

# Individual Best Times (All Time)

Adam Scrutton - (945931) - Formby Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.56	26.80	436	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
100 Freestyle	1:01.86	1:00.50	434	25/07/21	North West Summer Festival of Swimming	Manchester	NW210291	1
50 Breaststroke	34.13	33.20	439	31/07/21	North West Summer Festival of Swimming	Manchester	NW210293	1
100 Breaststroke	1:14.44	1:12.70	446	31/07/21	North West Summer Festival of Swimming	Manchester	NW210293	1
200 Breaststroke	2:51.42	2:48.30	392	25/07/21	North West Summer Festival of Swimming	Manchester	NW210291	1
50 Butterfly	33.43	32.90	295	29/02/20	City of Liverpool SC Splash & Dash	Wavertree	NW200341	3
100 Butterfly	1:52.76	1:52.10	84	21/06/15	City of Liverpool Level 3 Open Summer Meet	Liverpool	NW150790	3
50 Backstroke	35.13	34.60	301	29/02/20	City of Liverpool SC Splash & Dash	Wavertree	NW200341	3
100 Backstroke	1:35.59	1:34.70	157	21/06/15	City of Liverpool Level 3 Open Summer Meet	Liverpool	NW150790	3
200 Individual Medley	3:15.33	3:13.30	198	20/06/15	City of Liverpool Level 3 Open Summer Meet	Liverpool	NW150790	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.12	27.90	410	19/06/21	City of Liverpool	Liverpool	LEX2501	0
100 Freestyle	59.80	1:01.20	421	04/12/21	Preston SC Christmas Countdown	Darwen	NW211587	4
200 Freestyle	2:24.46	2:26.80	325	24/11/19	Prescot and Everton County Qualifier	Knowsley Leisure	NW192517	3
400 Freestyle	5:04.05	5:08.60	340	17/03/18	Prescot & Everton Spring Meet 2018	Knowsley	NW180131	3
50 Breaststroke	32.83	33.80	438	04/12/21	Preston SC Christmas Countdown	Darwen	NW211587	4
100 Breaststroke	1:13.09	1:14.80	432	05/12/21	Preston SC Christmas Countdown	Darwen	NW211318	3
200 Breaststroke	2:41.37	2:44.60	412	04/12/21	Preston SC Christmas Countdown	Darwen	NW211587	4
50 Butterfly	30.38	31.00	366	04/12/21	Preston SC Christmas Countdown	Darwen	NW211587	4
100 Butterfly	1:34.85	1:35.70	127	06/12/15	Preston Christmas Countdown 2015 L3 Open Meet	Darwen	NW151989	3
200 Butterfly	3:33.66	3:35.10	125	04/06/17	Preston Summer Spectacular 201 - L3 Open Meet	Darwen	NW171046	3
50 Backstroke	35.06	35.60	250	23/11/19	Prescot and Everton County Qualifier	Knowsley Leisure	NW192517	3
100 Backstroke	1:16.00	1:17.10	257	03/12/17	PSC Christmas Countdown 2017 - L3 Open Meet	Darwen	NW172385	3
200 Backstroke	2:43.45	2:45.50	269	01/12/18	Warrior of Warrington Percy Mason Memorial Gala	Warrington	NW181785	3
200 Individual Medley	2:39.75	2:42.20	323	30/11/19	WOW Percy Mason Memorial Gala	Orford Jubilee	NW192516	3
400 Individual Medley	6:23.48	6:28.00	229	13/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
100 Individual Medley	1:27.98	1:28.00	175	03/10/15	North Lancashire Level 2 Meet	Blackpool	NW151378	2