

Individual Best Times (All Time)

Zachary Costigan - (878178) - Crosby SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|----------------------------------|-----------|---------|-------|
| 50 Freestyle | 37.50 | 36.90 | 173 | 23/06/13 | City of Liverpool Summer Sprints | Liverpool | NW3386 | 3 |
| 100 Freestyle | 1:24.68 | 1:23.70 | 169 | 22/06/13 | City of Liverpool Summer Sprints | Liverpool | NW3386 | 3 |
| 50 Breaststroke | 52.74 | 52.10 | 119 | 22/06/13 | City of Liverpool Summer Sprints | Liverpool | NW3386 | 3 |
| 100 Breaststroke | 1:50.57 | 1:49.40 | 136 | 22/06/13 | City of Liverpool Summer Sprints | Liverpool | NW3386 | 3 |
| 50 Butterfly | 41.05 | 40.60 | 159 | 22/06/13 | City of Liverpool Summer Sprints | Liverpool | NW3386 | 3 |
| 50 Backstroke | 46.80 | 46.40 | 127 | 23/06/13 | City of Liverpool Summer Sprints | Liverpool | NW3386 | 3 |
| 100 Backstroke | 1:40.71 | 1:39.90 | 134 | 23/06/13 | City of Liverpool Summer Sprints | Liverpool | NW3386 | 3 |
| 200 Individual Medley | 3:23.44 | 3:21.50 | 175 | 23/06/13 | City of Liverpool Summer Sprints | Liverpool | NW3386 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|----------------------------------------|------------|---------|-------|
| 50 Freestyle | 35.99 | 36.60 | 175 | 13/04/14 | Wirral Metro Spring Development Meet | Birkenhead | NW4032 | 3 |
| 100 Freestyle | 1:19.25 | 1:20.30 | 181 | 13/04/14 | Wirral Metro Spring Development Meet | Birkenhead | NW4032 | 3 |
| 200 Freestyle | 2:46.61 | 2:48.70 | 212 | 12/04/14 | Wirral Metro Spring Development Meet | Birkenhead | NW4032 | 3 |
| 400 Freestyle | 6:03.74 | 6:07.60 | 198 | 13/09/14 | City of Liverpool Level 3 Tadpole Gala | Liverpool | NW4753 | 3 |
| 50 Breaststroke | 46.91 | 47.60 | 150 | 12/04/14 | Wirral Metro Spring Development Meet | Birkenhead | NW4032 | 3 |
| 100 Breaststroke | 1:42.13 | 1:43.40 | 158 | 12/04/14 | Wirral Metro Spring Development Meet | Birkenhead | NW4032 | 3 |
| 200 Breaststroke | 3:28.68 | 3:31.20 | 190 | 13/04/14 | Wirral Metro Spring Development Meet | Birkenhead | NW4032 | 3 |
| 50 Butterfly | 39.30 | 39.80 | 169 | 20/09/14 | City of Liverpool Level 3 Tadpole Meet | Liverpool | NW4754 | 3 |
| 100 Butterfly | 1:31.48 | 1:32.30 | 142 | 13/04/14 | Wirral Metro Spring Development Meet | Birkenhead | NW4032 | 3 |
| 50 Backstroke | 44.26 | 44.70 | 124 | 12/04/14 | Wirral Metro Spring Development Meet | Birkenhead | NW4032 | 3 |
| 100 Backstroke | 1:33.28 | 1:34.10 | 139 | 13/04/14 | Wirral Metro Spring Development Meet | Birkenhead | NW4032 | 3 |
| 200 Backstroke | 3:11.64 | 3:13.40 | 167 | 13/04/14 | Wirral Metro Spring Development Meet | Birkenhead | NW4032 | 3 |
| 200 Individual Medley | 3:09.30 | 3:11.40 | 194 | 12/04/14 | Wirral Metro Spring Development Meet | Birkenhead | NW4032 | 3 |
| 100 Individual Medley | 1:56.87 | 1:56.90 | 74 | 18/11/11 | City of Liverpool Tadpole League | Liverpool | NW1497 | 4 |