

Individual Best Times (All Time)

Sam Good - (1526412) - Wrekin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.44	27.70	397	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
100 Freestyle	1:02.40	1:01.00	423	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
200 Freestyle	2:14.44	2:11.80	436	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
400 Freestyle	4:39.63	4:34.60	487	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
800 Freestyle	9:39.00	9:28.90	476	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
1500 Freestyle	18:18.86	17:59.90	498	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
50 Breaststroke	41.28	40.50	248	16/12/23	Northampton SC Winter Festival 2023	Corby	EM232024	1
50 Butterfly	31.28	30.70	360	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
100 Butterfly	1:10.50	1:09.40	345	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
200 Butterfly	2:33.55	2:31.50	371	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
50 Backstroke	33.76	33.20	339	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
100 Backstroke	1:12.23	1:11.10	364	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
200 Backstroke	2:32.92	2:30.70	392	06/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
200 Individual Medley	2:31.39	2:28.80	426	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
400 Individual Medley	5:22.59	5:17.10	424	06/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.98	28.70	374	03/02/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240107	2
100 Freestyle	1:00.91	1:02.30	398	16/03/24	Wolverhampton SC Spring Open Meet 2024	Wolverhampton	WM240184	3
200 Freestyle	2:12.23	2:14.80	424	16/03/24	Wolverhampton SC Spring Open Meet 2024	Wolverhampton	WM240184	3
400 Freestyle	4:36.16	4:41.20	454	16/03/24	Wolverhampton SC Spring Open Meet 2024	Wolverhampton	WM240184	3
800 Freestyle	9:24.05	9:34.20	485	03/02/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240107	2
1500 Freestyle	17:59.03	18:18.00	483	28/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
50 Breaststroke	37.37	38.20	297	28/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
100 Breaststroke	1:23.48	1:25.00	290	20/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240105	2
200 Breaststroke	3:02.81	3:05.70	283	27/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
50 Butterfly	31.39	32.00	332	28/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
100 Butterfly	1:08.91	1:10.00	333	27/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
200 Butterfly	2:37.41	2:39.40	312	21/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240105	2
50 Backstroke	31.72	32.30	338	03/02/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240107	2
100 Backstroke	1:09.33	1:10.50	338	21/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240105	2
200 Backstroke	2:31.73	2:33.90	337	27/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
200 Individual Medley	2:30.66	2:33.30	385	17/03/24	Wolverhampton SC Spring Open Meet 2024	Wolverhampton	WM240184	3
400 Individual Medley	5:20.08	5:25.50	394	27/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
100 Individual Medley	1:10.51	1:10.50	341	21/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240105	2