

# Individual Best Times (All Time)

Caitlin Day - (924077) - Basildon and Phoenix SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.30	28.60	523	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Freestyle	1:03.03	1:01.70	552	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
200 Freestyle	2:15.52	2:12.90	577	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
400 Freestyle	4:42.42	4:37.40	578	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
800 Freestyle	9:48.32	9:38.40	559	04/02/18	Essex Age Group Championships 2018	Basildon	ER180156	1
50 Breaststroke	35.60	34.70	549	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Breaststroke	1:18.47	1:16.80	545	15/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
200 Breaststroke	2:44.54	2:41.30	584	19/04/19	Beckenham Easter International Open 2019	London	LR190200	1
50 Butterfly	31.92	31.30	448	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Butterfly	1:14.72	1:13.70	409	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Backstroke	35.48	34.90	433	22/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
100 Backstroke	1:16.51	1:15.50	420	21/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
200 Backstroke	2:40.43	2:38.30	452	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Individual Medley	2:35.18	2:32.60	536	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
400 Individual Medley	5:26.46	5:21.00	540	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.49	29.20	521	21/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
100 Freestyle	1:00.60	1:02.00	570	15/12/18	BPSC Last Chance County Qualifier 2018	Basildon	ER181385	3
200 Freestyle	2:13.11	2:15.70	569	13/03/16	Basildon & Phoenix SC Spring Time Trial Event 2016	Basildon	ER160007	3
400 Freestyle	4:35.22	4:40.30	593	01/10/17	BPSC Season Opener 2017	Basildon	ER171612	3
800 Freestyle	9:29.49	9:39.50	589	03/12/16	BPSC 1500 800 County/Regional Qualifier 2016	Basildon	ER161506	3
50 Breaststroke	34.78	35.70	542	21/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
100 Breaststroke	1:14.28	1:16.00	591	03/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
200 Breaststroke	2:38.77	2:42.10	608	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Butterfly	31.21	31.80	476	03/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
100 Butterfly	1:15.97	1:17.00	360	01/12/17	BPSC Winter Club Champs 2017	Basildon	ER172324	4
200 Butterfly	2:49.50	2:51.40	351	26/11/17	BPSC Winter Club Champs 2017	Basildon	ER172323	4
50 Backstroke	35.14	35.70	371	18/12/16	BPSC Last Chance County Qualifier 2016	Basildon	ER160487	3
100 Backstroke	1:12.10	1:13.20	441	17/12/17	BPSC Last Chance County Qualifier	Basildon	ER172322	3
200 Backstroke	2:34.54	2:36.70	455	17/12/17	BPSC Last Chance County Qualifier	Basildon	ER172322	3
200 Individual Medley	2:26.84	2:29.50	571	17/12/17	BPSC Last Chance County Qualifier	Basildon	ER172322	3
400 Individual Medley	5:12.90	5:18.50	566	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
100 Individual Medley	1:11.96	1:12.00	484	30/09/17	BPSC Season Opener 2017	Basildon	ER171612	3