

Individual Best Times (All Time)

Connor Adams - (1107414) - East Invicta eXcel

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.62	32.00	263	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
100 Freestyle	1:13.61	1:12.50	257	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
50 Breaststroke	36.50	35.60	359	10/02/18	Kent Swimming Championships 2018	London	SE180335	1
100 Breaststroke	1:24.53	1:23.00	304	28/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180333	1
200 Breaststroke	3:29.58	3:27.00	214	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
100 Backstroke	1:24.83	1:23.90	225	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.22	29.90	328	20/11/17	Folkestone Sports Centre Club Championships	Folkestone	SE172271	4
100 Freestyle	1:04.19	1:05.50	340	06/11/17	Folkestone Sports Centre Club Championships	Folkestone	SE172269	4
200 Freestyle	2:19.20	2:21.70	363	08/10/17	East Invicta Association Championships 2017	Canterbury	SE172080	3
400 Freestyle	5:09.66	5:14.20	322	18/11/16	Folkestone Club Championships	Folkestone	SE162175	4
1500 Freestyle	20:51.30	21:07.70	310	28/11/16	Folkestone Club Championships	Folkestone	SE162178	4
50 Breaststroke	37.26	38.10	300	07/10/17	East Invicta Association Championships 2017	Canterbury	SE172080	3
100 Breaststroke	1:21.89	1:23.40	307	08/10/17	East Invicta Association Championships 2017	Canterbury	SE172080	3
200 Breaststroke	3:00.90	3:03.80	293	01/10/17	East Invicta Association Championships 2017	Canterbury	SE172079	3
50 Butterfly	33.63	34.20	270	27/11/17	Folkeston Sports Centre SC Club Championships 2017	Folkstone	SE172632	4
100 Butterfly	1:20.72	1:21.70	207	13/11/17	Folkestone Sports Centre Club Championships	Folkestone	SE172270	4
200 Butterfly	3:06.62	3:08.30	187	06/11/17	Folkestone Sports Centre Club Championships	Folkestone	SE172269	4
50 Backstroke	33.71	34.30	282	08/10/17	East Invicta Association Championships 2017	Canterbury	SE172080	3
100 Backstroke	1:14.78	1:15.80	269	11/11/17	NASLS - ROUND TWO	Burgess Hill	SE172519	3
200 Backstroke	2:43.68	2:45.70	268	07/10/17	East Invicta Association Championships 2017	Canterbury	SE172080	3
200 Individual Medley	2:39.78	2:42.20	323	03/11/17	Folkestone Sports Centre Club Championships	Folkestone	SE172268	4
400 Individual Medley	5:53.34	5:58.30	293	25/11/16	Folkestone Club Championships	Folkestone	SE162177	4
100 Individual Medley	1:13.60	1:13.60	300	01/10/17	East Invicta Association Championships 2017	Canterbury	SE172079	3