

Individual Best Times (All Time)

Isabelle Morris - (1519061) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.89	36.30	262	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Freestyle	1:27.60	1:26.60	205	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Freestyle	3:04.21	3:02.30	229	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Breaststroke	45.98	45.30	255	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Breaststroke	1:43.18	1:41.90	240	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Breaststroke	3:47.17	3:44.80	221	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Butterfly	49.11	48.70	123	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Butterfly	1:59.60	1:59.00	99	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Backstroke	42.16	41.70	258	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Backstroke	1:34.90	1:34.00	220	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Backstroke	3:45.93	3:44.40	161	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
200 Individual Medley	3:26.82	3:24.90	226	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.30	37.90	232	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:23.06	1:24.10	221	20/04/24	West Norfolk SC Club Development Gala 2024	Kings Lynn	ER240056	4
200 Freestyle	3:05.02	3:06.90	211	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Breaststroke	47.48	48.10	213	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Breaststroke	1:47.37	1:48.50	195	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Breaststroke	3:46.16	3:48.50	210	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Butterfly	47.28	47.70	137	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:45.27	1:46.00	135	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Backstroke	43.35	43.80	197	03/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
100 Backstroke	1:38.97	1:39.80	170	30/09/23	Dereham and District ASC Icen Open 2023	Dereham	ER230657	3
200 Backstroke	3:21.39	3:23.00	206	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Individual Medley	3:24.49	3:26.40	211	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Individual Medley	1:40.17	1:40.20	179	29/07/23	Norwich Swan & Great Yarmouth SC Summer Sprints	Norwich	ER231160	3