

# Individual Best Times (All Time)

Zac Cooper - (1215845) - Millfield

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.00	23.10	661	05/05/24	SE SWR Summer Championships 2024	Plymouth	SW240588	1
100 Freestyle	53.82	52.30	660	06/05/24	SE SWR Summer Championships 2024	Plymouth	SW240588	1
200 Freestyle	2:05.51	2:02.70	536	24/04/23	SE South West Summer Regional Championships 2023	Plymouth	SW230523	1
400 Freestyle	4:44.18	4:39.20	464	29/01/22	Somerset ASA County Championships 2022	Millfield	SW220106	1
800 Freestyle	10:23.13	10:13.80	381	25/01/20	Somerset County Championships	Millfield	SW200231	1
1500 Freestyle	18:37.42	18:18.80	473	06/02/22	Somerset ASA County Championships 2022	Millfield	SW220107	1
50 Breaststroke	44.97	44.30	192	02/02/20	Somerset County Championships	Millfield	SW200232	1
100 Breaststroke	1:39.94	1:38.70	184	01/02/20	Somerset County Championships	Millfield	SW200232	1
200 Breaststroke	3:25.52	3:22.90	227	25/01/20	Somerset County Championships	Millfield	SW200231	1
50 Butterfly	26.63	25.90	584	06/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
100 Butterfly	1:00.14	58.90	555	29/01/23	Somerset ASA County Championships 2023	Millfield	SW230176	1
200 Butterfly	2:48.74	2:46.90	279	12/05/19	ASA SWR Summer Championships	Bristol	SW190489	1
50 Backstroke	28.94	28.20	538	25/02/24	Somerset ASA County Championships 2024	Millfield	SW240542	1
100 Backstroke	1:01.83	1:00.50	581	16/03/24	Somerset ASA County Championships 2024	Millfield	SW240543	1
200 Backstroke	2:16.56	2:14.10	550	12/03/23	National Preparation Meet L1 2023	Millfield	SW230350	1
200 Individual Medley	2:45.21	2:42.80	328	26/01/20	Somerset County Championships	Millfield	SW200231	1
400 Individual Medley	5:44.74	5:39.60	348	08/02/20	Somerset County Championships	Millfield	SW200233	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.78	24.60	609	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Freestyle	53.33	54.90	594	19/11/23	Sevenside Tritons November Sparkler L3 Meet 2023	Hutton Moor LC	SW231698	3
200 Freestyle	1:58.53	2:01.40	589	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Freestyle	4:17.60	4:23.00	559	18/03/23	Street, Millfield & TDSC Regional Qualifier 2023	Millfield	SW230531	3
800 Freestyle	9:27.85	9:37.90	476	15/10/21	Team Bath AS TYR Super Series	Millfield	SW210423	2
1500 Freestyle	17:53.22	18:12.30	491	19/11/21	Team Bath AS November TYR Super Series	Millfield	SW210471	2
50 Breaststroke	33.27	34.20	421	02/12/23	Taunton Deane, Millfield & Street County Qualifier	Millfield School	SW232169	3
100 Breaststroke	1:32.04	1:33.40	216	07/12/19	Level 3 December Count Qualifier	Millfield School	SW192946	3
200 Breaststroke	3:17.87	3:20.50	223	08/12/19	Level 3 December Count Qualifier	Millfield School	SW192946	3
50 Butterfly	26.23	26.90	570	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Butterfly	58.30	59.60	550	19/11/23	Sevenside Tritons November Sparkler L3 Meet 2023	Hutton Moor LC	SW231698	3
200 Butterfly	2:49.69	2:51.50	249	19/10/19	Millfield & Team Bath Super Series L2 SC Meet	Millfield	SW192671	2
50 Backstroke	27.89	28.60	498	22/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfield School	SW231690	2
100 Backstroke	59.42	1:00.80	538	05/11/23	SE South West Region SC Winter Championships 2023	Millfield	SW231774	2
200 Backstroke	2:09.75	2:12.30	539	18/03/23	Street, Millfield & TDSC Regional Qualifier 2023	Millfield	SW230531	3
200 Individual Medley	2:28.13	2:30.80	405	18/05/21	Millfield	Millfield	LEX1249	0
400 Individual Medley	6:07.61	6:12.40	260	15/07/18	GCSC Summer Meet 2018	Gloucester	SW180763	3
100 Individual Medley	1:14.62	1:14.60	288	17/11/19	Super Series Autumn Level 2 Short Course Meet	Hengrove	SW192989	2