

# Individual Best Times (All Time)

Ella Cotton - (795812) - City of Coventry SC

## Long Course

| Stroke          | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                  | Venue | Licence | Level |
|-----------------|---------|-----------------|-----------|----------|---------------------------------------|-------|---------|-------|
| 50 Freestyle    | 33.80   | 33.20           | 340       | 17/11/12 | Team Luton Inaugural Long Course Meet | Luton | ER2464  | 1     |
| 200 Freestyle   | 2:36.73 | 2:34.50         | 373       | 18/11/12 | Team Luton Inaugural Long Course Meet | Luton | ER2464  | 1     |
| 50 Breaststroke | 42.99   | 42.30           | 312       | 17/11/12 | Team Luton Inaugural Long Course Meet | Luton | ER2464  | 1     |
| 50 Backstroke   | 40.78   | 40.30           | 285       | 18/11/12 | Team Luton Inaugural Long Course Meet | Luton | ER2464  | 1     |
| 200 Backstroke  | 3:02.09 | 3:00.20         | 309       | 18/11/12 | Team Luton Inaugural Long Course Meet | Luton | ER2464  | 1     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                   | Venue       | License | Level |
|-----------------------|---------|-----------------|-----------|----------|----------------------------------------|-------------|---------|-------|
| 50 Freestyle          | 31.86   | 32.50           | 372       | 22/03/14 | Bedfordshire Age Group & County Champs | Luton       | CC4033  | 2     |
| 100 Freestyle         | 1:08.38 | 1:09.60         | 396       | 08/03/14 | Bedfordshire Age Group & County Champs | Luton       | CC4031  | 2     |
| 200 Freestyle         | 2:25.72 | 2:28.10         | 433       | 09/03/14 | Bedfordshire Age Group & County Champs | Luton       | CC4031  | 2     |
| 400 Freestyle         | 5:13.61 | 5:18.10         | 401       | 22/03/14 | Bedfordshire Age Group & County Champs | Luton       | CC4033  | 2     |
| 50 Breaststroke       | 39.16   | 40.00           | 380       | 08/03/14 | Bedfordshire Age Group & County Champs | Luton       | CC4031  | 2     |
| 100 Breaststroke      | 1:29.27 | 1:30.70         | 340       | 23/03/14 | Bedfordshire Age Group & County Champs | Luton       | CC4033  | 2     |
| 200 Breaststroke      | 3:13.78 | 3:16.50         | 334       | 22/03/14 | Bedfordshire Age Group & County Champs | Luton       | CC4033  | 2     |
| 50 Butterfly          | 39.69   | 40.20           | 231       | 05/10/13 | Leicester Penguins Open Meet 2013      | Braunstone  | EM3358  | 3     |
| 50 Backstroke         | 37.60   | 38.10           | 302       | 23/03/14 | Bedfordshire Age Group & County Champs | Luton       | CC4033  | 2     |
| 100 Backstroke        | 1:19.59 | 1:20.60         | 328       | 22/03/14 | Bedfordshire Age Group & County Champs | Luton       | CC4033  | 2     |
| 200 Backstroke        | 2:47.26 | 2:49.20         | 359       | 09/03/14 | Bedfordshire Age Group & County Champs | Luton       | CC4031  | 2     |
| 200 Individual Medley | 3:00.81 | 3:03.00         | 306       | 11/05/13 | Mid Beds Swim Squad 3rd Open Meet      | Biggleswade | ER3316  | 2     |
| 100 Individual Medley | 1:19.15 | 1:19.20         | 363       | 09/03/14 | Bedfordshire Age Group & County Champs | Luton       | CC4031  | 2     |