

Individual Best Times (All Time)

Cara Hetherington - (742636) - Team Ipswich Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.08	27.30	594	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Freestyle	1:01.09	59.70	606	22/07/12	BG ASA National Age Groups Championships	Sheffield	ASA120	1
200 Freestyle	2:12.67	2:10.00	615	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
400 Freestyle	4:41.17	4:36.10	586	02/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1
800 Freestyle	9:39.36	9:29.30	585	15/02/14	Suffolk County ASA County Championships	Norwich	CC4082	1
50 Butterfly	31.30	30.70	475	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Butterfly	1:12.93	1:11.90	440	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
50 Backstroke	31.29	30.60	632	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Backstroke	1:06.34	1:05.10	645	25/07/12	BG ASA National Age Groups Championships	Sheffield	ASA120	1
200 Backstroke	2:23.28	2:20.90	634	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
200 Individual Medley	2:31.27	2:28.60	579	01/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.97	28.70	550	10/03/13	Suffolk County Championships	Ipswich	CC3078	2
100 Freestyle	59.31	1:00.70	608	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
200 Freestyle	2:10.59	2:13.20	602	09/03/14	Suffolk County ASA County Championships	Ipswich	CC4083	2
400 Freestyle	4:34.49	4:39.60	598	23/03/14	Suffolk County Championships	Ipswich	CC4085	2
800 Freestyle	9:42.07	9:51.90	551	14/02/15	Suffolk County Championships	Norwich	CC150047	2
1500 Freestyle	24:21.29	24:35.40	240	18/11/09	Sudbury & District Club Ch	Sudbury	ER9679	4
50 Breaststroke	46.37	47.00	229	24/10/10	teamipswich 25th Open Meet	Ipswich	ER0394	2
100 Breaststroke	1:28.14	1:29.60	354	24/11/13	Teamipswich Club Championships	Ipswich	ER31012	4
50 Butterfly	30.76	31.40	497	09/03/14	Suffolk County ASA County Championships	Ipswich	CC4083	2
100 Butterfly	1:07.86	1:09.00	505	22/11/14	Teamipswich Club Championships	Ipswich	ER14549	4
50 Backstroke	30.59	31.20	562	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
100 Backstroke	1:05.11	1:06.30	599	13/12/14	NASL London Rounds Premier Division	Basildon	ER14054	2
200 Backstroke	2:22.30	2:24.60	583	23/10/11	teamipswich 13th Open Meet	Ipswich	ER1483	2
200 Individual Medley	2:28.62	2:31.20	551	16/03/14	Suffolk County Championships	Ipswich	CC4084	2
400 Individual Medley	5:26.15	5:31.50	500	19/01/14	Teamipswich January Last Chance Meet	Ipswich	ER4112	3
100 Individual Medley	1:08.72	1:08.70	556	09/03/14	Suffolk County ASA County Championships	Ipswich	CC4083	2