

Individual Best Times (All Time)

Caitlin Adams - (858919) - Formby Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.06	29.40	484	21/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
100 Freestyle	1:06.63	1:05.40	467	06/06/15	Midlands Championships 2015	Coventry	WM150797	1
200 Freestyle	2:29.95	2:27.60	426	11/04/15	Stockport Metro April LC Open Meet	Stockport	NW150006	1
400 Freestyle	5:16.13	5:11.70	412	12/04/15	Stockport Metro April LC Open Meet	Stockport	NW150006	1
50 Breaststroke	40.86	40.10	363	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
100 Breaststroke	1:28.10	1:26.70	385	11/04/15	Stockport Metro April LC Open Meet	Stockport	NW150006	1
200 Breaststroke	3:12.64	3:09.90	364	21/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
50 Butterfly	36.78	36.30	293	11/04/15	Stockport Metro April LC Open Meet	Stockport	NW150006	1
100 Butterfly	1:27.75	1:26.90	252	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
50 Backstroke	35.38	34.80	437	06/06/15	Midlands Championships 2015	Coventry	WM150797	1
100 Backstroke	1:17.07	1:16.00	411	16/05/15	Swim Swansea Open Meet	Swansea	WL150504	1
200 Backstroke	2:48.10	2:46.10	393	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
200 Individual Medley	2:46.06	2:43.70	438	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.24	30.90	435	25/10/15	Worcester 19th Open Meet	Worcester	WM151564	3
100 Freestyle	1:04.47	1:05.80	473	22/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
200 Freestyle	2:20.47	2:22.90	484	21/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
400 Freestyle	4:54.51	4:59.20	484	23/10/15	Worcester 19th Open Meet	Worcester	WM151564	3
800 Freestyle	10:53.56	11:02.40	389	21/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150060	2
50 Breaststroke	39.43	40.20	372	12/07/15	Wirral Metro Summer Open Meet	Birkenhead	NW150166	3
100 Breaststroke	1:27.37	1:28.80	363	11/07/15	Wirral Metro Summer Open Meet	Birkenhead	NW150166	3
200 Breaststroke	3:11.85	3:14.60	345	16/11/14	Stafford Apex Open Meet	Stafford	WM4889	2
50 Butterfly	34.71	35.30	346	24/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150061	2
100 Butterfly	1:19.65	1:20.60	312	22/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150060	2
200 Butterfly	3:07.51	3:09.20	259	23/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150061	2
50 Backstroke	35.06	35.60	373	24/10/15	Worcester 19th Open Meet	Worcester	WM151564	3
100 Backstroke	1:12.13	1:13.20	440	21/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
200 Backstroke	2:37.33	2:39.40	432	22/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
200 Individual Medley	2:40.62	2:43.10	436	22/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
400 Individual Medley	5:45.16	5:50.20	422	16/11/14	Stafford Apex Open Meet	Stafford	WM4889	2
100 Individual Medley	1:18.30	1:18.30	375	21/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150060	2