

Individual Best Times (All Time)

Caitlin Aiken - (840011) - Nexus Valleys 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	31/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
100 Freestyle	1:07.03	1:05.80	459	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Freestyle	2:26.39	2:24.00	458	02/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
400 Freestyle	5:19.82	5:15.40	398	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
800 Freestyle	11:06.70	10:58.00	384	23/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
50 Breaststroke	45.15	44.40	269	25/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
100 Breaststroke	1:45.74	1:44.50	223	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
200 Breaststroke	3:44.20	3:41.80	230	27/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
50 Butterfly	34.12	33.60	367	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
100 Butterfly	1:14.97	1:13.90	405	05/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Butterfly	2:50.34	2:48.50	365	07/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
50 Backstroke	35.05	34.50	450	02/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
100 Backstroke	1:16.74	1:15.70	416	03/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Backstroke	2:47.69	2:45.70	395	05/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Individual Medley	2:48.29	2:45.90	420	06/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
400 Individual Medley	6:11.46	6:06.70	366	26/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.12	30.80	441	01/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
100 Freestyle	1:05.11	1:06.40	459	02/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
200 Freestyle	2:22.29	2:24.70	465	01/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
400 Freestyle	5:10.71	5:15.20	412	24/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
800 Freestyle	10:33.72	10:42.80	427	20/11/15	Louth Annual Club Championships	Louth	EM152326	4
50 Breaststroke	42.21	43.00	303	21/11/15	Louth Meridian Meet	Louth	EM151719	3
100 Breaststroke	1:31.93	1:33.30	312	17/10/15	Lincoln Vulcans Level 2 Open Meet	Sheffield	EM150590	2
200 Breaststroke	3:16.32	3:19.00	322	29/11/15	Louth Annual Club Championships	Louth	EM152329	4
50 Butterfly	35.07	35.60	335	18/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
100 Butterfly	1:16.39	1:17.40	354	01/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
200 Butterfly	2:47.37	2:49.20	364	02/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
50 Backstroke	34.13	34.70	404	20/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
100 Backstroke	1:13.76	1:14.80	412	19/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
200 Backstroke	2:44.67	2:46.70	376	18/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
200 Individual Medley	2:41.85	2:44.30	426	02/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
400 Individual Medley	5:55.57	6:00.50	386	24/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
100 Individual Medley	1:17.69	1:17.70	384	23/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2