

Individual Best Times (All Time)

Jaimee Adams - (1280246) - City of Cardiff

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.13	29.40	481	11/06/22	Torfaen Dolphins Long Course	Cardiff	WL220739	3
100 Freestyle	1:04.15	1:02.80	523	05/08/22	Swim Wales Summer Open 2022	Swansea	WL220741	1
200 Freestyle	2:19.42	2:16.90	530	03/08/22	Swim Wales Summer Open 2022	Swansea	WL220741	1
400 Freestyle	5:00.51	4:55.80	480	08/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea	WL220093	1
50 Breaststroke	43.24	42.50	306	10/06/23	Torfaen Dolphins Long Course Meet 2023	Cardiff	WL230736	1
100 Breaststroke	1:35.54	1:34.20	302	30/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
50 Butterfly	31.30	30.70	475	03/08/22	Swim Wales Summer Open 2022	Swansea	WL220741	1
100 Butterfly	1:09.06	1:08.00	518	15/04/22	Swim Wales National Championships 2022	Swansea	WL220637	1
200 Butterfly	2:37.39	2:35.40	463	05/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
50 Backstroke	37.66	37.10	362	03/04/22	Welsh Capital Open Meet	Cardiff	WL220026	1
100 Backstroke	1:22.03	1:21.00	341	07/01/23	RCT New Year Long Course	Cardiff	WL230006	3
200 Backstroke	3:00.21	2:58.30	319	17/02/19	Cardiff Closed Invitational Meet 2019	Cardiff	WL190019	3
200 Individual Medley	2:42.50	2:40.10	467	11/06/22	Torfaen Dolphins Long Course	Cardiff	WL220739	3
400 Individual Medley	5:55.91	5:50.90	416	12/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	WL190341	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.68	30.40	461	13/02/22	Swim Wales South East Regional Championships 2022	Newport	WL220194	2
100 Freestyle	1:03.94	1:05.20	485	18/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
200 Freestyle	2:18.82	2:21.30	501	12/02/23	South East Wales Regional Championships	Newport	WL230671	2
400 Freestyle	4:54.74	4:59.50	483	13/02/22	Swim Wales South East Regional Championships 2022	Newport	WL220194	2
800 Freestyle	10:44.12	10:53.00	407	21/09/19	City of Cardiff Club Championships	Cardiff	WL191349	3
50 Breaststroke	42.17	42.90	304	24/09/23	Co Cardiff Club Championships 2023	Cardiff	WL230623	3
100 Breaststroke	1:26.74	1:28.20	371	20/11/22	Cardiff International Open Meet 2022	Cardiff	WL220092	2
50 Butterfly	31.25	31.90	474	17/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
100 Butterfly	1:07.51	1:08.60	513	16/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
200 Butterfly	2:32.24	2:34.30	484	12/02/23	South East Wales Regional Championships	Newport	WL230671	2
50 Backstroke	35.44	36.00	361	19/11/22	Cardiff International Open Meet 2022	Cardiff	WL220092	2
100 Backstroke	1:19.52	1:20.50	328	24/09/22	City of Cardiff Club Championships	Cardiff	WL220742	3
200 Backstroke	2:50.59	2:52.50	338	20/10/19	Greater Gwent Fastwater Open Meet	Newport	WL191444	2
200 Individual Medley	2:44.33	2:46.70	407	30/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
400 Individual Medley	5:46.11	5:51.20	418	01/02/20	Swim Wales South East Regional Championships	Newport	WL200034	2
100 Individual Medley	1:21.22	1:21.20	336	14/12/20	Swim Wales Super Series - Round 3, Session 1	Swansea	LYX007	0