

# Individual Best Times (All Time)

Ophelia Casey - (1597683) - Thetford Dolphins SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.76	35.20	287	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
50 Breaststroke	55.56	55.00	144	04/02/23	Norfolk County Championships 2023	Norwich	ER230195	1
50 Butterfly	44.03	43.60	170	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Butterfly	1:47.12	1:46.40	138	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Backstroke	42.55	42.10	251	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Backstroke	1:43.27	1:42.50	171	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
200 Individual Medley	3:29.71	3:27.80	217	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	35.84	36.40	261	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
100 Freestyle	1:24.47	1:25.50	210	02/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231223	4
200 Freestyle	3:09.05	3:10.90	198	05/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231223	4
50 Breaststroke	51.66	52.30	165	14/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
100 Breaststroke	1:50.11	1:51.30	181	12/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
200 Breaststroke	3:59.14	4:01.30	178	09/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
50 Butterfly	41.89	42.30	197	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:52.12	1:52.80	112	05/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231223	4
50 Backstroke	44.62	45.10	181	10/09/23	Thetford Dolphins SC Nifty 50s 2023	Thetford	ER231204	3
100 Backstroke	1:37.94	1:38.80	176	09/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
200 Individual Medley	3:25.59	3:27.50	208	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Individual Medley	1:36.59	1:36.60	200	14/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4