Individual Best Times (All Time)

Thomas Twaites - (920241) - City of Coventry SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|--------------|----------|---|----------|----------|-------|
| 50 Freestyle | 31.05 | 30.40 | 305 | 07/03/15 | Warwickshire County Championships and Age Group | Coventry | CC150055 | 1 |
| 100 Freestyle | 1:08.97 | 1:07.70 | 313 | 04/07/15 | City of Coventry Graham Sykes Meet | Coventry | WM150919 | 3 |
| 200 Freestyle | 2:35.13 | 2:32.90 | 284 | 17/01/15 | City of Coventry January Open Meet 2015 | Coventry | WM150096 | 3 |
| 50 Breaststroke | 46.49 | 45.80 | 173 | 15/12/13 | City of Coventry Club Championships | Coventry | WM31014 | 4 |
| 50 Butterfly | 33.95 | 33.40 | 282 | 21/03/15 | Warwickshire County Championships and Age Group | Coventry | CC150057 | 1 |
| 100 Butterfly | 1:18.44 | 1:17.50 | 250 | 04/07/15 | City of Coventry Graham Sykes Meet | Coventry | WM150919 | 3 |
| 50 Backstroke | 34.48 | 33.90 | 318 | 04/07/15 | City of Coventry Graham Sykes Meet | Coventry | WM150919 | 3 |
| 100 Backstroke | 1:16.61 | 1:15.60 | 305 | 14/03/15 | Warwickshire County Championships and Age Group | Coventry | CC150056 | 1 |
| 200 Backstroke | 2:51.12 | 2:49.20 | 279 | 17/01/15 | City of Coventry January Open Meet 2015 | Coventry | WM150096 | 3 |
| 200 Individual Medley | 2:51.08 | 2:48.80 | 295 | 18/01/15 | City of Coventry January Open Meet 2015 | Coventry | WM150096 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|--------------|----------|---|------------|----------|-------|
| 50 Freestyle | 30.24 | 30.90 | 296 | 17/05/15 | Coventry & District ASC Secondary Galas | Nuneaton | WM150670 | 3 |
| 100 Freestyle | 1:06.84 | 1:08.10 | 301 | 19/07/15 | Rotherham Metro A & B Grade Short Course Meet | Sheffield | NE150503 | 3 |
| 200 Freestyle | 2:31.24 | 2:33.50 | 283 | 16/05/15 | Coventry & District ASC Secondary Galas | Nuneaton | WM150670 | 3 |
| 50 Butterfly | 33.03 | 33.60 | 285 | 18/07/15 | Rotherham Metro A & B Grade Short Course Meet | Sheffield | NE150503 | 3 |
| 100 Butterfly | 1:15.55 | 1:16.50 | 252 | 17/05/15 | Coventry & District ASC Secondary Galas | Nuneaton | WM150670 | 3 |
| 50 Backstroke | 33.90 | 34.50 | 277 | 19/07/15 | Rotherham Metro A & B Grade Short Course Meet | Sheffield | NE150503 | 3 |
| 100 Backstroke | 1:15.07 | 1:16.10 | 266 | 19/07/15 | Rotherham Metro A & B Grade Short Course Meet | Sheffield | NE150503 | 3 |
| 200 Individual Medley | 2:58.22 | 3:00.40 | 232 | 20/04/14 | City of Birmingham 21st Open Meet | Birmingham | WM4131 | 3 |

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