

Individual Best Times (All Time)

Dominic Workman - (1341631) - City of Liverpool SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.01	26.20	463	14/04/24	City of Leeds National Qualifier 2024	Leeds	NE240117	1
100 Freestyle	1:00.07	58.70	474	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
200 Freestyle	2:10.24	2:07.60	480	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
400 Freestyle	4:33.24	4:28.10	522	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
800 Freestyle	9:26.97	9:16.70	507	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Breaststroke	37.17	36.30	340	09/06/24	City of Liverpool Splash and Dash Meet 2024	Liverpool	NW240533	3
50 Butterfly	28.09	27.40	498	20/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
50 Backstroke	30.79	30.10	447	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
100 Backstroke	1:08.53	1:07.30	426	20/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
200 Backstroke	2:26.09	2:23.80	449	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.00	27.80	416	18/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
100 Freestyle	59.10	1:00.50	436	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
200 Freestyle	2:09.23	2:11.90	454	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
400 Freestyle	4:31.61	4:36.70	477	07/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
800 Freestyle	9:26.28	9:36.40	480	05/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
50 Breaststroke	36.05	36.90	331	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Breaststroke	1:51.80	1:52.90	120	07/08/21	Everton SA	St Edwards	LEX3805	0
50 Butterfly	28.66	29.30	437	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Butterfly	1:05.91	1:07.10	380	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
50 Backstroke	31.02	31.70	362	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
100 Backstroke	1:06.55	1:07.70	383	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
200 Backstroke	2:26.49	2:28.70	374	26/11/23	Warriors of Warrington Percy Mason Memorial Meet	Warrington	NW231116	3
200 Individual Medley	2:25.02	2:27.70	432	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Individual Medley	1:11.12	1:11.10	332	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	WM230773	2