
Individual Meet Results**East Region Winter Championships 07-Nov-09 to 08-Nov-09 SC Meters****Location: UAE Norwich****Canvey Island Swimming Club [CNVT] Coach: Paul McNeil**

Time	F/P/S	Event	Place	Points	Improv
Sophie Drake (16) G					
1:04.26S	F # 5F	Girls 16 & Over 100 Back	---	---	---
1:05.00S	P # 5F	Girls 16 & Over 100 Back	---	---	---
2:17.45S	F # 7D	Girls 15 & Over 200 Back	---	---	-10.83
2:19.19S	P # 7D	Girls 15 & Over 200 Back	---	---	-9.09
58.45S	F # 9F	Girls 16 & Over 100 Free	---	---	---
59.14S	P # 9F	Girls 16 & Over 100 Free	---	---	---
26.53S	F # 15H	Girls 16 & Over 50 Free	---	---	-1.24
26.82S	P # 15H	Girls 16 & Over 50 Free	---	---	-0.95
29.99S	F # 30H	Girls 16 & Over 50 Back	---	---	-1.81
30.12S	P # 30H	Girls 16 & Over 50 Back	---	---	-1.68