

# Individual Best Times (All Time)

Lacey Waterson - (1649820) - West Norfolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:42.06	1:41.20	130	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Breaststroke	1:00.09	59.60	114	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Breaststroke	2:07.10	2:06.10	128	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Breaststroke	4:37.84	4:35.90	121	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Butterfly	57.59	57.30	76	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Backstroke	50.21	49.80	153	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:45.85	1:45.10	158	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	44.08	44.60	140	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:41.97	1:42.80	119	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Breaststroke	58.80	59.30	112	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Breaststroke	2:09.12	2:10.10	112	25/05/24	West Norfolk SC Club Development Gala 2024	Kings Lynn	ER240057	4
200 Breaststroke	4:30.44	4:32.40	123	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
50 Butterfly	54.75	55.10	88	25/05/24	West Norfolk SC Club Development Gala 2024	Kings Lynn	ER240057	4
100 Butterfly	2:06.12	2:06.70	78	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Backstroke	46.98	47.40	155	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
100 Backstroke	1:41.36	1:42.20	158	25/05/24	West Norfolk SC Club Development Gala 2024	Kings Lynn	ER240057	4
200 Backstroke	3:38.65	3:40.20	160	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Individual Medley	4:04.58	4:06.20	123	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Individual Medley	1:57.42	1:57.40	111	29/10/23	Dereham & District ASC Halloween Mini Meet 2023	Dereham	ER230658	4