

Individual Best Times (All Time)

Elizabeth Coomes - (410776) - Teignmouth Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.73	29.00	500	02/05/11	BG South West Region Youth Championships	Street	SWR101	1
100 Freestyle	1:03.05	1:01.70	551	30/04/11	BG South West Region Youth Championships	Street	SWR101	1
200 Freestyle	2:18.19	2:15.70	544	07/05/12	BG SWR Youth Championships	Plymouth	SWR204	1
400 Freestyle	4:51.20	4:46.30	528	02/05/11	BG South West Region Youth Championships	Street	SWR101	1
800 Freestyle	10:43.77	10:34.70	427	19/01/13	ASA South West Region Open Meet	Plymouth	SW3203	1
50 Butterfly	31.76	31.20	455	05/05/12	BG SWR Youth Championships	Plymouth	SWR204	1
100 Butterfly	1:12.50	1:11.40	448	01/05/11	BG South West Region Youth Championships	Street	SWR101	1
200 Butterfly	2:52.07	2:50.20	354	10/04/10	Avalon Spring Open Meet	Millfield	SW0127	3
50 Backstroke	35.96	35.40	416	10/04/10	Avalon Spring Open Meet	Millfield	SW0127	3
100 Backstroke	1:17.88	1:16.80	398	10/04/10	Avalon Spring Open Meet	Millfield	SW0127	3
200 Individual Medley	2:40.94	2:38.50	481	27/10/12	3 Towers Open Meet	Millfield School	SW2507	3
400 Individual Medley	5:39.89	5:34.70	478	07/05/12	BG SWR Youth Championships	Plymouth	SWR204	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.76	30.50	457	21/02/13	Devon County Championships	Plymouth	CC3016	2
100 Freestyle	1:01.21	1:02.60	553	01/04/12	Devon County Inter Club Competition	Plymouth	SW2084	2
200 Freestyle	2:13.76	2:16.30	560	04/12/11	BG SWR Short Course Championships	Millfield	SWR126	2
400 Freestyle	4:41.34	4:46.30	555	10/03/12	Devon County Championships	Plymouth	CC2028	2
800 Freestyle	9:57.97	10:07.60	508	18/02/12	Devon County Championships	Tiverton	CC2027	2
50 Breaststroke	41.70	42.40	314	10/07/11	South West Region Sprint Competition	Gloucester	SW1194	3
100 Breaststroke	1:39.10	1:40.40	249	05/07/09	Devon County Develop Meet	Tiverton	SW9066	3
50 Butterfly	31.48	32.10	464	24/03/12	Devon County Championships	Exeter	CC2029	2
100 Butterfly	1:09.94	1:11.00	461	01/04/12	Devon County Inter Club Competition	Plymouth	SW2084	2
200 Butterfly	2:33.60	2:35.60	472	23/03/12	Devon County Championships	Exeter	CC2029	2
50 Backstroke	33.82	34.40	416	10/03/12	Devon County Championships	Plymouth	CC2028	2
100 Backstroke	1:12.49	1:13.60	434	06/03/11	Devon County Championship	Plymouth	CC1025	2
200 Backstroke	2:50.79	2:52.70	337	05/07/09	Devon County Develop Meet	Tiverton	SW9066	3
200 Individual Medley	2:31.66	2:34.20	518	24/03/12	Devon County Championships	Exeter	CC2029	2
400 Individual Medley	5:23.24	5:28.60	514	11/03/12	Devon County Championships	Plymouth	CC2028	2
100 Individual Medley	1:12.73	1:12.70	469	20/02/13	Devon County Championships	Plymouth	CC3016	2