

# Individual Best Times (All Time)

Adam Rowe - (54394) - Swansea University

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.95	23.10	665	18/08/11	FINA World Junior Championships 2011	Lima, Peru	INT251	1
100 Freestyle	50.42	48.70	802	02/08/13	BG ASA National Youth Championships	Sheffield	ASA128	1
200 Freestyle	1:51.71	1:48.60	761	09/03/13	British Gas International 2013	Leeds	ASA124	1
400 Freestyle	4:04.01	3:58.20	733	19/05/13	Swim Swansea Annual LC Meet	Swansea	WAL496	1
800 Freestyle	9:27.94	9:17.70	504	09/02/08	West Midlands Time Trials	Coventry	WM8137	1
1500 Freestyle	17:53.58	17:34.20	534	09/02/08	West Midlands Time Trials	Coventry	WM8137	1
50 Breaststroke	51.33	50.70	129	01/11/03	City of Coventry B Grade Meet	Coventry	L3M001	1
200 Breaststroke	3:45.83	3:43.50	171	19/06/04	Midland District Age Grp Champ	Coventry	DCM008	1
50 Butterfly	26.63	25.90	584	06/03/10	International Sindelfingen	Stuttgart, Germany	GB0012	1
100 Butterfly	58.04	56.70	618	28/05/11	City of Sheffield No Frills Meet	Sheffield	NE1118	1
200 Butterfly	2:11.24	2:08.80	594	03/04/11	Derventio Excel Open Meet	Sheffield	EM1083	1
100 Backstroke	1:18.33	1:17.30	285	07/05/06	City of Coventry May Open	Coventry	WM6023	1
200 Backstroke	2:39.16	2:37.00	347	09/01/10	City of Derby Long Course	Sheffield	EM0019	1
200 Individual Medley	2:17.81	2:14.90	566	17/12/11	Northampton Winter Festival Open Meet	Corby	EM1466	1
400 Individual Medley	5:22.21	5:16.70	426	16/06/07	East & West Midlands Age	Coventry	WMR710	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.55	24.40	627	07/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
100 Freestyle	49.99	51.60	721	10/09/11	Commonwealth Youth Games 2011	Isle of Man	INT252	2
200 Freestyle	1:49.46	1:52.60	748	04/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
400 Freestyle	3:57.23	4:03.10	716	03/12/11	British Gas Midlands Winter Championships	Corby	WMR128	2
800 Freestyle	8:33.97	8:45.10	642	05/12/10	Leicester Distance Meet	Braunstone	EM0411	2
1500 Freestyle	16:58.88	17:18.90	574	01/03/08	Staffs County Champs	Wolverhampton	CC8060	2
50 Breaststroke	48.50	49.10	136	21/03/04	Staffordshire County Champs	Wolverhampton	CCM008	2
200 Breaststroke	3:25.87	3:28.40	198	05/03/05	Staffordshire County Champs	Wolverhampton	CCM535	2
50 Butterfly	27.07	27.80	518	20/03/10	Staffordshire County Champ	Wolverhampton	CC0004	2
100 Butterfly	59.16	1:00.40	526	17/10/10	ASA National Team Div 2	Sheffield	ASA106	2
200 Butterfly	2:07.09	2:09.50	594	06/11/10	BG Midland Winter Champs	Corby	WMR025	2
50 Backstroke	32.85	33.50	304	18/03/07	Staffordshire Champs	Wolverhampton	CC7074	2
100 Backstroke	1:03.01	1:04.30	451	22/10/11	Chase Roebuck 8th Open Meet	Wolverhampton	WM1456	2
200 Backstroke	2:42.04	2:44.10	277	05/03/06	Staffordshire County Champ	Wolverhampton	CC6060	2
200 Individual Medley	2:15.50	2:18.40	529	05/12/10	Leicester Distance Meet	Braunstone	EM0411	2
400 Individual Medley	4:37.23	4:43.50	607	03/12/10	Leicester Distance Meet	Braunstone	EM0411	2
100 Individual Medley	1:07.11	1:07.10	395	01/03/08	Staffs County Champs	Wolverhampton	CC8060	2