

Individual Best Times (All Time)

Daisy Covell - (1519081) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.29	33.70	326	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Freestyle	1:20.97	1:19.90	260	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
200 Freestyle	3:05.73	3:03.80	224	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
400 Freestyle	6:03.77	5:59.90	270	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Breaststroke	45.72	45.00	259	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Breaststroke	1:42.00	1:40.80	248	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Breaststroke	3:41.76	3:39.40	238	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Butterfly	44.78	44.40	162	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Butterfly	1:40.97	1:40.20	165	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
50 Backstroke	40.54	40.00	290	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:27.55	1:26.60	280	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Backstroke	3:10.76	3:09.00	268	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Individual Medley	3:12.24	3:10.20	282	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	33.89	34.50	309	29/07/23	Norwich Swan & Great Yarmouth SC Summer Sprints	Norwich	ER231160	3
100 Freestyle	1:15.12	1:16.20	299	20/04/24	West Norfolk SC Club Development Gala 2024	Kings Lynn	ER240056	4
200 Freestyle	2:48.63	2:50.70	279	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
400 Freestyle	6:14.99	6:18.70	234	15/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
50 Breaststroke	44.39	45.10	261	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Breaststroke	1:42.80	1:44.00	223	30/09/23	Dereham and District ASC Icen Open 2023	Dereham	ER230657	3
200 Breaststroke	3:29.42	3:31.90	265	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Butterfly	41.82	42.30	198	02/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
100 Butterfly	1:40.09	1:40.80	157	03/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
50 Backstroke	39.78	40.30	255	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Backstroke	1:25.24	1:26.20	267	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Backstroke	3:04.81	3:06.60	266	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
200 Individual Medley	3:16.72	3:18.70	237	01/10/23	Dereham and District ASC Icen Open 2023	Dereham	ER230657	3
100 Individual Medley	1:28.23	1:28.20	262	29/07/23	Norwich Swan & Great Yarmouth SC Summer Sprints	Norwich	ER231160	3