

Individual Best Times (All Time)

Amelie Passam - (1311194) - Norwich Swan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.46	28.70	514	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
100 Freestyle	1:04.33	1:03.00	519	26/02/22	Norfolk County Championships	UEA Sportspark	ER220116	1
200 Freestyle	2:21.87	2:19.40	503	26/02/22	Norfolk County Championships	UEA Sportspark	ER220116	1
400 Freestyle	5:02.65	4:58.00	470	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
800 Freestyle	10:21.66	10:12.30	474	18/01/20	Norfolk County Championships 2020	Norwich	ER200472	1
1500 Freestyle	19:42.64	19:25.10	471	19/01/20	Norfolk County Championships 2020	Norwich	ER200472	1
50 Breaststroke	48.00	47.30	224	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	ER191302	3
50 Butterfly	30.48	29.90	514	02/05/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
100 Butterfly	1:12.34	1:11.30	451	26/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
200 Butterfly	3:01.70	2:59.90	301	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
50 Backstroke	36.60	36.00	395	28/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
100 Backstroke	1:22.69	1:21.70	333	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
200 Backstroke	2:57.75	2:55.90	332	01/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
200 Individual Medley	2:48.91	2:46.60	416	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
400 Individual Medley	6:14.03	6:09.30	359	10/02/19	Norfolk County Championships 2019	Norwich	ER191264	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.53	29.30	519	26/03/23	Norwich Swan Open Meet 2023	Norwich	ER230288	3
100 Freestyle	1:02.23	1:03.60	526	16/07/23	Norwich Swan Club Championships 2023	UEA Sportspark	ER231126	4
200 Freestyle	2:16.50	2:19.00	527	03/07/23	Norwich Swan Club Championships 2023	Riverside LC	ER231125	4
400 Freestyle	4:52.93	4:57.70	492	26/06/23	Norwich Swan Club Championships 2023	Riverside LC	ER231122	4
800 Freestyle	10:25.33	10:34.50	445	15/07/19	DDASC Long Distance Meet	Dereham LC	ER191830	4
1500 Freestyle	20:08.71	20:25.70	424	14/07/19	DDASC Long Distance Meet	Dereham LC	ER191829	4
50 Breaststroke	42.21	43.00	303	18/11/19	DDASC Annual Sprints	Dereham	ER192089	4
100 Breaststroke	1:33.60	1:34.90	295	18/11/19	DDASC Annual Sprints	Dereham	ER192089	4
200 Breaststroke	3:25.83	3:28.40	279	16/07/19	Dereham & District Roger Virgoe	Dereham	ER191856	4
50 Butterfly	30.46	31.10	512	05/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
100 Butterfly	1:10.34	1:11.40	453	16/07/23	Norwich Swan Club Championships 2023	UEA Sportspark	ER231126	4
200 Butterfly	2:52.75	2:54.60	331	08/12/19	Great Yarmouth Winter Wipeout 2019	Norwich	ER192703	3
50 Backstroke	36.28	36.80	337	17/11/19	DDASC Annual Sprints	Dereham	ER192088	4
100 Backstroke	1:19.28	1:20.30	331	17/11/19	DDASC Annual Sprints	Dereham	ER192088	4
200 Backstroke	2:51.15	2:53.10	335	31/03/19	Norwich Swan Open Meet 2019	UEA Sports Park	ER190198	3
200 Individual Medley	2:43.63	2:46.00	413	15/07/23	Norwich Swan Club Championships 2023	UEA Sportspark	ER231126	4
400 Individual Medley	5:53.89	5:58.80	391	17/11/19	DDASC Long Distance Meet	Dereham LC	ER191832	4
100 Individual Medley	1:16.18	1:16.20	408	10/10/21	Dereham and District ASC Annual Sprints	Dereham	ER210967	4