

Individual Best Times (All Time)

Tom McCabe - (958561) - Stockport Metro SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.72	24.90	537	25/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	NE220037	1
100 Freestyle	54.52	53.00	634	11/03/23	Stockport Metro Spring Long Course Open Meet 2023	Stockport	NW230479	1
200 Freestyle	1:58.31	1:55.30	640	06/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
400 Freestyle	4:12.67	4:07.10	660	25/03/23	SE North West Regional Summer Championships 2023	Liverpool	NW230689	1
800 Freestyle	8:48.53	8:37.50	625	07/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
1500 Freestyle	16:50.23	16:29.60	640	22/07/22	British Summer Championships	Sheffield	BSW022	1
50 Breaststroke	31.93	30.90	536	15/04/23	City of Leeds SC National Qualifier Meet 2023	Leeds	NE230087	1
100 Breaststroke	1:16.46	1:14.80	411	26/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	NE200004	1
200 Breaststroke	2:53.03	2:50.00	381	07/04/19	Manchester Open 2019	Manchester	NW190308	1
50 Butterfly	26.05	25.30	624	10/02/23	Middle East Junior and Open Championships 2023	Hamdan	GBR1912	1
100 Butterfly	58.30	57.00	610	11/02/23	Middle East Junior and Open Championships 2023	Hamdan	GBR1912	1
200 Butterfly	2:26.82	2:24.70	424	26/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	NE200004	1
50 Backstroke	32.31	31.70	387	12/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
100 Backstroke	1:16.51	1:15.50	306	25/03/18	Stockport Metro National Qualification Meet 2018	Stockport	NW180652	1
200 Backstroke	2:42.81	2:40.70	324	27/05/18	2018 SENW Summer Championships	Manchester	NW180834	1
200 Individual Medley	2:18.71	2:15.80	555	26/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	NE220037	1
400 Individual Medley	5:17.15	5:11.60	447	31/03/19	Stockport Metro Qualifying Open Meet	Stockport	NW191265	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.14	26.00	515	16/10/22	Wigan BEST SC Future Stars Open Meet	Wigan	NW221978	2
100 Freestyle	53.71	55.20	581	19/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2
200 Freestyle	1:56.48	1:59.40	620	20/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2
400 Freestyle	4:09.76	4:15.30	613	19/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2
800 Freestyle	9:00.77	9:11.30	551	15/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	NW192983	2
1500 Freestyle	16:25.65	16:46.30	634	06/11/22	SE NW Winter Regional Swimming Championships	Liverpool	NW221980	2
50 Breaststroke	31.89	32.90	478	19/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2
100 Breaststroke	1:13.32	1:15.00	428	20/09/22	Stockport Metro Cub Champs 2022	Stockport	NW222000	4
200 Breaststroke	2:46.88	2:50.00	373	26/01/19	Cheshire County Championships 2019	Macclesfield	NW190171	2
50 Butterfly	26.40	27.10	559	20/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2
100 Butterfly	57.49	58.80	574	02/12/22	National Winter Championships 2022	Sheffield	ENG027	2
200 Butterfly	2:15.82	2:18.10	486	13/07/22	Stockport Metro Wolfpack Series	Stockport	NW220091	4
50 Backstroke	32.15	32.80	325	19/01/19	Cheshire County Championships 2019	Macclesfield	NW190170	2
100 Backstroke	1:09.51	1:10.70	336	19/01/19	Cheshire County Championships 2019	Macclesfield	NW190170	2
200 Backstroke	2:40.22	2:42.30	286	21/01/18	CHESHIRE COUNTY CHAMPIONSHIPS 2018	Macclesfield	NW180236	2
200 Individual Medley	2:13.75	2:16.70	550	19/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2
400 Individual Medley	5:13.09	5:18.70	421	20/01/19	Cheshire County Championships 2019	Macclesfield	NW190170	2
100 Individual Medley	1:08.97	1:09.00	364	02/02/19	Cheshire County Championships 2019	Macclesfield	NW190172	2