

# Individual Best Times (All Time)

Tara Daynes - (844230) - Norwich Swan SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.03	33.40	333	06/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	ER160175	1
50 Backstroke	39.06	38.50	325	06/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	ER160175	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.83	33.50	340	02/10/16	Dereham Otters Icen Level 3 Open Meet 2016	Dereham	ER161414	3
100 Freestyle	1:11.47	1:12.60	347	19/11/16	City of Peterborough Winter Meet 2016	Peterborough	ER161840	3
200 Freestyle	2:33.78	2:36.00	369	01/10/16	Dereham Otters Icen Level 3 Open Meet 2016	Dereham	ER161414	3
400 Freestyle	5:46.22	5:50.30	298	04/07/16	Norwich Swan Club Championships	Norwich	ER161287	4
800 Freestyle	12:04.47	12:12.40	286	10/07/16	Norwich Swan Club Championships	Wymondham	ER161288	4
50 Breaststroke	44.77	45.50	254	21/06/15	Norfolk County Challenge Gala 2015	Dereham	ER151236	3
100 Breaststroke	1:58.06	1:59.10	147	09/05/14	The Neate Meet	Bury St Edmunds	ER4262	3
200 Breaststroke	4:04.88	4:07.00	165	12/01/14	Sudbury & District January Time Trials	Sudbury	ER4127	3
50 Butterfly	37.04	37.50	285	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
100 Butterfly	1:26.83	1:27.70	241	02/10/16	Dereham Otters Icen Level 3 Open Meet 2016	Dereham	ER161414	3
200 Butterfly	3:19.26	3:20.80	216	02/10/16	Dereham Otters Icen Level 3 Open Meet 2016	Dereham	ER161414	3
50 Backstroke	36.64	37.20	327	04/12/16	Great Yarmouth Winter Wipeout 2016	Norwich	ER161917	3
100 Backstroke	1:20.14	1:21.10	321	01/10/16	Dereham Otters Icen Level 3 Open Meet 2016	Dereham	ER161414	3
200 Individual Medley	3:02.72	3:04.90	296	19/06/16	Norfolk County Challenge	Dereham	ER161178	3
100 Individual Medley	1:22.12	1:22.10	325	18/07/15	Norwich Swan Club Championships 2015	Norwich	ER151226	4