

# Individual Best Times (All Time)

Isla Cooper - (1634952) - Penrith SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.93	30.20	444	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
100 Freestyle	1:09.30	1:08.10	415	26/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
200 Freestyle	2:33.92	2:31.60	394	25/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
50 Breaststroke	44.72	44.00	277	26/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
50 Butterfly	35.46	34.90	327	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	36.25	35.70	406	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
100 Backstroke	1:18.94	1:17.90	383	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.31	32.00	392	10/06/23	26th Copeland Graded Gala 2023	Copeland	NW231333	3
100 Freestyle	1:07.83	1:09.10	406	10/06/23	26th Copeland Graded Gala 2023	Copeland	NW231333	3
200 Freestyle	2:30.15	2:32.40	396	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
400 Freestyle	5:27.11	5:31.40	353	27/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
50 Breaststroke	43.01	43.70	286	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
50 Butterfly	34.73	35.30	345	28/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
50 Backstroke	35.83	36.40	349	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
100 Backstroke	1:17.13	1:18.20	360	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
100 Individual Medley	1:19.40	1:19.40	360	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2