

Individual Best Times (All Time)

Mia Yates - (878171) - Felixstowe SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.87	28.10	546	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
100 Freestyle	1:03.63	1:02.30	536	06/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
200 Freestyle	2:22.13	2:19.70	500	07/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
800 Freestyle	10:21.65	10:12.30	474	19/01/19	Suffolk County Championships 2019	Norwich	ER190365	1
50 Backstroke	46.45	46.00	193	08/04/12	UEA City of Norwich Easter Meet	Norwich	ER2006	1
200 Backstroke	3:33.23	3:31.70	192	06/04/12	UEA City of Norwich Easter Meet	Norwich	ER2006	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.04	28.80	546	03/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
100 Freestyle	1:01.89	1:03.20	535	04/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
200 Freestyle	2:15.44	2:18.00	540	18/03/18	Team Ipswich March Open 2018	Ipswich	ER180342	3
400 Freestyle	4:49.45	4:54.30	510	24/02/19	Suffolk County Championships 2019	Ipswich	ER190368	2
800 Freestyle	10:06.17	10:15.60	488	25/11/18	BPSC 1500 800 County & Regional Qualifier 2018	Basildon	ER182598	3
50 Breaststroke	39.12	39.90	381	10/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
100 Breaststroke	1:26.01	1:27.50	381	06/01/19	Sudbury & District January Last Chance Time Trial	Sudbury	ER190028	3
200 Breaststroke	3:15.84	3:18.50	324	16/10/16	Deben Open Meet 2016	Deben	ER161900	3
50 Butterfly	32.15	32.70	436	17/11/19	Teamipswich November Open Meet 2019	Ipswich	ER192239	3
100 Butterfly	1:37.21	1:38.00	171	27/09/15	Michaelmas Two Day Open Meet	Sudbury	ER151711	3
50 Backstroke	33.97	34.60	410	03/02/19	Suffolk County Championships 2019	Ipswich	ER190366	2
100 Backstroke	1:12.78	1:13.90	428	10/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
200 Backstroke	2:35.40	2:37.50	448	03/02/19	Suffolk County Championships 2019	Ipswich	ER190366	2
200 Individual Medley	2:41.09	2:43.50	432	03/02/19	Suffolk County Championships 2019	Ipswich	ER190366	2
400 Individual Medley	6:17.02	6:21.70	323	20/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
100 Individual Medley	1:13.73	1:13.70	450	24/02/19	Suffolk County Championships 2019	Ipswich	ER190366	2