

Individual Best Times (All Time)

Harriet Cooper - (296623) - Derby Excel Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.61	24.80	783	02/08/15	British Summer Championships	Sheffield	ASA141	1
100 Freestyle	55.19	53.70	822	07/11/15	Fina World Swimming Cup 2015- Dubai	Dubai	INT319	1
200 Freestyle	2:01.77	1:58.90	795	06/11/15	Fina World Swimming Cup 2015- Dubai	Dubai	INT319	1
400 Freestyle	4:34.56	4:29.40	630	26/01/13	ASA Central Region Zonal Competition	Corby	ZM3165	1
100 Breaststroke	1:20.12	1:18.50	512	15/10/11	Lincoln Vulcans Open Meet	Sheffield	EM1237	1
50 Butterfly	28.69	28.00	617	26/05/17	Cardiff International Open Meet 2017	Cardiff	WL170116	1
100 Butterfly	1:03.30	1:02.10	673	14/12/13	West Midlands Arena League Premier Final	Coventry	WM31021	1
50 Backstroke	28.43	27.70	843	06/11/15	Fina World Swimming Cup 2015- Dubai	Dubai	INT319	1
100 Backstroke	1:00.95	59.60	832	07/11/15	Fina World Swimming Cup 2015- Dubai	Dubai	INT319	1
200 Backstroke	2:16.65	2:14.20	731	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	EM3281	1
200 Individual Medley	2:23.10	2:20.30	684	15/01/12	City of Derby 11th Long Course Open Meet	Sheffield	EM2018	1
400 Individual Medley	5:19.68	5:14.10	575	12/06/10	Midland Age Group Champs	Coventry	WMR016	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.86	25.70	784	04/12/15	Ontario Junior International Meet	Toronto	INT321	2
100 Freestyle	53.31	54.90	837	17/12/15	ASA Winter Meet	Sheffield	ASA146	2
200 Freestyle	1:56.26	1:59.20	854	04/12/15	Ontario Junior International Meet	Toronto	INT321	2
400 Freestyle	4:16.46	4:21.90	733	15/10/16	Nova Centurion October L2 SC Open Meet	Nottingham	EM161876	2
800 Freestyle	9:01.95	9:12.50	683	23/11/12	City of Leicester Distance Meet	Leicester	EM2526	2
50 Breaststroke	39.06	39.90	383	21/03/10	Leicestershire Championships	Braunstone	CC0107	2
50 Butterfly	31.05	31.70	484	21/03/10	Leicestershire Championships	Braunstone	CC0107	2
100 Butterfly	1:05.84	1:07.00	553	03/12/11	British Gas Midlands Winter Championships	Corby	WMR128	2
50 Backstroke	27.50	28.20	774	19/12/15	ASA Winter Meet	Sheffield	ASA146	2
100 Backstroke	58.69	1:00.00	818	04/12/15	Ontario Junior International Meet	Toronto	INT321	2
200 Backstroke	2:07.31	2:09.90	815	05/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
200 Individual Medley	2:19.04	2:21.80	673	26/11/11	City of Leicester Distance Meet	Braunstone	EM1321	2
400 Individual Medley	5:03.46	5:09.20	621	26/11/11	City of Leicester Distance Meet	Braunstone	EM1321	2
100 Individual Medley	1:07.78	1:07.80	579	21/03/10	Leicestershire Championships	Braunstone	CC0107	2