

# Individual Best Times (All Time)

Casey Waugh - (744526) - Armthorpe & District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.29	29.60	473	14/04/18	City of Leeds National Qualifier 2018	Leeds	NE180082	1
100 Freestyle	1:04.40	1:03.10	517	15/04/18	City of Leeds National Qualifier 2018	Leeds	NE180082	1
200 Freestyle	2:20.38	2:17.90	519	09/02/19	Yorkshire County Championships	Leeds	NE190128	1
400 Freestyle	4:53.63	4:48.80	515	27/05/17	ASA North East Region Championships	Sunderland	NE170146	1
800 Freestyle	11:39.33	11:31.00	333	15/02/15	Yorkshire County Championships	Leeds	NE150622	1
50 Breaststroke	39.95	39.20	388	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Breaststroke	1:25.42	1:23.90	423	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
200 Breaststroke	3:09.83	3:07.00	380	18/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	WL170098	3
50 Butterfly	33.66	33.10	382	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	NE180164	1
100 Butterfly	1:13.54	1:12.50	429	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
200 Butterfly	2:43.33	2:41.40	414	19/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	WL170098	3
50 Backstroke	36.11	35.50	411	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Backstroke	1:19.30	1:18.30	377	18/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	WL170098	3
200 Backstroke	2:31.94	2:29.70	532	04/05/19	Swim England North East Region Championships (50)	Sheffield	NE190135	1
200 Individual Medley	2:34.42	2:31.80	544	04/05/19	Swim England North East Region Championships (50)	Sheffield	NE190135	1
400 Individual Medley	5:28.63	5:23.20	529	06/05/18	North East Region Championships	Sheffield	NE180150	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.71	30.40	459	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	1:01.98	1:03.30	532	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
200 Freestyle	2:15.04	2:17.60	545	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
400 Freestyle	4:52.89	4:57.60	492	05/11/16	ASA North East Region Age Group Championships	Sunderland	NE162069	2
800 Freestyle	11:34.64	11:42.90	324	19/01/14	Doncaster Darts Distance Time Trials	Adwick	NE4218	4
50 Breaststroke	37.73	38.60	425	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Breaststroke	1:21.79	1:23.30	443	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
200 Breaststroke	3:32.39	3:34.90	254	12/01/14	Harrogate SC Janus Meet	Harrogate	NE4178	3
50 Butterfly	32.50	33.10	422	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Butterfly	1:09.69	1:10.80	466	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
200 Butterfly	2:48.20	2:50.10	359	24/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
50 Backstroke	33.95	34.50	411	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Backstroke	1:12.35	1:13.50	436	06/07/19	Kingston upon Hull Regional Qualifier 2019	Ennerdale LC	NE192078	3
200 Backstroke	2:25.96	2:28.20	541	06/07/19	Kingston upon Hull Regional Qualifier 2019	Ennerdale LC	NE192078	3
200 Individual Medley	2:29.49	2:32.10	541	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
400 Individual Medley	5:23.33	5:28.70	513	04/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
100 Individual Medley	1:12.47	1:12.50	474	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3