

Individual Best Times (All Time)

Amara Addison - (1223688) - Norwich Swan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.59	26.80	626	25/07/22	British Summer Championships	Sheffield	BSW022	1
100 Freestyle	1:00.06	58.70	638	08/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
200 Freestyle	2:15.41	2:12.80	578	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
400 Freestyle	5:09.38	5:04.80	440	01/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
800 Freestyle	11:11.87	11:03.20	375	19/01/19	Norfolk County Championships 2019	Norwich	ER190242	1
1500 Freestyle	21:22.99	21:06.80	369	20/01/19	Norfolk County Championships 2019	Norwich	ER190242	1
50 Breaststroke	38.23	37.40	443	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
100 Breaststroke	1:30.07	1:28.70	360	02/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
200 Breaststroke	3:09.77	3:07.00	380	26/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
50 Butterfly	29.91	29.30	544	28/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
100 Butterfly	1:10.97	1:09.90	477	15/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
200 Butterfly	2:44.92	2:43.00	402	31/07/21	British Swimming Festival of Swimming East Region	UEA Norwich	ER210170	1
50 Backstroke	30.00	29.30	717	27/07/22	British Summer Championships	Sheffield	BSW022	1
100 Backstroke	1:05.65	1:04.40	665	24/07/22	British Summer Championships	Sheffield	BSW022	1
200 Backstroke	2:24.73	2:22.40	615	30/04/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
200 Individual Medley	2:32.82	2:30.20	562	26/03/22	City of Sheffield Swim Squad Premier Open Meet 22	Sheffield	NE220036	1
400 Individual Medley	5:43.61	5:38.50	463	31/07/21	British Swimming Festival of Swimming East Region	UEA Norwich	ER210170	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.12	27.90	604	17/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Freestyle	58.87	1:00.30	621	13/11/21	City of Cambridge SC National Arena League East	Cambridge	ER211487	3
200 Freestyle	2:11.71	2:14.30	587	25/09/22	Norwich Swan No Frills Season Starter	UEA Sportspark	ER221633	3
400 Freestyle	4:47.18	4:52.00	522	11/07/22	Norwich Swan Club Championships 2022	Riverside	ER220928	4
800 Freestyle	9:59.88	10:09.40	504	27/06/22	Norwich Swan Club Championships 2022	Riverside LC	ER220923	4
50 Breaststroke	36.60	37.40	465	25/03/23	Norwich Swan Open Meet 2023	Norwich	ER230288	3
100 Breaststroke	1:19.92	1:21.50	475	26/03/23	Norwich Swan Open Meet 2023	Norwich	ER230288	3
200 Breaststroke	3:05.87	3:08.70	379	16/07/23	Norwich Swan Club Championships 2023	UEA Sportspark	ER231126	4
50 Butterfly	29.46	30.10	566	25/03/23	Norwich Swan Open Meet 2023	Norwich	ER230288	3
100 Butterfly	1:08.46	1:09.60	492	25/09/22	Norwich Swan No Frills Season Starter	UEA Sportspark	ER221633	3
200 Butterfly	2:32.41	2:34.50	483	20/11/21	Dereham & District SC November 2021 Dual Meet	Dereham	ER211263	3
50 Backstroke	28.46	29.20	698	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
100 Backstroke	1:02.71	1:04.00	670	05/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Backstroke	2:20.27	2:22.60	609	05/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
200 Individual Medley	2:27.05	2:29.70	569	24/09/22	Norwich Swan No Frills Season Starter	UEA Sportspark	ER221633	3
400 Individual Medley	5:21.07	5:26.50	524	29/06/22	Norwich Swan Club Championships 2022	Sportspark	ER220924	4
100 Individual Medley	1:06.77	1:06.80	606	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2