

Individual Best Times (All Time)

Caitlin Mckay - (977803) - West Suffolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.64	30.00	457	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	ER180457	3
100 Freestyle	1:06.58	1:05.30	468	30/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
200 Freestyle	3:00.79	2:58.90	243	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3
800 Freestyle	11:44.93	11:36.70	325	30/01/16	Suffolk County Championships 2016	Norwich	ER160220	1
50 Breaststroke	38.00	37.20	451	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	ER180457	3
100 Breaststroke	1:25.48	1:24.00	422	24/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield	NE240419	1
200 Breaststroke	3:08.55	3:05.70	388	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
50 Butterfly	35.37	34.80	329	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3
50 Backstroke	35.04	34.50	450	02/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	ER190092	3
100 Backstroke	1:16.30	1:15.20	424	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	ER180457	3
200 Backstroke	2:53.50	2:51.60	357	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3
200 Individual Medley	2:48.16	2:45.80	421	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.02	30.70	445	20/07/19	WSSC Home Series: Round 2	Bury St Edmunds	ER191687	4
100 Freestyle	1:05.75	1:07.00	446	07/10/18	The Neate Meet 2018	Bury St Edmunds	ER180724	3
200 Freestyle	2:22.67	2:25.10	462	06/10/18	The Neate Meet 2018	Bury St Edmunds	ER180724	3
400 Freestyle	5:08.54	5:13.10	421	30/11/18	WSSC Club Championships 2018	Bury St Edmunds	ER182517	4
800 Freestyle	10:22.75	10:32.00	450	25/11/18	WSSC Long Distance Meet 2018	Bury St Edmunds	ER182518	3
50 Breaststroke	37.28	38.10	440	24/11/18	Suffolk Winter League Grand Final	Ipswich	ER182668	3
100 Breaststroke	1:22.34	1:23.90	434	15/12/18	STOWMARKET NO FRILLS OPEN MEET	STOWMARKET	ER182522	3
200 Breaststroke	2:56.06	2:59.00	446	01/12/18	WSSC Club Championships 2018	Bury St Edmunds	ER182517	4
50 Butterfly	33.11	33.70	399	11/03/18	Robin Deal Memorial Meet 2018	Sudbury	ER180507	3
100 Butterfly	1:14.63	1:15.60	379	03/02/19	Suffolk County Championships 2019	Ipswich	ER190366	2
200 Butterfly	2:58.13	2:59.90	302	12/05/18	The A'MAY'zing Spring Development Meet	Bury St Edmunds	ER180723	3
50 Backstroke	33.07	33.70	445	24/11/18	Suffolk Winter League Grand Final	Ipswich	ER182668	3
100 Backstroke	1:12.72	1:13.80	430	01/12/18	WSSC Club Championships 2018	Bury St Edmunds	ER182517	4
200 Backstroke	2:40.15	2:42.20	409	09/04/17	Newmarket & District 9th April Open Meet	Newmarket	ER170120	3
200 Individual Medley	2:40.68	2:43.10	436	14/09/19	WSSC Home Series: Round 3	Bury St Edmunds	ER192235	4
400 Individual Medley	6:02.79	6:07.60	363	28/11/16	West Suffolk Club Championships 2016	Bury St Edmunds	ER161916	4
100 Individual Medley	1:13.55	1:13.60	453	01/12/18	WSSC Club Championships 2018	Bury St Edmunds	ER182517	4