

Individual Best Times (All Time)

Jenna Cooper - (721772) - Falkirk Otters ASC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|---|---------------|---------|-------|
| 50 Freestyle | 36.12 | 35.50 | 279 | 01/05/11 | City of Glasgow Open Age Group Meet | Glasgow | SCO517 | 1 |
| 100 Freestyle | 1:09.35 | 1:08.10 | 414 | 11/05/14 | 2014 SASA West District LC OAG Championship | East Kilbride | SCO838 | 1 |
| 200 Freestyle | 2:24.68 | 2:22.30 | 474 | 18/01/15 | SASA West District Grand Prix | Glasgow | SCO930 | 1 |
| 400 Freestyle | 5:06.07 | 5:01.40 | 454 | 02/03/14 | SASA West District Open SAG Champs | East Kilbride | SCO814 | 1 |
| 800 Freestyle | 10:46.26 | 10:37.20 | 422 | 09/02/13 | 2013 SASA District JAG LC Championships | East Kilbride | SCO696 | 1 |
| 50 Butterfly | 45.53 | 45.10 | 154 | 01/05/11 | City of Glasgow Open Age Group Meet | Glasgow | SCO517 | 1 |
| 100 Backstroke | 1:19.04 | 1:18.00 | 381 | 02/03/14 | SASA West District Open SAG Champs | East Kilbride | SCO814 | 1 |
| 200 Backstroke | 2:40.37 | 2:38.30 | 452 | 18/01/15 | SASA West District Grand Prix | Glasgow | SCO930 | 1 |
| 200 Individual Medley | 2:45.75 | 2:43.40 | 440 | 17/01/15 | SASA West District Grand Prix | Glasgow | SCO930 | 1 |
| 400 Individual Medley | 6:14.36 | 6:09.60 | 358 | 10/02/13 | 2013 SASA District JAG LC Championships | East Kilbride | SCO696 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-------------|---------|-------|
| 50 Freestyle | 30.63 | 31.30 | 419 | 26/10/14 | Dundee City Aquatics Meet | Dundee | SCO901 | 2 |
| 100 Freestyle | 1:07.92 | 1:09.10 | 404 | 31/08/14 | SASA Central Swimming Championships | Grangemouth | SCO874 | 2 |
| 200 Freestyle | 2:21.72 | 2:24.20 | 471 | 24/01/15 | FIRST Open Meet | Bathgate | SCO928 | 2 |
| 400 Freestyle | 4:53.03 | 4:57.80 | 491 | 15/11/14 | COAST Grand Prix | Aberdeen | SCO907 | 1 |
| 800 Freestyle | 10:27.39 | 10:36.50 | 440 | 17/11/12 | 2012 WD Short Course Championships JAG | Cumbernauld | SCO672 | 1 |
| 50 Breaststroke | 47.30 | 48.00 | 215 | 25/03/12 | Warrender Annual Junior Meet | Glenrothes | SCO598 | 2 |
| 100 Breaststroke | 1:32.63 | 1:34.00 | 305 | 31/08/14 | SASA Central Swimming Championships | Grangemouth | SCO874 | 2 |
| 200 Breaststroke | 3:05.26 | 3:08.10 | 383 | 30/11/14 | Cumbernauld Winter Open Meet | Cumbernauld | SCO915 | 2 |
| 50 Butterfly | 38.37 | 38.90 | 256 | 30/11/14 | Cumbernauld Winter Open Meet | Cumbernauld | SCO915 | 2 |
| 100 Butterfly | 1:22.83 | 1:23.70 | 277 | 30/11/14 | Cumbernauld Winter Open Meet | Cumbernauld | SCO915 | 2 |
| 50 Backstroke | 34.49 | 35.10 | 392 | 24/01/15 | FIRST Open Meet | Bathgate | SCO928 | 2 |
| 100 Backstroke | 1:11.62 | 1:12.70 | 450 | 31/01/15 | Mags 2015 | Grangemouth | SCO944 | 2 |
| 200 Backstroke | 2:32.68 | 2:34.80 | 472 | 01/11/14 | SASA West District SAG Championships | Ayr | SCO894 | 1 |
| 200 Individual Medley | 2:40.36 | 2:42.80 | 438 | 31/01/15 | Mags 2015 | Grangemouth | SCO944 | 2 |
| 400 Individual Medley | 5:38.83 | 5:44.00 | 446 | 24/01/15 | FIRST Open Meet | Bathgate | SCO928 | 2 |
| 100 Individual Medley | 1:28.74 | 1:28.70 | 258 | 30/10/11 | Alloa Graded Meet | Alloa | SCO557 | 2 |