

# Individual Best Times (All Time)

Daniel Staskus - (1600419) - Teddington SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.30	29.60	328	05/05/24	SE London Region Summer Championships 2024	London	LR240711	1
100 Freestyle	1:05.57	1:04.30	364	27/04/24	SE London Region Summer Championships 2024	London	LR240710	1
200 Freestyle	2:17.23	2:14.70	410	06/05/24	SE London Region Summer Championships 2024	London	LR240711	1
400 Freestyle	4:55.79	4:51.00	411	11/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
800 Freestyle	10:00.02	9:50.30	427	12/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
1500 Freestyle	19:20.66	19:02.70	422	27/04/24	SE London Region Summer Championships 2024	London	LR240710	1
50 Breaststroke	50.64	50.00	134	21/05/23	Winchester Mad May Sprints 2023	Winchester	SE230653	3
100 Butterfly	1:29.75	1:28.90	167	03/02/24	2024 Middlesex County Championships	Hillingdon	LR240187	1
50 Backstroke	35.90	35.30	282	04/05/24	SE London Region Summer Championships 2024	London	LR240711	1
100 Backstroke	1:17.53	1:16.50	294	06/05/24	SE London Region Summer Championships 2024	London	LR240711	1
200 Backstroke	2:39.55	2:37.40	345	05/05/24	SE London Region Summer Championships 2024	London	LR240711	1
200 Individual Medley	2:45.59	2:43.20	326	12/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
400 Individual Medley	5:45.20	5:40.10	346	23/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.69	31.40	283	03/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
100 Freestyle	1:07.99	1:09.20	286	02/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
200 Freestyle	2:36.66	2:38.90	255	07/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
400 Freestyle	5:15.65	5:20.10	304	03/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
800 Freestyle	10:58.21	11:06.90	305	21/10/23	Hart SC Distance Meet 2023	Hart	SE232049	3
1500 Freestyle	21:03.09	21:19.30	301	22/10/23	Hart SC Distance Meet 2023	Hart	SE232049	3
50 Breaststroke	50.83	51.40	118	05/03/23	Ealing SC Regional Qualifier Meet 2023	Northolt	LR230112	3
100 Breaststroke	1:51.21	1:52.30	122	25/03/23	Amersham SC Regional Qualifier SC Meet 2023	Chiltern	SE230327	3
50 Butterfly	47.80	48.20	94	25/03/23	Amersham SC Regional Qualifier SC Meet 2023	Chiltern	SE230327	3
100 Butterfly	1:33.24	1:34.10	134	03/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
200 Butterfly	3:42.08	3:43.50	111	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
50 Backstroke	35.87	36.40	234	11/06/24	Elmbridge Phoenix National Junior Arena League R2	Cobham	SE241365	4
100 Backstroke	1:22.85	1:23.80	198	03/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
200 Backstroke	2:56.70	2:58.60	213	07/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
200 Individual Medley	2:53.20	2:55.50	253	02/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
400 Individual Medley	6:06.21	6:11.00	263	02/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
100 Individual Medley	1:34.89	1:34.90	140	04/03/23	Ealing SC Regional Qualifier Meet 2023	Northolt	LR230112	3