

Individual Best Times (All Time)

Angus Iain Young - (1129644) - Alloa ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.89	27.10	421	02/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
100 Freestyle	1:01.25	59.90	447	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
200 Freestyle	2:16.06	2:13.50	421	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
400 Freestyle	5:04.44	4:59.80	377	14/01/17	2017 SASA West District LC AG R1 Championship	East Kilbride	SCO1223	1
50 Breaststroke	34.95	34.00	409	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Breaststroke	1:20.10	1:18.50	358	02/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
200 Breaststroke	2:53.79	2:50.70	376	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
50 Butterfly	29.23	28.60	442	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Butterfly	1:11.52	1:10.40	330	03/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
200 Butterfly	2:49.40	2:47.50	276	14/01/18	2018 SS West District LC January Age Group Meet	East Kilbride	SCO1400	1
50 Backstroke	31.73	31.10	408	03/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
100 Backstroke	1:09.95	1:08.80	401	02/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
200 Backstroke	2:26.32	2:24.00	447	30/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Individual Medley	2:28.13	2:25.40	455	14/01/18	2018 SS West District LC January Age Group Meet	East Kilbride	SCO1400	1
400 Individual Medley	5:30.25	5:24.90	395	03/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.69	27.50	430	13/04/19	Stirling Spring Open Meet	Grangemouth	SCO1650	2
100 Freestyle	57.88	59.30	464	26/08/18	Central Swimming Championships 2018	Grangemouth	SCO1501	2
200 Freestyle	2:07.08	2:09.80	478	26/05/18	InCAS Distance Gala 2018	Glenrothes	SCO1496	2
400 Freestyle	4:33.94	4:39.00	465	27/05/18	InCAS Distance Gala 2018	Glenrothes	SCO1496	2
800 Freestyle	9:27.49	9:37.60	477	27/05/18	InCAS Distance Gala 2018	Glenrothes	SCO1496	2
1500 Freestyle	18:13.24	18:31.90	464	26/05/18	InCAS Distance Gala 2018	Glenrothes	SCO1496	2
50 Breaststroke	34.41	35.30	381	01/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Breaststroke	1:14.26	1:15.90	412	20/05/18	Alloa May Meet 18	Alloa	SCO1470	2
200 Breaststroke	2:39.84	2:43.10	424	27/10/18	2018 WD SC Senior Age Group Championships	Tollcross	SCO1534	2
50 Butterfly	29.05	29.70	419	01/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Butterfly	1:05.66	1:06.80	385	25/03/18	Falkirk Extended Mini Meet Gala	Grangemouth Complex	SCO1451	2
200 Butterfly	2:30.88	2:33.00	355	26/05/18	InCAS Distance Gala 2018	Glenrothes	SCO1496	2
50 Backstroke	30.45	31.10	382	20/10/18	Alloa Graded Meet 2018	Stirling	SCO1532	2
100 Backstroke	1:05.65	1:06.90	398	14/04/19	Stirling Spring Open Meet	Grangemouth	SCO1650	2
200 Backstroke	2:22.88	2:25.20	404	28/10/18	2018 WD SC Senior Age Group Championships	Tollcross	SCO1534	2
200 Individual Medley	2:22.68	2:25.40	453	27/05/18	InCAS Distance Gala 2018	Glenrothes	SCO1496	2
400 Individual Medley	5:12.21	5:17.80	425	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
100 Individual Medley	1:06.63	1:06.60	404	16/09/18	Stirling Autumn Meet	Stirling	SCO1517	2