Rugby	WM3083	3
100 Individual Medley	1:17.16	1:17.20	260	09/02/13	Rugby Open Meet 2013	Rugby	WM3083	3