

Individual Best Times (All Time)

Dan Seagrove-Castle - (66193) - Kent Weald Swim Squad

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|--|------------|---------|-------|
| 50 Freestyle | 25.28 | 24.40 | 565 | 26/03/11 | City of Sheffield Premier Meet | Sheffield | NE1117 | 1 |
| 100 Freestyle | 53.71 | 52.10 | 664 | 26/03/11 | City of Sheffield Premier Meet | Sheffield | NE1117 | 1 |
| 200 Freestyle | 1:56.91 | 1:53.90 | 664 | 30/07/11 | British Gas ASA National Youth Champs | Sheffield | ASA112 | 1 |
| 400 Freestyle | 4:08.18 | 4:02.50 | 697 | 03/08/10 | British Gas Youth Champs | Sheffield | ASA102 | 1 |
| 800 Freestyle | 8:45.36 | 8:34.30 | 637 | 09/05/10 | ASA SE Region Youth Champs | Portsmouth | SER021 | 1 |
| 1500 Freestyle | 16:53.53 | 16:33.00 | 634 | 01/04/10 | Portsmouth Northsea Easter Meet | Portsmouth | SE0056 | 1 |
| 50 Breaststroke | 34.22 | 33.30 | 436 | 01/05/11 | BG South East Region Youth Championships | Crawley | SER111 | 1 |
| 50 Butterfly | 27.62 | 26.90 | 524 | 02/05/10 | South East Youth Champs | Crawley | SER020 | 1 |
| 100 Butterfly | 1:00.81 | 59.60 | 537 | 01/05/11 | BG South East Region Youth Championships | Crawley | SER111 | 1 |
| 200 Butterfly | 2:16.62 | 2:14.30 | 526 | 30/04/11 | BG South East Region Youth Championships | Crawley | SER111 | 1 |
| 100 Backstroke | 1:14.63 | 1:13.50 | 330 | 02/06/07 | South East Age Groups | Crawley | SER715 | 1 |
| 200 Individual Medley | 2:19.89 | 2:17.00 | 541 | 28/03/10 | City of Sheffield Premier | Sheffield | NE0069 | 1 |
| 400 Individual Medley | 4:58.99 | 4:53.10 | 533 | 08/05/10 | ASA SE Region Youth Champs | Portsmouth | SER021 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle | 24.21 | 25.10 | 577 | 02/04/11 | City of Canterbury Open Meet | Canterbury | SE1290 | 2 |
| 100 Freestyle | 52.00 | 53.60 | 641 | 16/10/11 | BG ASA National County Team Division 1 | Sheffield | ASA113 | 2 |
| 200 Freestyle | 1:53.21 | 1:56.20 | 676 | 21/05/11 | Black Lion Open Meet | Gillingham | SE1305 | 2 |
| 400 Freestyle | 4:04.62 | 4:10.30 | 653 | 28/02/10 | Kent County Champs | Gillingham | CC0046 | 2 |
| 800 Freestyle | 8:57.21 | 9:07.80 | 562 | 21/02/09 | Kent County Championships | Crook Log | CC9031 | 2 |
| 1500 Freestyle | 16:38.51 | 16:58.90 | 610 | 01/10/11 | East Invicta Championships | Canterbury | SE1486 | 2 |
| 50 Breaststroke | 31.90 | 32.90 | 478 | 02/04/11 | City of Canterbury Open Meet | Canterbury | SE1290 | 2 |
| 100 Breaststroke | 1:11.91 | 1:13.60 | 454 | 07/10/12 | East Invicta Annual Championships | Canterbury | SE2582 | 3 |
| 200 Breaststroke | 2:41.80 | 2:45.00 | 409 | 09/01/10 | Ice Breaker 2010 | Canterbury | SE0052 | 2 |
| 50 Butterfly | 26.30 | 27.00 | 565 | 07/01/18 | Dover & Canterbury Icebreaker 2018 | Kent | SE180291 | 3 |
| 100 Butterfly | 59.04 | 1:00.30 | 530 | 07/01/18 | Dover & Canterbury Icebreaker 2018 | Kent | SE180291 | 3 |
| 200 Butterfly | 2:13.16 | 2:15.50 | 516 | 02/10/11 | East Invicta Championships | Canterbury | SE1486 | 2 |
| 50 Backstroke | 32.33 | 32.90 | 319 | 14/09/12 | Canterbury SC Club Championships | Canterbury | SE2682 | 4 |
| 100 Backstroke | 1:12.54 | 1:13.60 | 295 | 18/02/07 | Kent County Champs | Gillingham | CC7022 | 2 |
| 200 Backstroke | 3:12.31 | 3:14.00 | 165 | 07/01/05 | Icebreaker Licensed Meet | Canterbury | L2S178 | 2 |
| 200 Individual Medley | 2:14.32 | 2:17.20 | 543 | 01/10/11 | East Invicta Championships | Canterbury | SE1486 | 2 |
| 400 Individual Medley | 4:44.74 | 4:50.80 | 560 | 26/02/11 | Kent County Championships | Gillingham | CC1054 | 2 |
| 100 Individual Medley | 1:08.91 | 1:08.90 | 365 | 06/12/08 | Guildford City Qualifier | Guildford | SE8372 | 2 |