

# Individual Best Times (All Time)

Olivia Nicolai - (808264) - West Suffolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.85	30.20	448	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	ER150079	3
100 Freestyle	1:06.13	1:04.90	478	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	ER150079	3
200 Freestyle	2:36.59	2:34.40	374	05/10/14	Robin Hood Open Meet 2014	Sheffield	EM4455	1
50 Breaststroke	36.72	35.90	500	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	ER150079	3
100 Breaststroke	1:19.62	1:18.00	522	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3
200 Breaststroke	2:52.83	2:49.70	504	29/04/17	ASA East Long Course Championships	Luton	ER170219	1
50 Butterfly	34.33	33.80	360	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	ER150079	3
50 Backstroke	38.43	37.90	341	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	ER150079	3
200 Individual Medley	2:44.69	2:42.30	449	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.25	30.90	435	11/01/15	City of Cambridge Winter Open Short Course	Parkside	ER150184	2
100 Freestyle	1:04.37	1:05.70	475	15/03/15	Suffolk County Championships	Ipswich	CC150049	2
200 Freestyle	2:23.70	2:26.10	452	08/03/15	Suffolk County Championships	Ipswich	CC150048	2
400 Freestyle	5:06.09	5:10.60	431	28/11/16	West Suffolk Club Championships 2016	Bury St Edmunds	ER161916	4
800 Freestyle	10:29.22	10:38.30	436	16/11/14	West Suffolk Club Championships	Haverhill	ER4823	4
50 Breaststroke	36.23	37.10	480	11/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170395	2
100 Breaststroke	1:16.98	1:18.60	531	05/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170394	2
200 Breaststroke	2:46.86	2:50.00	524	12/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170395	2
50 Butterfly	32.94	33.50	405	14/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
100 Butterfly	1:15.21	1:16.20	371	16/07/17	Jeanne Barker July Open Meet	Cambridge	ER170266	3
50 Backstroke	35.14	35.70	371	15/03/15	Suffolk County Championships	Ipswich	CC150049	2
100 Backstroke	1:15.94	1:17.00	377	14/03/15	Suffolk County Championships	Ipswich	CC150049	2
200 Backstroke	2:48.46	2:50.40	351	02/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
200 Individual Medley	2:36.32	2:38.80	473	12/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170395	2
400 Individual Medley	5:38.55	5:43.70	447	07/03/15	Suffolk County Championships	Ipswich	CC150048	2
100 Individual Medley	1:12.53	1:12.50	472	14/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2