

Individual Best Times (All Time)

Adam Carter - (1416543) - Arun Tridents SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.58	27.80	391	24/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1
100 Freestyle	1:03.48	1:02.10	402	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Freestyle	2:39.55	2:37.40	261	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
800 Freestyle	11:16.51	11:07.90	298	17/02/24	Sussex County ASA County Championships	Crawley	SE240242	1
50 Breaststroke	42.55	41.80	226	11/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
50 Butterfly	33.46	32.90	294	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Butterfly	1:23.12	1:22.20	210	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
50 Backstroke	37.27	36.70	252	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
100 Backstroke	1:20.20	1:19.20	266	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.66	29.40	348	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
100 Freestyle	1:03.09	1:04.40	359	17/01/24	Arun Tridents Time Trial Gala January 2024	Bognor Regis	SE240207	4
200 Freestyle	2:23.48	2:25.90	332	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
400 Freestyle	5:23.33	5:27.70	282	07/07/23	Arun Tridents SC Club Championships 2023	Arun LC	SE230883	4
800 Freestyle	10:46.65	10:55.50	322	12/12/23	Arun Tridents LD Club Championships 2023	Bognor Regis	SE232555	4
50 Breaststroke	39.69	40.50	248	26/05/24	Arun Tridents SC Vanessa Knight Meet 2024	Bognor Regis	SE240530	3
100 Breaststroke	1:28.46	1:29.90	244	29/06/24	Arun Tridents SC Club Championships 2024	Bognor Regis	SE241143	4
200 Breaststroke	3:22.71	3:25.30	208	02/04/23	Arun Tridents SC Easter Open 2023	Arun	SE230393	3
50 Butterfly	32.68	33.30	294	07/04/24	Arun Tridents SC Easter Open 2024	Bognor Regis	SE240233	3
100 Butterfly	1:17.35	1:18.30	235	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
200 Butterfly	3:25.89	3:27.40	139	02/04/23	Arun Tridents SC Easter Open 2023	Arun	SE230393	3
50 Backstroke	33.17	33.80	296	26/05/24	Arun Tridents SC Vanessa Knight Meet 2024	Bognor Regis	SE240530	3
100 Backstroke	1:16.56	1:17.60	251	24/09/23	Arun Tridents SC September Sizzler 2023	Arun	SE230650	3
200 Backstroke	2:49.59	2:51.50	241	07/04/24	Arun Tridents SC Easter Open 2024	Bognor Regis	SE240233	3
200 Individual Medley	2:44.92	2:47.30	293	07/04/24	Arun Tridents SC Easter Open 2024	Bognor Regis	SE240233	3
400 Individual Medley	5:57.28	6:02.20	283	30/06/24	Arun Tridents SC Club Championships 2024	Bognor Regis	SE241143	4
100 Individual Medley	1:16.16	1:16.20	270	26/05/24	Arun Tridents SC Vanessa Knight Meet 2024	Bognor Regis	SE240530	3