

Individual Best Times (All Time)

Connor Coupland - (788405) - Borough of Harrow S C

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.91	28.20	378	25/03/17	MCASA Open Meet	London	LR170009	1
100 Freestyle	1:05.38	1:04.10	368	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1
200 Freestyle	2:21.96	2:19.50	370	17/05/15	MCASA Long Course Open Meet	Luton	LR150711	1
400 Freestyle	4:57.19	4:52.40	406	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1
50 Breaststroke	37.77	36.90	324	25/03/17	MCASA Open Meet	London	LR170009	1
100 Breaststroke	1:38.79	1:37.50	190	19/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
200 Breaststroke	3:12.65	3:09.90	276	27/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
50 Butterfly	29.36	28.70	436	09/04/16	London Region Summer Championships	London	LR160414	1
100 Butterfly	1:06.96	1:05.80	402	05/11/17	2017 London Swimming Regional Winter Champs	London	LR172075	1
200 Butterfly	2:30.12	2:28.00	397	10/04/16	London Region Summer Championships	London	LR160414	1
50 Backstroke	35.09	34.50	302	28/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
100 Backstroke	1:16.52	1:15.50	306	27/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
200 Backstroke	2:43.99	2:41.90	317	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
200 Individual Medley	2:42.59	2:40.10	344	29/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
400 Individual Medley	5:38.31	5:33.10	368	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.67	28.40	386	07/02/16	MCASA County Championships 2016	Barnet	LR160281	2
100 Freestyle	1:01.97	1:03.30	378	03/12/17	BHSC Christmas Cracker County Qualifier 2017	Hendon	LR170924	3
200 Freestyle	2:15.39	2:17.90	395	28/06/15	BHSC End of Season Early County Qualifier	Hendon	LR150980	3
400 Freestyle	4:41.24	4:46.20	429	14/06/15	Borough of Harrow Club Championships	Northwood	LR151032	4
1500 Freestyle	18:57.69	19:15.70	412	13/06/15	Borough of Harrow Club Championships	Barnet	LR151031	4
50 Breaststroke	35.74	36.60	340	30/09/17	BPSC Season Opener 2017	Basildon	ER171612	3
100 Breaststroke	1:22.93	1:24.40	296	08/10/16	NASL London	Borehamwood	ER162312	3
200 Breaststroke	2:59.56	3:02.50	299	28/06/15	BHSC End of Season Early County Qualifier	Hendon	LR150980	3
50 Butterfly	28.79	29.40	431	06/02/16	MCASA County Championships 2016	Barnet	LR160281	2
100 Butterfly	1:04.37	1:05.50	408	12/11/16	NASL London	Borehamwood	ER162321	3
200 Butterfly	2:25.79	2:27.90	393	28/06/15	BHSC End of Season Early County Qualifier	Hendon	LR150980	3
50 Backstroke	34.67	35.20	259	11/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	SE151021	3
100 Backstroke	1:13.29	1:14.40	286	28/06/15	BHSC End of Season Early County Qualifier	Hendon	LR150980	3
200 Backstroke	2:43.41	2:45.40	270	01/11/14	Ealing Level 3 Open Meet	Northolt	LR14004	3
200 Individual Medley	2:34.25	2:36.80	359	28/11/15	BHSC Christmas Cracker County Qualifier 2015	Barnet	LR151488	3
400 Individual Medley	5:26.43	5:31.80	372	15/03/15	MCASA Spring Development Meet	Enfield	LR150434	3
100 Individual Medley	1:11.39	1:11.40	328	17/06/17	Borough of Harrow Club Championships	Hendon	LR171306	4