

Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 200 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:59.33	624	F	02/08/17	Swim England National Summer Meet (50m)	Sheffield	Basildon Ph	1
2:00.27	609	H	02/08/17	Swim England National Summer Meet (50m)	Sheffield	Basildon Ph	1
2:01.16	596	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Basildon Ph	1
2:01.36	593	H	01/08/18	Swim England National Summer Meet	Sheffield	Basildon Ph	1
2:01.45	592	H	14/12/17	Swim England Winter Championships 2017	Sheffield	Basildon Ph	1
2:01.86	586	H	15/04/18	N&EL L1 National Qualifying Meet	London	Basildon Ph	1
2:02.17	581	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Basildon Ph	1
2:02.44	578	H	07/05/18	East Swimming Long Course Championships 2018	Norwich	Basildon Ph	1
2:02.57	576	H	29/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1
2:02.75	573	H	16/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
2:02.95	570	H	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Basildon Ph	1
2:03.02	569	H	18/02/18	Essex Age Group Championships 2018	Basildon	Basildon Ph	1
2:03.36	565	F	07/05/18	East Swimming Long Course Championships 2018	Norwich	Basildon Ph	1
2:03.58	562	F	01/05/17	ASA East Long Course Championships	Luton	Basildon Ph	1
2:04.26	553	F	05/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
2:04.51	549	H	31/07/16	British Summer Championships	Sheffield	Basildon Ph	1
2:04.66	547	H	19/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
2:04.93	544	H	01/05/17	ASA East Long Course Championships	Luton	Basildon Ph	1
2:05.00	543	H	21/04/19	BPSC Easter Meet 2019	Basildon	Basildon Ph	1
2:05.15	541	F	17/04/16	London Schools SA Championships	Crystal Palace		1
2:05.18	540	F	13/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Romford Town	1
2:05.35	538	H	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Romford Town	1
2:06.09	529	H	05/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
2:06.11	529	H	21/02/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
2:07.20	515	H	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	Romford Town	1
2:07.82	508	H	03/05/15	London Region Summer Championships	Crystal Palace	Romford Town	1
2:08.03	505	H	07/06/15	ESCA Inter-Divisional Championships	Sunderland		1

2:06.00	500	F	27/06/15	ESSA Inter-Divisional Championships	Sunderland		
2:08.20	503	F	03/05/15	London Region Summer Championships	Crystal Palace	Romford Town	1
2:08.73	497	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	Basildon Ph	1
2:11.29	468	H	12/04/15	Killerwhales Mid Qualifying Meet	Basildon	Romford Town	1
2:14.68	434	F	15/03/15	London Schools Championships 2015	Crystal Palace		1
2:15.03	431	H	21/12/14	Northampton Winter Festival Meet	Corby	Romford Town	1
2:15.67	424	H	02/08/14	BG ASA National Age Groups Champs 2014	Sheffield	Romford Town	1
2:16.29	419	H	09/02/14	Derventio Excel February Festival	Sheffield	Romford Town	1
2:17.49	408	H	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Romford Town	1
2:21.71	372	H	15/06/14	London Region Age Group Championships	Stratford	Romford Town	1
2:22.02	370	H	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Romford Town	1
2:25.31	345	H	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Romford Town	1
2:26.37	338	F	09/06/13	ASA London Region Age Group Championship	London	Romford Town	1
2:26.59	336	H	14/04/13	Bexley SC Long Course Open Meet	London	Romford Town	1
2:29.80	315	H	09/06/13	ASA London Region Age Group Championship	London	Romford Town	1
2:33.93	290	F	15/12/12	Hillingdon SC Level 1 Winter Open Meet	Hillingdon	Romford Town	1
2:44.22	239	H	15/04/12	Bexley SC Open Long Course Meet	London	Romford Town	1
2:48.39	222	H	17/12/11	Killerwhales Winter Open	Basildon	Romford Town	1

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