

Individual Best Times (All Time)

Caitlin Day - (924077) - Basildon and Phoenix SC - 400 Individual Medley - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|----------|-----------------|-------|
| 5:12.90 | 566 | H | 19/01/19 | Essex Age Group Champs 2019 | Basildon | Basildon Ph | 2 |
| 5:15.03 | 555 | H | 16/12/17 | BPSC Last Chance County Qualifier | Basildon | Basildon Ph | 3 |
| 5:19.00 | 534 | H | 17/12/16 | BPSC Last Chance County Qualifier 2016 | Basildon | Basildon Ph | 3 |
| 5:19.78 | 530 | H | 27/11/17 | BPSC Winter Club Champs 2017 | Basildon | Basildon Ph | 4 |
| 5:38.49 | 447 | H | 19/12/15 | Basildon & Phoenix Last Chance County Qualifier | Basildon | Basildon Ph | 3 |
| 5:45.56 | 420 | H | 25/10/14 | Basildon & Phoenix Autumn Meet | Basildon | | 3 |
| 5:46.43 | 417 | H | 19/04/15 | Essex & Regional Qualifier | Thurrock | | 3 |
| 5:48.06 | 411 | H | 20/12/14 | Basildon & Phoenix Club Championships 2014 | Basildon | | 4 |
| 5:58.28 | 377 | H | 03/01/15 | Basildon & Phoenix Winter Meet | Basildon | | 2 |

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