

# Individual Best Times (All Time)

Ruby Coyle - (894113) - Norwich Swan SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.22	27.50	585	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
100 Freestyle	1:00.43	59.00	626	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Freestyle	2:14.19	2:11.60	594	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
400 Freestyle	4:49.96	4:45.10	534	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
800 Freestyle	9:55.26	9:45.50	540	14/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1
50 Breaststroke	44.71	44.00	277	19/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
100 Breaststroke	1:37.26	1:36.00	286	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
200 Breaststroke	3:19.04	3:16.40	330	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
50 Butterfly	30.51	29.90	513	27/05/18	London Swimming 2018 Long Course Summer Open	London	LR181069	1
100 Butterfly	1:07.10	1:06.00	565	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Butterfly	2:30.30	2:28.20	532	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
50 Backstroke	34.64	34.10	466	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	SW171274	1
100 Backstroke	1:17.71	1:16.70	401	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
200 Backstroke	2:53.69	2:51.80	356	18/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
200 Individual Medley	2:48.39	2:46.00	420	22/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
400 Individual Medley	5:58.19	5:53.20	408	11/04/15	Team Luton April Long Course Meet	Luton	ER150341	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.32	29.00	530	16/06/19	Hillingdon 3rd Maurice & Daphne Memorial Meet	Hillingdon	LR191733	2
100 Freestyle	1:00.35	1:01.70	577	22/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
200 Freestyle	2:11.45	2:14.10	590	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
400 Freestyle	4:46.33	4:51.20	527	18/03/18	Borough of Harrow Regional Qualifier Meet 2018	Borough of Harrow	LR180314	3
800 Freestyle	9:56.82	10:06.40	511	06/02/16	MCASA County Championships 2016	Barnet	LR160281	2
1500 Freestyle	19:28.16	19:45.70	469	05/10/19	BHSC Club Championships 2019	Watford	LR192410	4
50 Breaststroke	40.57	41.30	341	28/09/19	BHSC Club Championships 2019	Barnet	LR192409	4
100 Breaststroke	1:30.31	1:31.70	329	27/06/15	BHSC End of Season Early County Qualifier	Hendon	LR150980	3
200 Breaststroke	3:15.50	3:18.20	326	25/11/14	Bo Harrow County Time Trials	Northwood	LR14672	4
50 Butterfly	29.92	30.50	541	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Butterfly	1:05.70	1:06.80	556	19/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
200 Butterfly	2:26.06	2:28.20	549	07/03/20	Hillingdon 4th Maurice and Daphne Short Memorial	Hillingdon	LR200173	3
50 Backstroke	33.08	33.70	444	08/04/18	Hatfield Regionals Qualifier Meet 2018	HERTFORDSHIRE SC	ER180755	3
100 Backstroke	1:12.64	1:13.70	431	01/10/17	BPSC Season Opener 2017	Basildon	ER171612	3
200 Backstroke	2:40.83	2:42.90	404	19/06/16	BHSC End of Season Open Meet 2016	Hendon	LR161077	3
200 Individual Medley	2:38.72	2:41.20	452	17/06/17	Borough of Harrow Club Championships	Hendon	LR171306	4
400 Individual Medley	5:40.01	5:45.10	441	15/07/17	BHSC L3 Distance Meet 2017	Hendon	LR170887	3
100 Individual Medley	1:14.33	1:14.30	439	24/01/16	MCASA County Championships 2016	Barnet	LR160279	2