

Individual Best Times (All Time)

Luca Staines - (1109963) - Swansea University SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.58	25.80	486	18/09/22	Wycombe District SC Club Championships 2022	Wycombe	SE221784	4
100 Freestyle	57.15	55.70	551	30/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220085	1
200 Freestyle	1:55.55	1:52.50	687	22/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
400 Freestyle	4:04.58	3:58.80	728	24/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
800 Freestyle	8:33.62	8:22.30	682	27/07/22	British Summer Championships	Sheffield	BSW022	1
1500 Freestyle	16:37.74	16:16.90	665	22/07/22	British Summer Championships	Sheffield	BSW022	1
50 Breaststroke	38.91	38.10	296	23/09/18	WDSC Club Championships 2018	Wycombe	SE181863	4
100 Breaststroke	1:19.36	1:17.80	368	31/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
200 Breaststroke	2:53.60	2:50.50	377	12/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190015	1
50 Butterfly	31.18	30.60	364	31/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Butterfly	1:15.64	1:14.60	279	26/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190016	1
200 Butterfly	2:55.14	2:53.30	250	27/05/17	ASA South East Region Championships 2017	Crawley	SE170867	1
50 Backstroke	29.64	29.00	501	16/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220084	1
100 Backstroke	1:03.20	1:01.90	544	12/03/22	2022 Wycombe Long Course Premier Meet	High Wycombe	SE220336	1
200 Backstroke	2:10.28	2:07.70	634	11/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
200 Individual Medley	2:11.93	2:08.90	645	02/06/24	Swansea University Swim Team 2024 LC Sprint Meet	Swansea	WL240502	1
400 Individual Medley	5:17.98	5:12.40	443	31/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.69	26.50	483	28/11/21	2021 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE210859	3
100 Freestyle	56.02	57.50	512	02/10/21	Maxwell October Meet 2021	Aylesbury	SE210461	3
200 Freestyle	1:53.48	1:56.50	671	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Freestyle	3:58.87	4:04.70	701	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
800 Freestyle	8:17.06	8:28.50	709	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
1500 Freestyle	15:51.08	16:12.50	706	03/12/22	National Winter Championships 2022	Sheffield	ENG027	2
50 Breaststroke	36.30	37.20	324	02/12/18	Maxwell December Meet	Aylesbury	SE182577	3
100 Breaststroke	1:18.58	1:20.20	348	21/09/19	BBATT Autumn Meet	Aylesbury	SE192466	4
200 Breaststroke	2:45.29	2:48.50	384	23/06/19	Maxwell June Meet	Aylesbury	SE191763	3
50 Butterfly	27.39	28.10	500	01/10/22	Swansea Aquatics Club Championships 2022	Swansea	WL221691	3
100 Butterfly	1:09.72	1:10.80	321	24/11/18	WDSC Short Course (L3) County & Regional Qualifier	Wycombe LC	SE181875	3
200 Butterfly	2:40.30	2:42.30	296	06/10/19	Harpenden Legacy Meet	Westminster	ER191861	3
50 Backstroke	28.26	29.00	478	02/10/21	Maxwell October Meet 2021	Aylesbury	SE210461	3
100 Backstroke	1:00.70	1:02.00	504	11/12/21	National Arena Swimming League South Round 3	Southampton	SE211580	3
200 Backstroke	2:06.65	2:09.20	580	30/09/23	City of Swansea Aquatics Club Championships 2023	Swansea	WL230624	3
200 Individual Medley	2:13.35	2:16.30	555	21/11/21	Guildford City SC L2 Winter Open Meet	Surrey	SE210855	2
400 Individual Medley	5:07.65	5:13.30	444	22/06/19	Maxwell June Meet	Aylesbury	SE191763	3
100 Individual Medley	1:12.54	1:12.50	313	28/01/17	Berks & Sth Bucks ASA 2017 County Championships	Maidenhead	SE170069	2