

Individual Best Times (All Time)

Adam Dawson - (479861) - Scarborough Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.25	28.50	365	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Freestyle	1:02.82	1:01.50	415	25/02/17	Yorkshire SA County Championships	Leeds	NE170143	1
200 Freestyle	2:16.62	2:14.10	416	05/02/17	Yorkshire SA County Championships	Leeds	NE170141	1
400 Freestyle	4:49.93	4:45.00	437	06/02/16	Yorkshire County Championships	Leeds	NE160068	1
50 Breaststroke	40.04	39.20	272	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Breaststroke	1:47.08	1:45.90	149	19/01/14	Co Leeds New Year Meet 2014	Leeds	NE4019	3
50 Butterfly	32.23	31.60	329	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
50 Backstroke	32.40	31.80	384	29/05/16	ASANER Regional Championships 2016	Sheffield	NE160067	1
100 Backstroke	1:09.92	1:08.80	401	22/05/16	ASANER Regional Championships 2016	Sheffield	NE160066	1
200 Backstroke	2:34.38	2:32.20	381	07/02/16	Yorkshire County Championships	Leeds	NE160068	1
200 Individual Medley	2:38.85	2:36.30	369	04/02/17	Yorkshire SA County Championships	Leeds	NE170141	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.76	28.50	383	16/06/18	Scarborough Annual A & B Graded Meet	Scarborough	NE180814	3
100 Freestyle	1:00.77	1:02.10	401	02/07/17	End of Season Short Course Meet	Hull	NE171669	3
200 Freestyle	2:10.60	2:13.20	440	17/06/16	Scarborough Annual A & B Graded Meet	Scarborough	NE160150	3
400 Freestyle	4:38.96	4:43.90	440	17/06/16	Scarborough Annual A & B Graded Meet	Scarborough	NE160150	3
50 Breaststroke	37.32	38.20	298	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Breaststroke	1:23.23	1:24.70	292	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
200 Breaststroke	3:41.22	3:43.60	160	06/07/13	Kingston upon Hull End of Season Meet	Kingston upon Hull	NE3540	3
50 Butterfly	30.48	31.10	363	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
50 Backstroke	31.24	31.90	354	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
100 Backstroke	1:08.13	1:09.30	356	17/06/17	Scarborough Annual A & B Graded Meet	Scarborough	NE170491	3
200 Backstroke	2:26.66	2:28.90	373	01/07/17	End of Season Short Course Meet	Hull	NE171669	3
200 Individual Medley	2:28.91	2:31.50	399	17/06/17	Scarborough Annual A & B Graded Meet	Scarborough	NE170491	3
100 Individual Medley	1:10.72	1:10.70	338	18/06/17	Scarborough Annual A & B Graded Meet	Scarborough	NE170491	3