

## 2014 CASC Regional Youth Results (Plymouth)

Swimmer	Stroke	Distance	Entry Time Long Course (mm:ss.hh)	Result		Position	PB?	Notes
				Long Course (mm:ss.hh)	Short Course (seconds)			
Amy Hall	Backstroke	50	00:34.30	00:34.88	34.9	30th		
	Breaststroke	100	01:24.80	01:26.06	84.6	20th		
		200	03:06.20	03:07.82	185.0	17th		
	Fly	50	00:31.80	00:32.19	31.6	17th		
		100	01:13.00	01:13.10	72.1	18th		
		200	02:46.50	02:48.54	166.7	14th		
Chloe May	Freestyle	50	00:29.20	00:29.24	28.5	21st		
Jack Cook	Backstroke	200	02:41.30	02:44.78	162.7	31st		
John Branston	Freestyle	50	00:25.80	00:25.91	25.1	26th		
		50	00:31.10	00:30.31	29.6	21st	Yes	
	Backstroke	100	01:06.20	01:04.88	63.6	18th	Yes	
		50	00:28.80	00:27.51	26.8	18th	Yes	
		100	01:03.30	01:02.13	60.9	19th	Yes	
		50	00:32.20	00:31.40	30.8	17th	Yes	
Matthew Hare	Backstroke	100	01:07.10	01:08.30	67.1	14th		
		50	00:29.40	00:28.44	27.8	10th	Yes	Heats
	Fly	100	00:28.44	00:28.68	28.0	9th		Final
		100	01:03.10	01:03.14	61.9	11th		1st Reserve for Final
		200	02:28.10	02:28.22	146.1	5th		Heats
			02:28.22	02:27.40	145.2	5th	Yes	Final
	Freestyle	200	02:07.90	02:07.96	125.2	14th		
		400	04:39.10	04:37.40	272.3	8th	Yes	
		200	02:28.30	02:34.72	152.5	18th		
	IM	400	02:30.00	02:32.78	150.2	29th		
Peter Holden		400	05:25.20	05:21.37	315.9	14th	Yes	

## 2014 CASC Regional Age Group Results (Millfield &amp; Hengrove)

Swimmer	Stroke	Distance	Entry Time Short Course (mm:ss.hh)	Result		Position	PB?	Notes
				Long Course Time (mm:ss.hh)	Short Course Time (Seconds)			
Andrew Hare	Fly	200	02:43.77	02:58.05	176.3	25th		
Tegan Cairns	Backstroke	100	01:13.40	01:15.16	74.1	31st		
		200	02:37.30	02:40.14	158.0	26th		
	Individual Medley	400	05:42.82	05:50.07	345.0	25th		

## 2014 CASC Regional Sprint Results (Gloucester)

Swimmer	Stroke	Distance (metres)	Date	FINA Points	Short Course Time (Seconds)	Position	Notes
Amy Hall	Backstroke	50	06/07/2014	389	35.20	12th	
	Breaststroke	50	06/07/2014	444	37.74	4th	PB
	Fly	50	06/07/2014	444	31.95	3rd	
	Freestyle	50	06/07/2014	491	29.47	3rd	
	Individual Medley	100	06/07/2014	492	73.12	6th	
Andrew Hare	Backstroke	50	06/07/2014	221	37.39	17th	
	Breaststroke	50	06/07/2014	304	37.53	10th	PB
	Fly	50	06/07/2014	298	32.63	10th	PB=
	Freestyle	50	06/07/2014	309	30.02	15th	PB
	Individual Medley	100	06/07/2014	327	73.58	13th	PB
John Branston	Backstroke	50	06/07/2014	432	29.89	11th	
	Breaststroke	50	06/07/2014	264	39.33	22nd	
	Fly	50	06/07/2014	479	27.85	3rd	
	Freestyle	50	06/07/2014	462	26.25	15th	PB
	Individual Medley	100	06/07/2014	432	67.06	18th	PB
Matthew Hardick	Backstroke	50	06/07/2014	253	35.73	13th	
	Breaststroke	50	06/07/2014	255	39.81	6th	
	Fly	50	06/07/2014	233	35.42	11th	
	Freestyle	50	06/07/2014	248	32.28	19th	
	Individual Medley	100	06/07/2014	266	78.81	14th	
Matthew Hare	Backstroke	50	06/07/2014	416	30.28	4th	PB
	Breaststroke	50	06/07/2014	389	34.58	2nd	PB
	Fly	50	06/07/2014	467	28.09	1st	
	Freestyle	50	06/07/2014	454	26.40	5th	PB
	Individual Medley	100	06/07/2014	483	64.60	1st	PB
Peter Holden	Backstroke	50	06/07/2014	341	32.36	21st	
	Breaststroke	50	06/07/2014	398	34.30	12th	PB
	Fly	50	06/07/2014	365	30.50	17th	PB
	Freestyle	50	06/07/2014	365	28.38	23rd	
	Individual Medley	100	06/07/2014	428	67.24	19th	PB
Tegan Cairns	Backstroke	50	06/07/2014	373	35.68	15th	PB
	Breaststroke	50	06/07/2014	325	41.88	18th	
	Fly	50	06/07/2014	356	34.39	12th	PB
	Freestyle	50	06/07/2014	403	31.47	16th	
	Individual Medley	100	06/07/2014	439	75.93	14th	PB

## 2014 CASC Regional Sprints (Gloucester) - FINA Points Competition

Swimmer	FINA Points	Age Group Position	Medal?
Matthew Hare	2,209	2nd	Silver
Amy Hall	2,260	4th	
Andrew Hare	1,459	11th	
Matthew Hardick	1,255	12th	
John Branston	2,069	16th	
Tegan Cairns	1,896	16th	
Peter Holden	1,897	20th	