

# Individual Best Times (All Time)

Cole Lyson - (767674) - Stratford Sharks SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.43	40.90	128	01/03/14	Warwickshire ASA County Championships	Coventry	CC4004	1
50 Backstroke	45.46	45.00	139	15/03/14	Warwickshire County Championships	Coventry	CC4006	1
200 Backstroke	3:34.32	3:32.80	142	01/03/14	Warwickshire ASA County Championships	Coventry	CC4004	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.97	38.50	149	06/07/14	Boldmere SC Water Carnival	Birmingham	WM4563	3
100 Freestyle	1:27.58	1:28.50	134	06/07/14	Boldmere SC Water Carnival	Birmingham	WM4563	3
200 Freestyle	3:10.10	3:11.90	142	17/05/14	Coventry & District Association of Swimming Clubs	Nuneaton	WM4385	3
400 Freestyle	6:56.23	6:59.60	132	18/05/14	Coventry & District Association of Swimming Clubs	Nuneaton	WM4385	3
50 Breaststroke	53.66	54.20	100	06/07/14	Boldmere SC Water Carnival	Birmingham	WM4563	3
100 Breaststroke	1:58.61	1:59.70	101	08/12/13	Wyre Forest SC Christmas County Qualifiers	Wolverhampton	WM3573	3
200 Breaststroke	4:09.22	4:11.30	112	15/11/13	Stratford Sharks ASC Club Championships	Stratford	WM3789	4
50 Butterfly	47.04	47.40	98	18/05/14	Coventry & District Association of Swimming Clubs	Nuneaton	WM4385	3
50 Backstroke	44.77	45.20	120	18/05/13	Coventry & District Secondary Galas	Nuneaton	WM3278	3
100 Backstroke	1:41.32	1:42.10	108	08/12/13	Wyre Forest SC Christmas County Qualifiers	Wolverhampton	WM3573	3
200 Backstroke	3:27.32	3:28.90	132	23/11/13	Stratford Sharks ASC Club Championships	Stratford	WM3789	4
200 Individual Medley	3:47.77	3:49.50	111	08/12/13	Wyre Forest SC Christmas County Qualifiers	Wolverhampton	WM3573	3
100 Individual Medley	1:40.27	1:40.30	118	06/07/14	Boldmere SC Water Carnival	Birmingham	WM4563	3