

# Individual Best Times (All Time)

Joe Cooper - (738618) - Team Ipswich Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.16	26.40	456	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
100 Freestyle	54.22	52.70	645	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
200 Freestyle	1:55.52	1:52.50	688	28/07/22	British Summer Championships	Sheffield	BSW022	1
400 Freestyle	4:03.98	3:58.20	733	23/07/22	British Summer Championships	Sheffield	BSW022	1
800 Freestyle	8:30.21	8:18.80	695	09/04/22	British Championships 2022	Sheffield	BSW020	1
1500 Freestyle	17:01.96	16:41.60	619	22/01/22	Swim England Suffolk County Championships 2022	Norwich	ER220165	1
50 Breaststroke	49.92	49.30	140	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Breaststroke	1:47.16	1:46.00	149	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
200 Breaststroke	2:35.82	2:32.40	522	30/03/19	Team Luton March Open Meet	Luton	ER190183	1
50 Butterfly	29.87	29.20	414	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	ER191302	3
100 Butterfly	1:02.89	1:01.70	486	08/03/20	Arena National League 51st Cup Final	Cardiff	WL200030	1
50 Backstroke	36.47	35.90	269	30/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
100 Backstroke	1:13.95	1:12.90	339	09/04/17	The National Arena Swimming League 47th Cup Final	Cardiff	WL170094	1
200 Individual Medley	2:11.89	2:08.90	645	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
400 Individual Medley	4:33.67	4:27.20	695	07/04/22	British Championships 2022	Sheffield	BSW020	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.58	26.40	489	10/06/21	Teamipswich	Ipswich	LEX2156	0
100 Freestyle	53.40	54.90	592	10/06/21	Teamipswich	Ipswich	LEX2156	0
200 Freestyle	1:52.96	1:56.00	680	05/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
400 Freestyle	3:59.47	4:05.20	696	06/11/21	SE East Region Short Course Championships	Luton	ER211117	2
1500 Freestyle	17:19.56	17:39.20	540	23/06/18	Teamipswich Long Distance Invitational Meet 2018	Ipswich	ER181222	4
50 Breaststroke	32.58	33.50	449	16/11/19	Teamipswich November Open Meet 2019	Ipswich	ER192239	3
100 Breaststroke	1:08.32	1:10.10	529	06/02/22	Swim England Suffolk County Championships 2022	Ipswich	ER220170	2
200 Breaststroke	2:26.03	2:29.60	557	05/03/22	Teamipswich SC The Mighty March Meet 2022	Ipswich	ER220250	3
50 Butterfly	27.56	28.20	491	10/06/21	Teamipswich	Ipswich	LEX2156	0
100 Butterfly	1:00.12	1:01.40	501	10/06/21	Teamipswich	Ipswich	LEX2156	0
200 Butterfly	2:12.99	2:15.30	518	05/02/22	Swim England Suffolk County Championships 2022	Ipswich	ER220170	2
50 Backstroke	32.56	33.20	313	08/07/18	Teamipswich July Surprize Meet 2018	Ipswich	ER181095	3
100 Backstroke	1:07.22	1:08.40	371	26/09/21	Teamipswich Club Championships 2021	Ipswich	ER210884	4
200 Backstroke	2:29.57	2:31.80	352	12/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170395	2
200 Individual Medley	2:09.96	2:13.00	600	06/03/22	Teamipswich SC The Mighty March Meet 2022	Ipswich	ER220250	3
400 Individual Medley	4:33.36	4:39.70	633	07/11/21	SE East Region Short Course Championships	Luton	ER211117	2
100 Individual Medley	1:01.56	1:01.60	512	10/06/21	Teamipswich	Ipswich	LEX2156	0