

# Individual Best Times (All Time)

Amie Philpot - (862609) - Team Ipswich Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.63	25.80	696	28/07/16	British Summer Championships	Sheffield	ASA148	1
100 Freestyle	59.20	57.80	666	28/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
200 Freestyle	2:14.93	2:12.30	585	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE160209	1
400 Freestyle	4:59.73	4:55.00	484	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
50 Breaststroke	39.14	38.30	413	30/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
200 Breaststroke	3:55.54	3:53.30	199	18/12/11	Killerwhales Winter Open	Basildon	LR1534	1
50 Butterfly	28.33	27.70	641	28/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
100 Butterfly	1:03.58	1:02.40	664	13/12/17	Swim England Winter Championships 2017	Sheffield	ASA154	1
200 Butterfly	2:48.21	2:46.30	379	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
50 Backstroke	29.92	29.20	723	30/07/16	British Summer Championships	Sheffield	ASA148	1
100 Backstroke	1:03.17	1:01.90	747	27/07/16	British Summer Championships	Sheffield	ASA148	1
200 Backstroke	2:29.99	2:27.80	553	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1
200 Individual Medley	2:28.95	2:26.30	607	28/05/16	ASA East Region Long Course Championships	Luton	ER160821	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.58	27.40	642	13/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
100 Freestyle	58.07	59.50	647	19/11/17	Teamipswich November Open 2017	Ipswich	ER171868	3
200 Freestyle	2:06.96	2:09.70	655	21/11/15	Teamipswich November Open 2015	Ipswich	ER151189	3
400 Freestyle	5:00.94	5:05.60	454	23/03/14	Suffolk County Championships	Ipswich	CC4085	2
50 Breaststroke	36.29	37.10	477	19/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
100 Breaststroke	1:25.46	1:26.90	388	25/09/16	Teamipswich Club Championships	Ipswich	ER161675	4
200 Breaststroke	3:28.06	3:30.60	270	27/10/12	Teamipswich 14th Open Meet	Ipswich	ER2595	2
50 Butterfly	28.12	28.80	651	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
100 Butterfly	1:02.45	1:03.70	648	13/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
200 Butterfly	2:36.01	2:38.00	450	15/03/14	Suffolk County Championships	Ipswich	CC4084	2
50 Backstroke	29.77	30.40	610	21/02/16	Suffolk County Championships 2016	Ipswich	ER160408	2
100 Backstroke	1:02.87	1:04.10	665	12/12/15	National Arena League-London Premier Div-Round123	Watford	ER152129	2
200 Backstroke	2:28.40	2:30.60	514	08/03/15	Suffolk County Championships	Ipswich	CC150048	2
200 Individual Medley	2:25.55	2:28.20	586	20/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
100 Individual Medley	1:06.84	1:06.80	604	10/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2