

Individual Best Times (All Time)

Caroline Lewitt - (888408) - Chelsea & Westminster SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.44	25.60	712	25/07/19	British Summer Championships	Glasgow	BSW011	1
100 Freestyle	56.87	55.40	751	26/07/19	British Summer Championships	Glasgow	BSW011	1
200 Freestyle	2:04.96	2:02.20	736	23/07/19	British Summer Championships	Glasgow	BSW011	1
400 Freestyle	4:37.42	4:32.30	610	25/05/19	2019 London Swimming National Qualifier	London	LR191473	1
50 Breaststroke	36.89	36.00	493	27/01/19	2019 Middlesex County Championships	London	LR190268	1
100 Breaststroke	1:21.15	1:19.60	493	23/06/19	2019 Long Course Summer Open	London	LR191494	1
200 Breaststroke	3:45.35	3:43.00	227	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	NE3049	1
50 Butterfly	28.48	27.80	631	25/07/18	British Summer Championships	Sheffield	BSW006	1
100 Butterfly	1:04.61	1:03.40	633	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
50 Backstroke	29.89	29.20	725	28/07/18	British Summer Championships	Sheffield	BSW006	1
100 Backstroke	1:03.54	1:02.30	734	24/07/19	British Summer Championships	Glasgow	BSW011	1
200 Backstroke	2:19.69	2:17.30	685	14/04/19	Swim Cup Eindhoven	Eindhoven	GBR1014	1
200 Individual Medley	2:19.21	2:16.40	743	30/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
400 Individual Medley	5:08.34	5:02.60	641	02/03/19	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE190468	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.21	27.00	669	08/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
100 Freestyle	56.04	57.50	720	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
200 Freestyle	1:59.79	2:02.60	780	08/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
400 Freestyle	4:28.57	4:33.70	638	24/06/17	Hillingdon Summer Meet	Uxbridge	LR170897	2
50 Breaststroke	36.58	37.40	466	16/06/18	ESC End of Season Open	Northolt	LR180594	3
100 Breaststroke	1:16.93	1:18.50	532	24/10/20	Natare West London	Latymer Sports Cen	LEX508	0
200 Breaststroke	2:43.96	2:47.10	552	17/06/18	ESC End of Season Open	Northolt	LR180594	3
50 Butterfly	29.44	30.10	567	01/10/17	Cambridge Grand Prix	Cambridge	ER170267	2
100 Butterfly	1:03.61	1:04.80	613	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Butterfly	2:26.22	2:28.40	547	17/06/18	ESC End of Season Open	Northolt	LR180594	3
50 Backstroke	29.76	30.40	610	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Backstroke	1:02.87	1:04.10	665	05/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
200 Backstroke	2:16.02	2:18.40	668	03/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
200 Individual Medley	2:15.68	2:18.50	724	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Individual Medley	5:16.15	5:21.70	549	13/11/16	Chelsea & Westminster November Club Gala	London	LR162465	4
100 Individual Medley	1:04.53	1:04.50	671	18/11/18	Guildford City L2 Winter Open	Surrey SP	SE180713	2