

Individual Best Times (All Time)

James Cam - (1368369) - Rotherham Metro SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.49	23.60	622	02/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
100 Freestyle	54.42	52.90	638	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
200 Freestyle	2:48.65	2:46.60	221	11/05/19	Rotherham Metro Springtime Long Course Meet	Sheffield	NE190335	3
400 Freestyle	4:45.81	4:40.90	456	15/05/22	Rotherham Metro Springtime Long Course Meet	Sheffield	NE220075	3
50 Breaststroke	48.49	47.80	153	07/03/20	Stocksbridge Spring Open Meet	Sheffield	NE200151	3
100 Breaststroke	1:57.56	1:56.50	113	01/09/18	The Dukeries Open Meet 2018	Sheffield	EM181254	3
50 Butterfly	26.33	25.60	605	19/05/24	Rotherham Metro Springtime Long Course Meet 2024	Sheffield	NE240230	3
100 Butterfly	1:00.64	59.40	542	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
200 Butterfly	2:29.46	2:27.30	402	30/04/22	SE North East Region Open/Youth Championships 2022	Sheffield	NE220860	1
50 Backstroke	30.73	30.10	450	17/02/24	Yorkshire SA Championships 2024	Sheffield	NE240026	1
100 Backstroke	1:04.21	1:02.90	518	19/05/24	Rotherham Metro Springtime Long Course Meet 2024	Sheffield	NE240230	3
200 Backstroke	2:20.28	2:17.90	507	29/04/23	SE NE Region Open/Youth Championships (50m) 2023	Sheffield	NE230133	1
200 Individual Medley	2:29.73	2:27.10	441	15/05/22	Rotherham Metro Springtime Long Course Meet	Sheffield	NE220075	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.22	25.10	576	05/11/23	NE Regional Open Championships (25m) 2023	Sheffield	NE231348	2
100 Freestyle	53.67	55.20	583	08/10/23	Yorkshire SA Winter Competitions 2023	Leeds	NE230684	2
200 Freestyle	2:05.63	2:08.40	494	17/09/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220520	3
400 Freestyle	4:31.16	4:36.30	479	01/10/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3
800 Freestyle	9:23.76	9:33.90	486	10/12/23	Rotherham Metro Winter Time Trial 2023	Maltby	NE232549	4
50 Breaststroke	42.75	43.50	198	21/05/21	Rotherham Metro	Maltby	LEX1272	0
100 Breaststroke	1:35.75	1:37.10	192	19/05/21	Rotherham Metro	Maltby LC	LEX1173	0
200 Breaststroke	3:16.87	3:19.50	227	04/06/21	Rotherham	Maltby	LEX1636	0
50 Butterfly	28.63	29.30	438	05/11/22	SE North East Open Championships (25m) 2022	Sheffield	NE221572	2
100 Butterfly	1:03.74	1:04.90	421	03/07/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220519	3
200 Butterfly	2:49.97	2:51.80	248	02/06/21	Rotherham Metro	Maltby	LEX1462	0
50 Backstroke	29.31	30.00	429	08/10/23	Yorkshire SA Winter Competitions 2023	Leeds	NE230684	2
100 Backstroke	1:03.23	1:04.50	446	17/09/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220520	3
200 Backstroke	2:15.09	2:17.50	478	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
200 Individual Medley	2:25.81	2:28.50	425	09/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
400 Individual Medley	5:11.09	5:16.70	430	02/07/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220519	3
100 Individual Medley	1:06.97	1:07.00	398	01/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3