

Individual Best Times (All Time)

Justin Abrams - (1500206) - Mid Sussex Marlins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.64	35.00	201	07/01/23	Crawley Speedo New Year LC L3 Gala 2023	Crawley	SE230183	3
100 Freestyle	1:10.81	1:09.60	289	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Breaststroke	1:42.76	1:41.50	169	08/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
50 Butterfly	41.66	41.20	152	07/01/23	Crawley Speedo New Year LC L3 Gala 2023	Crawley	SE230183	3
50 Backstroke	39.42	38.90	213	09/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
100 Backstroke	1:33.25	1:32.40	169	12/02/22	Sussex County ASA County Championships	Crawley	SE220129	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.39	32.00	264	12/05/24	Mid Sussex Marlins Sprint Meet 2024	Burgess Hill	SE240766	3
100 Freestyle	1:10.54	1:11.70	256	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
200 Freestyle	2:31.74	2:34.00	280	07/04/24	Arun Tridents SC Easter Open 2024	Bognor Regis	SE240233	3
50 Breaststroke	42.09	42.80	208	12/05/24	Mid Sussex Marlins Sprint Meet 2024	Burgess Hill	SE240766	3
100 Breaststroke	1:52.11	1:53.20	119	06/03/22	Atlantis SC Splash n Dash 2022	Horsham	SE220034	3
50 Butterfly	35.95	36.50	221	12/05/24	Mid Sussex Marlins Sprint Meet 2024	Burgess Hill	SE240766	3
50 Backstroke	35.75	36.30	236	12/05/24	Mid Sussex Marlins Sprint Meet 2024	Burgess Hill	SE240766	3
100 Backstroke	1:21.18	1:22.20	211	07/04/24	Arun Tridents SC Easter Open 2024	Bognor Regis	SE240233	3
200 Individual Medley	2:56.18	2:58.40	240	07/04/24	Arun Tridents SC Easter Open 2024	Bognor Regis	SE240233	3
100 Individual Medley	1:19.00	1:19.00	242	12/05/24	Mid Sussex Marlins Sprint Meet 2024	Burgess Hill	SE240766	3