

# Individual Best Times (All Time)

Aaron Lewsey - (1084628) - Banchory Beavers ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.00	27.20	416	05/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
100 Freestyle	1:00.09	58.70	474	06/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
200 Freestyle	2:12.66	2:10.00	454	05/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
400 Freestyle	4:45.33	4:40.40	458	30/05/15	North District Junior LC Time Trials 2015	Aberdeen	SCO985	2
1500 Freestyle	21:56.29	21:40.50	289	04/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
50 Breaststroke	42.62	41.90	225	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
100 Breaststroke	1:35.92	1:34.60	208	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
200 Breaststroke	3:06.67	3:03.80	303	05/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
50 Butterfly	36.86	36.30	220	04/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
100 Butterfly	1:14.24	1:13.20	295	30/05/15	North District Junior LC Time Trials 2015	Aberdeen	SCO985	2
200 Butterfly	2:40.55	2:38.60	324	05/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
50 Backstroke	31.77	31.10	407	04/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
100 Backstroke	1:08.35	1:07.20	430	05/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
200 Backstroke	2:29.36	2:27.10	420	06/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
200 Individual Medley	2:32.35	2:29.70	418	05/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
400 Individual Medley	5:41.42	5:36.20	358	06/03/16	North District Age Group Championships	Aberdeen	SCO1094	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.09	26.90	461	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Freestyle	57.26	58.70	480	29/10/16	DCA Autumn Meet	Dundee	SCO1187	2
200 Freestyle	2:08.16	2:10.80	466	20/06/15	SASA North District Development Meet 2015	Inverness	SCO1004	1
400 Freestyle	4:33.51	4:38.60	467	29/10/16	DCA Autumn Meet	Dundee	SCO1187	2
50 Breaststroke	35.75	36.60	339	19/11/16	Upper Deeside Challenge 2016	Aberdeen	SCO1378	2
100 Breaststroke	1:21.49	1:23.00	312	25/10/15	DCA Autumn Open Meet	Dundee	SCO1030	2
200 Breaststroke	2:47.78	2:50.90	367	29/10/16	DCA Autumn Meet	Dundee	SCO1187	2
50 Butterfly	30.55	31.20	360	19/11/16	Upper Deeside Challenge 2016	Aberdeen	SCO1378	2
100 Butterfly	1:06.50	1:07.60	370	19/11/16	Upper Deeside Challenge 2016	Aberdeen	SCO1378	2
200 Butterfly	2:30.28	2:32.40	359	30/10/16	DCA Autumn Meet	Dundee	SCO1187	2
50 Backstroke	30.92	31.60	365	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Backstroke	1:05.74	1:06.90	397	29/10/16	DCA Autumn Meet	Dundee	SCO1187	2
200 Backstroke	2:21.84	2:24.20	413	29/10/16	DCA Autumn Meet	Dundee	SCO1187	2
200 Individual Medley	2:25.65	2:28.30	426	25/06/16	North District Development Meets	Inverness	SCO1154	2
400 Individual Medley	5:07.91	5:13.60	443	01/10/16	ND Distance Meet	Fraserburgh	SCO1176	2
100 Individual Medley	1:09.50	1:09.50	356	20/02/16	Garioch Mix Up Meet 2016	Inverurie	SCO1086	2