

Individual Best Times (All Time)

Calleigh Welham-Smith - (1508118) - West Norfolk Swimming Club

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 34.59 | 34.00 | 318 | 02/03/24 | City of Norwich March LC Open Meet 2024 | Norwich | ER240009 | 3 |
| 100 Freestyle | 1:13.82 | 1:12.70 | 343 | 03/02/24 | SE Norfolk County Championships 2024 | Norwich | ER240128 | 1 |
| 200 Freestyle | 2:39.15 | 2:36.90 | 356 | 05/03/23 | CONSC March LC Open Meet 2023 | Sportspark | ER230010 | 3 |
| 400 Freestyle | 5:39.57 | 5:35.40 | 333 | 28/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 1500 Freestyle | 22:05.33 | 21:49.60 | 335 | 13/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240126 | 1 |
| 50 Breaststroke | 39.74 | 38.90 | 395 | 28/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 100 Breaststroke | 1:30.45 | 1:29.00 | 356 | 02/03/24 | City of Norwich March LC Open Meet 2024 | Norwich | ER240009 | 3 |
| 200 Breaststroke | 3:23.89 | 3:21.30 | 307 | 28/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 50 Butterfly | 37.59 | 37.10 | 274 | 27/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 50 Backstroke | 40.37 | 39.90 | 294 | 27/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 100 Backstroke | 1:25.97 | 1:25.00 | 296 | 17/06/23 | Boudicca Level 3 Long Course Open Meet 2023 | Norwich | ER230912 | 3 |
| 200 Backstroke | 2:59.97 | 2:58.10 | 320 | 02/03/24 | City of Norwich March LC Open Meet 2024 | Norwich | ER240009 | 3 |
| 200 Individual Medley | 2:55.99 | 2:53.70 | 368 | 22/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |
| 400 Individual Medley | 6:27.66 | 6:23.10 | 322 | 03/02/24 | SE Norfolk County Championships 2024 | Norwich | ER240128 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-------------|----------|-------|
| 50 Freestyle | 33.43 | 34.10 | 322 | 17/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 100 Freestyle | 1:12.92 | 1:14.10 | 327 | 23/09/23 | Norwich Swan No Frills Season Starter Meet 2023 | Norwich | ER231938 | 3 |
| 200 Freestyle | 2:32.06 | 2:34.30 | 381 | 24/03/24 | Norwich Swan Open Meet 2024 | Norwich | ER240463 | 3 |
| 400 Freestyle | 5:40.51 | 5:44.60 | 313 | 15/07/23 | West Norfolk Club Championships 2023 | King's Lynn | ER231201 | 4 |
| 800 Freestyle | 11:25.63 | 11:34.00 | 337 | 13/07/23 | West Norfolk Club Championships 2023 | King's Lynn | ER231201 | 4 |
| 1500 Freestyle | 21:43.72 | 21:59.50 | 338 | 22/09/23 | Co Norwich SC Distance Meet 2023 | Norwich | ER230423 | 3 |
| 50 Breaststroke | 39.25 | 40.00 | 377 | 16/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 100 Breaststroke | 1:26.79 | 1:28.20 | 370 | 17/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 200 Breaststroke | 3:18.03 | 3:20.70 | 313 | 23/09/23 | Norwich Swan No Frills Season Starter Meet 2023 | Norwich | ER231938 | 3 |
| 50 Butterfly | 36.67 | 37.20 | 293 | 17/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 100 Butterfly | 1:24.10 | 1:25.00 | 265 | 16/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 200 Butterfly | 3:21.46 | 3:23.00 | 209 | 16/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 50 Backstroke | 39.49 | 40.00 | 261 | 24/03/24 | Norwich Swan Open Meet 2024 | Norwich | ER240463 | 3 |
| 100 Backstroke | 1:26.19 | 1:27.10 | 258 | 14/07/23 | West Norfolk Club Championships 2023 | King's Lynn | ER231201 | 4 |
| 200 Backstroke | 2:49.79 | 2:51.70 | 343 | 18/03/23 | West Norfolk SC Open Meet 2023 | Kings Lynn | ER230012 | 3 |
| 200 Individual Medley | 2:49.94 | 2:52.20 | 368 | 17/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 400 Individual Medley | 6:20.87 | 6:25.50 | 314 | 14/07/23 | West Norfolk Club Championships 2023 | King's Lynn | ER231201 | 4 |
| 100 Individual Medley | 1:22.51 | 1:22.50 | 321 | 29/07/23 | Norwich Swan & Great Yarmouth SC Summer Sprints | Norwich | ER231160 | 3 |