

Individual Best Times (All Time)

Dominic Adams - (1400232) - Wycombe District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.81	28.10	382	09/04/23	Portsmouth Northsea SC Easter Meet 2023	Portsmouth	SE230029	1
100 Freestyle	59.88	58.50	479	30/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
200 Freestyle	2:17.50	2:15.00	408	24/09/23	2023 Wycombe District SC Club Championships LC L4	Wycombe	SE231695	4
400 Freestyle	5:01.47	4:56.80	389	18/12/22	Winchester Winter Sparkler Meet 2022	Winchester	SE222312	3
800 Freestyle	10:16.41	10:07.00	394	23/09/23	2023 Wycombe District SC Club Championships LC L4	Wycombe	SE231695	4
50 Breaststroke	32.79	31.80	495	27/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240002	1
100 Breaststroke	1:11.02	1:09.20	513	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
200 Breaststroke	2:33.36	2:29.90	547	06/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
50 Butterfly	27.94	27.30	506	09/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1
100 Butterfly	1:07.35	1:06.20	395	24/09/23	2023 Wycombe District SC Club Championships LC L4	Wycombe	SE231695	4
200 Butterfly	2:42.98	2:41.00	310	17/12/22	Winchester Winter Sparkler Meet 2022	Winchester	SE222312	3
50 Backstroke	34.00	33.40	332	02/08/21	Guildford City SC L3 Summer Open Meet	Surrey Sports Park	SE210200	3
100 Backstroke	1:13.80	1:12.70	341	23/09/23	2023 Wycombe District SC Club Championships LC L4	Wycombe	SE231695	4
200 Backstroke	2:38.77	2:36.70	350	01/08/21	South East Festival of Swimming 2021	Crawley	SE210359	1
200 Individual Medley	2:20.32	2:17.50	536	06/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
400 Individual Medley	5:05.14	4:59.30	501	08/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.98	28.70	374	08/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
100 Freestyle	1:06.23	1:07.50	310	02/10/21	Maxwell October Meet 2021	Aylesbury	SE210461	3
200 Freestyle	2:06.36	2:09.10	486	08/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
400 Freestyle	5:27.73	5:32.00	271	08/12/19	Hart SC Last Chance Qualifier 2019	Hart Leisure Centre	SE192588	3
50 Breaststroke	31.66	32.60	489	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
100 Breaststroke	1:08.11	1:09.90	534	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Breaststroke	2:27.49	2:31.00	540	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
50 Butterfly	27.34	28.00	503	18/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
100 Butterfly	1:09.08	1:10.20	330	13/11/21	National Arena Swimming League South - Round Two	Wycombe	SE211354	3
200 Butterfly	2:39.30	2:41.30	301	25/03/23	Amersham SC Regional Qualifier SC Meet 2023	Chiltern	SE230327	3
50 Backstroke	35.73	36.30	236	09/06/21	Wycombe District	Wycombe LC	LEX1818	0
100 Backstroke	1:21.23	1:22.20	210	08/12/19	Hart SC Last Chance Qualifier 2019	Hart Leisure Centre	SE192588	3
200 Backstroke	2:36.30	2:38.40	308	16/10/21	Team Bath AS TYR Super Series	Millfield	SW210423	2
200 Individual Medley	2:16.31	2:19.20	520	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
400 Individual Medley	4:50.10	4:56.10	530	04/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
100 Individual Medley	1:03.38	1:03.40	470	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2