

Individual Best Times (All Time)

Caitlin Urquhart - (90005137) - Inverness ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.98	28.30	540	10/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
100 Freestyle	1:01.91	1:00.50	582	03/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
200 Freestyle	2:17.55	2:15.00	552	02/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
400 Freestyle	5:01.82	4:57.10	474	05/02/23	ND Age Group Championships 2023 R2	Aberdeen	SCO1987	1
800 Freestyle	10:14.52	10:05.00	490	03/02/23	ND Age Group Championships 2023 R2	Aberdeen	SCO1987	1
50 Breaststroke	37.51	36.70	469	12/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
100 Breaststroke	1:25.18	1:23.70	426	11/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
200 Breaststroke	3:04.95	3:02.10	411	13/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
50 Butterfly	29.98	29.30	541	05/02/23	ND Age Group Championships 2023 R2	Aberdeen	SCO1987	1
100 Butterfly	1:09.44	1:08.30	510	15/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
200 Butterfly	2:41.31	2:39.30	430	14/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
50 Backstroke	36.12	35.60	411	05/02/23	ND Age Group Championships 2023 R1	Aberdeen	SCO1977	1
200 Individual Medley	2:37.35	2:34.80	514	05/02/23	ND Age Group Championships 2023 R2	Aberdeen	SCO1987	1
400 Individual Medley	5:43.52	5:38.40	463	13/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.84	29.60	502	09/09/23	SASA North District Sprint Championships 2023	Aberdeen	SCO2061	2
100 Freestyle	1:01.23	1:02.60	552	21/10/23	HST Autumn Meet 2023	Inverness	SCO2079	2
200 Freestyle	2:24.70	2:27.10	443	25/06/22	ND Development Pentaqua June 2022	Inverness	SCO1902	3
400 Freestyle	4:56.16	5:00.90	476	06/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
800 Freestyle	10:08.59	10:18.00	482	08/10/22	North District Distance Meet 2022	Aberdeen	SCO1924	2
50 Breaststroke	36.74	37.60	460	09/09/23	SASA North District Sprint Championships 2023	Aberdeen	SCO2061	2
100 Breaststroke	1:20.53	1:22.10	464	19/03/23	HST Time trials	Inverness	SCO2007	2
200 Breaststroke	3:00.65	3:03.60	413	11/09/22	Inverness Autumn Age Group Meet 2022	Inverness	SCO1913	2
50 Butterfly	29.90	30.50	542	08/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
100 Butterfly	1:09.20	1:10.30	476	09/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
200 Butterfly	2:40.70	2:42.70	412	11/09/22	Inverness Autumn Age Group Meet 2022	Inverness	SCO1913	2
50 Backstroke	33.63	34.20	423	09/09/23	SASA North District Sprint Championships 2023	Aberdeen	SCO2061	2
100 Backstroke	1:17.18	1:18.20	359	29/01/22	Buckie's Age Group Meet	Buckie	SCO1845	2
200 Backstroke	2:38.70	2:40.80	420	21/10/23	HST Autumn Meet 2023	Inverness	SCO2079	2
200 Individual Medley	2:37.39	2:39.90	464	21/10/23	HST Autumn Meet 2023	Inverness	SCO2079	2
400 Individual Medley	5:23.07	5:28.50	514	19/03/23	HST Time trials	Inverness	SCO2007	2
100 Individual Medley	1:13.38	1:13.40	456	09/09/23	SASA North District Sprint Championships 2023	Aberdeen	SCO2061	2