

Individual Best Times (All Time)

Maisy Sadler - (1607342) - Norwich Swan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.31	31.70	390	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Freestyle	1:12.18	1:11.00	367	11/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Freestyle	2:39.26	2:37.10	355	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
400 Freestyle	5:39.15	5:35.00	334	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
800 Freestyle	11:47.35	11:39.10	321	13/01/24	SE Norfolk County Championships 2024	Norwich	ER240126	1
1500 Freestyle	22:49.46	22:34.30	303	13/01/24	SE Norfolk County Championships 2024	Norwich	ER240126	1
50 Breaststroke	49.36	48.70	206	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Breaststroke	1:48.57	1:47.40	206	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Breaststroke	3:51.42	3:49.10	209	26/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
50 Butterfly	34.04	33.50	369	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Butterfly	1:19.19	1:18.20	343	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Butterfly	3:12.15	3:10.50	254	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
50 Backstroke	42.02	41.50	261	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Backstroke	1:32.56	1:31.70	237	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
200 Backstroke	3:22.11	3:20.40	226	04/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
200 Individual Medley	3:03.31	3:01.10	325	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
400 Individual Medley	6:37.97	6:33.50	298	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	32.21	32.90	360	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Freestyle	1:11.23	1:12.40	351	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
200 Freestyle	2:36.40	2:38.60	350	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
400 Freestyle	5:35.85	5:40.00	326	08/10/23	Hatfield SC Regional Qualifier Oct 2023	Hatfield	ER231213	3
800 Freestyle	11:30.55	11:38.90	330	15/09/23	Co Norwich SC Distance Meet 2023	Norwich	ER230422	3
1500 Freestyle	22:24.98	22:40.30	307	22/09/23	Co Norwich SC Distance Meet 2023	Norwich	ER230423	3
50 Breaststroke	48.27	48.90	203	02/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
100 Breaststroke	1:47.93	1:49.10	192	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
200 Breaststroke	3:47.96	3:50.30	205	16/07/23	Norwich Swan Club Championships 2023	UEA Sportspark	ER231126	4
50 Butterfly	34.58	35.10	350	16/03/24	Hatfield Regional Qualifier March 2024	Hatfield	ER240014	3
100 Butterfly	1:19.56	1:20.50	313	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
200 Butterfly	3:17.90	3:19.50	220	19/11/23	Deben Woodbridge SC November 2023 Meet	Ipswich	ER230782	3
50 Backstroke	41.07	41.60	232	18/11/23	Deben Woodbridge SC November 2023 Meet	Ipswich	ER230782	3
100 Backstroke	1:30.32	1:31.20	224	16/07/23	Norwich Swan Club Championships 2023	UEA Sportspark	ER231126	4
200 Backstroke	3:12.30	3:14.00	236	24/09/23	Norwich Swan No Frills Season Starter Meet 2023	Norwich	ER231938	3
200 Individual Medley	3:03.96	3:06.10	290	08/10/23	Hatfield SC Regional Qualifier Oct 2023	Hatfield	ER231213	3
400 Individual Medley	6:33.14	6:37.60	285	18/11/23	Deben Woodbridge SC November 2023 Meet	Ipswich	ER230782	3
100 Individual Medley	1:26.63	1:26.60	277	29/07/23	Norwich Swan & Great Yarmouth SC Summer Sprints	Norwich	ER231160	3