

# Individual Best Times (All Time)

Cara Layden - (912046) - Mount Kelly Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.41	27.70	573	29/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	NE150211	1
100 Freestyle	59.83	58.40	645	25/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
200 Freestyle	2:10.13	2:07.40	652	28/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
400 Freestyle	4:37.92	4:32.80	607	12/05/13	Millfield Last Chance Meet	Millfield	SW3254	1
800 Freestyle	9:37.27	9:27.20	592	01/06/13	ASA South West Region Age Groups 2013	Millfield	SWR322	1
100 Breaststroke	1:34.15	1:32.80	316	11/05/13	Millfield Last Chance Meet	Millfield	SW3254	1
50 Butterfly	33.53	33.00	386	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
100 Butterfly	1:13.04	1:12.00	438	07/06/14	ASA South West Region AG Championships	Millfield	SWR404	1
200 Butterfly	2:55.34	2:53.50	335	15/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
50 Backstroke	32.47	31.80	566	17/01/14	Geneva International Meet 2014	Geneva	GB4008	1
100 Backstroke	1:08.67	1:07.50	581	25/01/15	48th Geneva International Meet	Geneva	GBR086	1
200 Backstroke	2:28.91	2:26.70	565	13/01/13	Exeter City Open Meet	Cardiff	SW3110	1
200 Individual Medley	2:33.10	2:30.50	559	17/05/14	COBEXE May Meet 2014	Hengrove	SW4432	1
400 Individual Medley	5:29.23	5:23.80	526	02/06/13	ASA South West Region Age Groups 2013	Millfield	SWR322	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.86	28.60	557	22/01/15	Devon County 2015 Championships	Plymouth	CC150276	2
100 Freestyle	59.49	1:00.90	602	15/02/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4028	2
200 Freestyle	2:08.60	2:11.30	631	01/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
400 Freestyle	4:34.25	4:39.30	599	17/02/13	Devon County Championships	Plymouth	CC3014	2
800 Freestyle	10:16.19	10:25.50	465	18/02/12	Devon County Championships	Tiverton	CC2027	2
50 Breaststroke	38.41	39.20	402	01/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
100 Breaststroke	1:25.24	1:26.70	391	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
200 Breaststroke	3:01.41	3:04.30	408	21/02/13	Devon County Championships	Plymouth	CC3016	2
50 Butterfly	31.31	31.90	472	20/02/14	Devon County Championships	Plymouth	CC4030	2
100 Butterfly	1:08.30	1:09.40	495	19/02/14	Devon County Championships	Plymouth	CC4030	2
200 Butterfly	2:40.71	2:42.70	412	01/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
50 Backstroke	31.24	31.90	528	16/02/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4028	2
100 Backstroke	1:07.54	1:08.70	536	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
200 Backstroke	2:20.48	2:22.80	606	15/02/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4028	2
200 Individual Medley	2:29.05	2:31.70	546	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
400 Individual Medley	5:32.13	5:37.40	473	21/02/13	Devon County Championships	Plymouth	CC3016	2
100 Individual Medley	1:08.42	1:08.40	563	19/02/14	Devon County Championships	Plymouth	CC4030	2