

Individual Best Times (All Time)

Conner Aspinall - (90016127) - Haddington & District ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.98	26.20	465	12/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Freestyle	56.13	54.60	581	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Freestyle	2:01.32	1:58.40	594	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
400 Freestyle	4:19.72	4:14.30	608	11/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
800 Freestyle	9:06.54	8:55.90	566	14/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
1500 Freestyle	17:11.35	16:51.20	602	13/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
50 Breaststroke	35.10	34.20	404	21/01/23	East District Age Groups	Scotland	SCO1979	1
100 Breaststroke	1:16.78	1:15.10	406	30/03/23	East District Age Groups	Edinburgh	SCO2015	1
200 Breaststroke	2:42.56	2:39.30	459	01/07/23	Scottish National Open Championships	Tollcross	SCO2054	1
50 Butterfly	28.29	27.60	487	10/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Butterfly	1:03.84	1:02.60	464	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Butterfly	2:31.30	2:29.20	387	11/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
50 Backstroke	30.54	29.90	458	14/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Backstroke	1:04.74	1:03.50	506	10/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Backstroke	2:20.85	2:18.50	501	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Individual Medley	2:18.90	2:16.00	552	14/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
400 Individual Medley	5:02.16	4:56.30	516	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.77	27.50	427	10/06/23	Warrender End of Season SC Meet	Glenrothes	SCO2045	2
100 Freestyle	56.07	57.50	511	02/03/24	Bellshill Sharks Winter Meet 2024	Bellshill	SCO2162	2
200 Freestyle	2:01.84	2:04.70	542	10/06/23	Warrender End of Season SC Meet	Glenrothes	SCO2045	2
400 Freestyle	4:17.41	4:22.80	560	02/03/24	Bellshill Sharks Winter Meet 2024	Bellshill	SCO2162	2
800 Freestyle	9:00.43	9:11.00	552	02/03/24	Bellshill Sharks Winter Meet 2024	Bellshill	SCO2162	2
1500 Freestyle	17:27.51	17:47.00	528	17/06/23	Lothian Region Distance Meet additional 1	Mercat Cait	SCO2051	2
50 Breaststroke	38.22	39.00	278	22/01/22	East District Age Group Championships Round 1	Edinburgh	SCO1844	2
100 Breaststroke	1:14.24	1:15.90	412	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
200 Breaststroke	2:53.61	2:56.60	331	19/02/22	East District Round 2	Xcite Bathgate	SCO1850	2
50 Butterfly	33.43	34.00	275	23/01/22	East District Age Group Championships Round 1	Edinburgh	SCO1844	2
100 Butterfly	1:03.99	1:05.20	416	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
200 Butterfly	2:29.20	2:31.30	367	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
50 Backstroke	30.24	30.90	390	27/01/24	ELST Age Group Meet 2024	Prestonpans	SCO2139	2
100 Backstroke	1:04.92	1:06.10	412	03/03/24	Bellshill Sharks Winter Meet 2024	Bellshill	SCO2162	2
200 Backstroke	2:20.52	2:22.90	424	11/06/23	Warrender End of Season SC Meet	Glenrothes	SCO2045	2
200 Individual Medley	2:18.53	2:21.30	495	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
400 Individual Medley	4:57.30	5:03.10	492	03/03/24	Bellshill Sharks Winter Meet 2024	Bellshill	SCO2162	2
100 Individual Medley	1:07.80	1:07.80	383	04/02/23	ELST Age Group Meet 2023	Prestonpans	SCO1978	2