

# Individual Best Times (All Time)

Courtney King - (411247) - Team Ipswich Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.84	30.20	448	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
100 Freestyle	1:07.56	1:06.30	448	01/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1
200 Freestyle	2:38.81	2:36.60	358	05/06/11	BG East Region Bagcat Championships	Norwich	ERX116	1
50 Breaststroke	46.82	46.10	241	10/12/11	National Arena League - London Cup Final	Basildon	ER1680	1
100 Breaststroke	1:31.52	1:30.10	344	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
200 Breaststroke	3:33.49	3:31.00	267	11/06/11	BG East Region Bagcat Championships	Norwich	ERX117	1
100 Backstroke	1:23.83	1:22.90	319	11/06/11	BG East Region Bagcat Championships	Norwich	ERX117	1
200 Backstroke	2:56.69	2:54.80	338	12/06/11	BG East Region Bagcat Championships	Norwich	ERX117	1
200 Individual Medley	3:06.55	3:04.40	309	04/06/11	BG East Region Bagcat Championships	Norwich	ERX116	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.55	31.20	422	08/03/14	Suffolk County ASA County Championships	Ipswich	CC4083	2
100 Freestyle	1:05.45	1:06.70	452	16/03/14	Suffolk County Championships	Ipswich	CC4084	2
200 Freestyle	2:25.25	2:27.60	438	09/03/14	Suffolk County ASA County Championships	Ipswich	CC4083	2
400 Freestyle	5:03.14	5:07.70	444	23/03/14	Suffolk County Championships	Ipswich	CC4085	2
50 Breaststroke	41.36	42.10	322	15/03/14	Suffolk County Championships	Ipswich	CC4084	2
100 Breaststroke	1:28.98	1:30.40	344	09/03/14	Suffolk County ASA County Championships	Ipswich	CC4083	2
200 Breaststroke	3:09.14	3:11.90	360	09/05/14	The Neate Meet	Bury St Edmunds	ER4262	3
50 Butterfly	36.77	37.30	291	28/09/14	Teamipswich SC Early Season Open Meet	Ipswich	ER4353	3
100 Butterfly	1:23.12	1:24.00	274	22/11/14	Teamipswich Club Championships	Ipswich	ER14549	4
50 Backstroke	37.72	38.20	299	04/09/16	Thetford Dolphins Nifty 50's	Thetford	ER161504	3
100 Backstroke	1:22.00	1:23.00	299	12/05/13	West Suffolk SC Open Meet	Bury St Edmunds	ER3267	3
200 Backstroke	2:46.24	2:48.20	366	19/01/14	Teamipswich January Last Chance Meet	Ipswich	ER4112	3
200 Individual Medley	2:48.29	2:50.60	379	16/03/14	Suffolk County Championships	Ipswich	CC4084	2
100 Individual Medley	1:20.33	1:20.30	348	04/09/16	Thetford Dolphins Nifty 50's	Thetford	ER161504	3