

# Individual Best Times (All Time)

Alisha Greenwood - (1403206) - West Norfolk Swimming Club

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet  | Venue      | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle          | 33.94   | 33.30           | 336       | 18/06/23 | Boudicca Level 3 Long Course Open Meet 2023 | Norwich    | ER230912 | 3     |
| 100 Freestyle         | 1:16.05 | 1:14.90         | 314       | 17/06/23 | Boudicca Level 3 Long Course Open Meet 2023 | Norwich    | ER230912 | 3     |
| 200 Freestyle         | 2:47.83 | 2:45.70         | 304       | 18/06/23 | Boudicca Level 3 Long Course Open Meet 2023 | Norwich    | ER230912 | 3     |
| 50 Breaststroke       | 48.34   | 47.70           | 219       | 03/03/24 | City of Norwich March LC Open Meet 2024     | Norwich    | ER240009 | 3     |
| 100 Breaststroke      | 1:46.96 | 1:45.80         | 215       | 04/03/23 | CONSC March LC Open Meet 2023               | Sportspark | ER230010 | 3     |
| 50 Butterfly          | 39.46   | 39.00           | 237       | 03/03/24 | City of Norwich March LC Open Meet 2024     | Norwich    | ER240009 | 3     |
| 50 Backstroke         | 35.43   | 34.90           | 435       | 27/01/24 | SE Norfolk County Championships 2024        | Norwich    | ER240127 | 1     |
| 100 Backstroke        | 1:16.47 | 1:15.40         | 421       | 03/03/24 | City of Norwich March LC Open Meet 2024     | Norwich    | ER240009 | 3     |
| 200 Backstroke        | 2:50.76 | 2:48.80         | 375       | 18/06/23 | Boudicca Level 3 Long Course Open Meet 2023 | Norwich    | ER230912 | 3     |
| 200 Individual Medley | 3:10.32 | 3:08.20         | 291       | 03/03/24 | City of Norwich March LC Open Meet 2024     | Norwich    | ER240009 | 3     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet  | Venue        | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|---|--------------|----------|-------|
| 50 Freestyle          | 33.35   | 34.00           | 325       | 19/03/23 | West Norfolk SC Open Meet 2023                  | Kings Lynn   | ER230012 | 3     |
| 100 Freestyle         | 1:12.13 | 1:13.30         | 338       | 03/12/23 | City of Peterborough Winter Meet 2023           | Peterborough | ER231945 | 3     |
| 200 Freestyle         | 2:41.98 | 2:44.10         | 315       | 24/09/23 | Norwich Swan No Frills Season Starter Meet 2023 | Norwich      | ER231938 | 3     |
| 50 Breaststroke       | 45.62   | 46.30           | 240       | 16/03/24 | West Norfolk Open Meet 2024                     | King's Lynn  | ER240029 | 3     |
| 100 Breaststroke      | 1:39.19 | 1:40.50         | 248       | 24/09/23 | Norwich Swan No Frills Season Starter Meet 2023 | Norwich      | ER231938 | 3     |
| 200 Breaststroke      | 3:53.74 | 3:56.00         | 190       | 19/03/22 | West Norfolk SC Open Meet 2022                  | Kings Lynn   | ER220087 | 3     |
| 50 Butterfly          | 36.55   | 37.10           | 296       | 02/12/23 | City of Peterborough Winter Meet 2023           | Peterborough | ER231945 | 3     |
| 100 Butterfly         | 1:30.49 | 1:31.30         | 213       | 03/12/23 | City of Peterborough Winter Meet 2023           | Peterborough | ER231945 | 3     |
| 50 Backstroke         | 34.32   | 34.90           | 398       | 16/03/24 | West Norfolk Open Meet 2024                     | King's Lynn  | ER240029 | 3     |
| 100 Backstroke        | 1:14.87 | 1:15.90         | 394       | 17/03/24 | West Norfolk Open Meet 2024                     | King's Lynn  | ER240029 | 3     |
| 200 Backstroke        | 2:43.68 | 2:45.70         | 383       | 16/03/24 | West Norfolk Open Meet 2024                     | King's Lynn  | ER240029 | 3     |
| 200 Individual Medley | 3:02.20 | 3:04.40         | 299       | 02/12/23 | City of Peterborough Winter Meet 2023           | Peterborough | ER231945 | 3     |
| 100 Individual Medley | 1:24.34 | 1:24.30         | 300       | 10/09/23 | Thetford Dolphins SC Nifty 50s 2023             | Thetford     | ER231204 | 3     |