

# Individual Best Times (All Time)

Mia Norris - (1255690) - City of Derby Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.25	37.70	235	06/12/15	Derbyshire ASA County Long Course Competition 2015	Sheffield	EM152100	3
100 Freestyle	1:25.30	1:24.30	222	28/11/15	City of Coventry November Open Meet 2015	Coventry	WM151645	3
50 Breaststroke	51.37	50.80	182	06/12/15	Derbyshire ASA County Long Course Competition 2015	Sheffield	EM152100	3
200 Breaststroke	3:58.52	3:56.30	191	28/11/15	City of Coventry November Open Meet 2015	Coventry	WM151645	3
50 Butterfly	44.35	43.90	167	06/12/15	Derbyshire ASA County Long Course Competition 2015	Sheffield	EM152100	3
50 Backstroke	46.49	46.10	192	06/12/15	Derbyshire ASA County Long Course Competition 2015	Sheffield	EM152100	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.62	35.20	290	29/10/16	Belper Marlin "Ghoul in the Pool" Open Meet	Matlock	EM161654	3
100 Freestyle	1:14.53	1:15.60	306	19/11/16	Mansfield Major Oak Open Meet	Mansfield	EM161454	3
200 Freestyle	2:50.53	2:52.60	270	18/09/16	City of Derby Club Championships 2016	Derby	EM161866	4
50 Breaststroke	44.41	45.10	260	19/11/16	Mansfield Major Oak Open Meet	Mansfield	EM161454	3
100 Breaststroke	1:37.66	1:38.90	260	29/10/16	Belper Marlin "Ghoul in the Pool" Open Meet	Matlock	EM161654	3
200 Breaststroke	3:36.57	3:39.00	239	25/09/16	City of Derby Club Championships 2016	Derby	EM161867	4
50 Butterfly	40.82	41.30	213	26/03/16	Thirty Third City of Derby Licensed SC Open Meet	Derby	EM160557	3
100 Butterfly	1:34.24	1:35.00	188	29/10/16	Belper Marlin "Ghoul in the Pool" Open Meet	Matlock	EM161654	3
50 Backstroke	41.81	42.30	220	17/07/16	Chesterfield Summer Splash	Matlock	EM161236	3
100 Backstroke	1:28.15	1:29.10	241	29/10/16	Belper Marlin "Ghoul in the Pool" Open Meet	Matlock	EM161654	3
200 Individual Medley	3:19.75	3:21.70	227	25/09/16	City of Derby Club Championships 2016	Derby	EM161867	4
100 Individual Medley	1:27.28	1:27.30	271	29/10/16	Belper Marlin "Ghoul in the Pool" Open Meet	Matlock	EM161654	3