

# Individual Best Times (All Time)

Matilda Myers - (1613949) - West Norfolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.92	34.30	309	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Freestyle	1:18.38	1:17.30	287	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Breaststroke	46.70	46.00	243	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
50 Butterfly	37.53	37.00	275	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Backstroke	40.03	39.50	302	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Backstroke	1:26.06	1:25.10	295	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Individual Medley	3:48.66	3:46.90	167	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.52	35.10	293	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:17.15	1:18.20	276	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	2:56.79	2:58.70	242	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Breaststroke	46.42	47.10	228	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Breaststroke	1:51.28	1:52.40	175	20/05/23	West Norfolk SC Club Development Gala 2023	Kings Lynn	ER230256	4
50 Butterfly	37.81	38.30	268	02/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
50 Backstroke	39.04	39.60	270	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Backstroke	1:26.95	1:27.90	251	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Individual Medley	3:23.02	3:25.00	216	01/10/23	Dereham and District ASC Icen Open 2023	Dereham	ER230657	3
100 Individual Medley	1:32.86	1:32.90	225	10/09/23	Thetford Dolphins SC Nifty 50s 2023	Thetford	ER231204	3