

Individual Best Times (All Time)

Ruby Simmons - (1579728) - Exeter City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Freestyle	3:38.91	3:37.30	136	19/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
400 Freestyle	6:42.39	6:38.90	200	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
800 Freestyle	13:06.15	12:58.70	234	03/02/24	Devon County Age Group Championships 2024	Plymouth	SW240142	1
50 Breaststroke	43.63	42.90	298	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
100 Breaststroke	1:40.61	1:39.30	258	14/01/24	Devon County Age Group Championships 2024	Plymouth	SW240140	1
200 Breaststroke	3:33.81	3:31.30	266	15/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
100 Butterfly	1:45.12	1:44.40	147	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
200 Backstroke	3:50.66	3:49.20	152	18/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
200 Individual Medley	4:05.48	4:03.90	135	19/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.73	37.30	243	09/06/24	Devon Sprint Competition 2024	Plymouth	SW240824	3
100 Freestyle	1:23.97	1:25.00	214	31/03/24	Yeovil & District Spring Fling Meet 2024	Millfield	SW240203	3
200 Freestyle	3:08.56	3:10.40	200	11/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232227	3
400 Freestyle	6:10.53	6:14.30	243	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
800 Freestyle	13:29.83	13:37.00	204	22/11/23	Paignton Long Distance Meet 2023	Paignton	SW231599	4
50 Breaststroke	43.35	44.10	280	09/06/24	Devon Sprint Competition 2024	Plymouth	SW240824	3
100 Breaststroke	1:37.84	1:39.10	258	09/06/24	Devon Developments 2024	Plymouth	SW240823	3
200 Breaststroke	3:23.46	3:26.00	289	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
50 Butterfly	41.53	42.00	202	22/06/24	Exeter City Club Championships 2024	Exeter	SW241138	4
100 Butterfly	1:42.86	1:43.60	145	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
200 Butterfly	3:48.73	3:50.10	142	09/06/24	Devon Developments 2024	Plymouth	SW240823	3
50 Backstroke	41.59	42.10	223	09/06/24	Devon Sprint Competition 2024	Plymouth	SW240824	3
100 Backstroke	1:33.23	1:34.10	204	08/06/24	Devon Developments 2024	Plymouth	SW240822	3
200 Backstroke	3:15.48	3:17.20	225	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
200 Individual Medley	3:08.68	3:10.80	269	22/06/24	Exeter City Club Championships 2024	Exeter	SW241138	4
100 Individual Medley	1:33.40	1:33.40	221	13/01/24	Devon County ASA Interclub 2024	Plymouth	SW240143	2