

Individual Best Times (All Time)

Steven Pate - (1118332) - Fins CSC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.11	27.40	411	24/01/23	East District Age Groups	Scotland	SCO1979	1
100 Freestyle	1:00.60	59.20	462	16/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
50 Breaststroke	33.05	32.10	484	13/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
100 Breaststroke	1:15.37	1:13.70	429	14/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
200 Breaststroke	2:51.93	2:48.80	388	10/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Individual Medley	2:44.57	2:42.20	332	27/03/22	East District Age Group Champs	East District	SCO1869	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.38	28.10	399	12/11/23	Fife Championships 2023	Michael Woods Centre	SCO2095	2
100 Freestyle	59.55	1:00.90	426	07/05/23	Fife Novice & Leagues round 2 2023	Michael Woods Centre	SCO2023	2
200 Freestyle	2:18.98	2:21.50	365	05/02/23	ELST Age Group Meet 2023	Prestonpans	SCO1978	2
50 Breaststroke	32.40	33.40	456	12/11/23	Fife Championships 2023	Michael Woods Centre	SCO2095	2
100 Breaststroke	1:12.74	1:14.40	438	03/06/23	Fife Novice & Leagues round 3	Fife	SCO2041	2
200 Breaststroke	2:39.20	2:42.50	429	15/10/23	SWL Distance Meet 2023	Xcite Bathgate	SCO2074	2
50 Butterfly	30.83	31.40	351	12/11/23	Fife Championships 2023	Michael Woods Centre	SCO2095	2
100 Butterfly	1:21.66	1:22.60	200	12/06/22	Fife Leagues round 2	Glenrothes	SCO1905	2
50 Backstroke	34.98	35.50	252	22/01/22	East District Age Group Championships Round 1	Edinburgh	SCO1844	2
100 Backstroke	1:17.26	1:18.30	244	22/05/22	Carnegie Spring Age Group Meet 2022	Glenrothes	SCO1904	2
200 Individual Medley	2:29.93	2:32.50	390	17/02/24	Glenrothes Spring meet 2024	Glenrothes	SCO2145	2
100 Individual Medley	1:08.89	1:08.90	366	12/11/23	Fife Championships 2023	Michael Woods Centre	SCO2095	2