

Individual Best Times (All Time)

Damien Adams - (1506148) - Wycombe District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.94	30.30	308	29/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
100 Freestyle	1:13.13	1:12.00	263	13/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240001	1
200 Freestyle	2:39.35	2:37.20	262	17/02/24	2024 Wycombe Dual Award (Level 3) Long Course Meet	High Wycombe	SE240255	3
400 Freestyle	6:29.06	6:25.40	180	17/09/22	Wycombe District SC Club Championships 2022	Wycombe	SE221784	4
50 Breaststroke	47.32	46.60	164	24/09/23	2023 Wycombe District SC Club Championships LC L4	Wycombe	SE231695	4
100 Breaststroke	1:36.99	1:35.70	201	17/02/24	2024 Wycombe Dual Award (Level 3) Long Course Meet	High Wycombe	SE240255	3
200 Breaststroke	3:38.66	3:36.20	188	19/02/23	Wycombe Dual Award L3 LC Meet 2023	High Wycombe	SE230268	3
50 Butterfly	35.45	34.90	247	13/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240001	1
100 Butterfly	1:14.99	1:14.00	286	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
200 Butterfly	2:55.26	2:53.40	249	27/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
50 Backstroke	37.20	36.70	253	14/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240001	1
100 Backstroke	1:22.11	1:21.10	248	28/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240002	1
200 Backstroke	3:04.83	3:03.00	222	19/02/23	Wycombe Dual Award L3 LC Meet 2023	High Wycombe	SE230268	3
200 Individual Medley	2:55.13	2:52.90	275	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
400 Individual Medley	6:36.65	6:32.20	228	23/09/23	2023 Wycombe District SC Club Championships LC L4	Wycombe	SE231695	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.83	32.50	254	28/10/23	Hart SC Autumn Level 3 Open Meet 2023	Hart	SE232050	3
100 Freestyle	1:10.58	1:11.80	256	25/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE232322	3
200 Freestyle	2:33.51	2:35.80	271	26/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE232322	3
400 Freestyle	6:00.18	6:04.10	204	27/11/22	Wycombe DSC Open L3 Meet 2022	High Wycombe	SE222004	3
50 Breaststroke	44.81	45.50	172	26/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE232322	3
100 Breaststroke	1:34.67	1:36.00	199	11/11/23	National Arena Swimming League South R2 2023	High Wycombe	SE232448	3
200 Breaststroke	3:43.85	3:46.20	154	27/11/22	Wycombe DSC Open L3 Meet 2022	High Wycombe	SE222004	3
50 Butterfly	33.68	34.20	269	25/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE232322	3
100 Butterfly	1:16.46	1:17.40	244	25/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE232322	3
200 Butterfly	2:51.09	2:52.90	243	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
50 Backstroke	35.93	36.50	233	26/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE232322	3
100 Backstroke	1:18.62	1:19.60	232	29/10/23	Hart SC Autumn Level 3 Open Meet 2023	Hart	SE232050	3
200 Backstroke	2:51.07	2:53.00	235	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
200 Individual Medley	2:49.98	2:52.30	268	29/10/23	Hart SC Autumn Level 3 Open Meet 2023	Hart	SE232050	3
100 Individual Medley	1:22.06	1:22.10	216	25/06/23	Hatfield SC Summer Meet 2023	Hatfield	ER230407	2