

Individual Best Times (All Time)

Rowan McGill - (1151686) - Aberdeen University Swimming and

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.73	30.00	453	04/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Freestyle	1:05.19	1:03.90	499	22/02/20	EDAG Roun 4 Finals	Edinburgh	SCO1810	1
200 Freestyle	2:19.39	2:16.90	530	16/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
400 Freestyle	4:51.93	4:47.10	524	12/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
800 Freestyle	10:12.31	10:02.80	496	12/05/18	2018 WD Wannabe - BITW AG Open Meet	Tollcross	SCO1465	1
1500 Freestyle	19:35.53	19:17.80	480	13/05/18	2018 WD Wannabe - BITW AG Open Meet	Tollcross	SCO1465	1
50 Breaststroke	44.78	44.10	276	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Breaststroke	1:31.27	1:29.90	346	04/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
50 Butterfly	33.25	32.70	396	12/05/18	2018 WD Wannabe - BITW AG Open Meet	Tollcross	SCO1465	1
100 Butterfly	1:16.18	1:15.20	386	22/02/20	EDAG Roun 4 Finals	Edinburgh	SCO1810	1
50 Backstroke	32.85	32.20	546	12/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
100 Backstroke	1:08.43	1:07.20	588	13/03/20	Edinburgh International	Edinburgh	SCO1813	1
200 Backstroke	2:27.66	2:25.40	579	13/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
200 Individual Medley	2:37.52	2:35.00	513	22/02/20	EDAG Roun 4 Finals	Edinburgh	SCO1810	1
400 Individual Medley	5:41.79	5:36.60	470	27/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.48	31.20	425	18/03/18	Portobello Mad March Meet	Mercat Gait Centre	SCO1467	2
100 Freestyle	1:03.88	1:05.20	486	13/11/21	SASA North District Autumn Championships	Inverness, Scotland	SCO1827	2
200 Freestyle	2:15.61	2:18.10	538	18/01/20	East District Age Groups Round 3	Michael Woods Centre	SCO1773	2
400 Freestyle	4:45.88	4:50.70	529	24/11/19	East District Age Groups round 2	Michael Woods Centre	SCO1754	2
800 Freestyle	9:50.20	9:59.90	529	25/11/17	EDAG 17 Round 1	Michael Woods Centre	SCO1431	2
1500 Freestyle	18:53.11	19:11.20	514	26/11/17	EDAG 17 Round 1	Michael Woods Centre	SCO1431	2
50 Breaststroke	45.78	46.50	237	10/10/15	Hearts Premier Age Group Meet	Prestonpans	SCO1037	2
100 Breaststroke	1:27.08	1:28.50	367	03/03/19	Midlothian Spring Meet	Mercat Gait Centre	SCO1615	2
200 Breaststroke	3:00.82	3:03.70	412	29/02/20	Midlothian Spring Meet	Prestonpans	SCO1809	1
50 Butterfly	33.94	34.50	370	22/12/18	East District Age Groups 2018 Round 2	Edinburgh	SCO1578	2
100 Butterfly	1:18.00	1:19.00	332	27/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
200 Butterfly	2:58.51	3:00.30	300	28/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
50 Backstroke	32.13	32.70	485	04/01/20	SWL Open Meet Bathgate	Bathgate	SCO1799	2
100 Backstroke	1:08.38	1:09.50	517	14/11/21	SASA North District Autumn Championships	Inverness, Scotland	SCO1827	2
200 Backstroke	2:22.45	2:24.80	582	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
200 Individual Medley	2:33.52	2:36.10	500	04/01/20	SWL Open Meet Bathgate	Bathgate	SCO1799	2
400 Individual Medley	5:25.96	5:31.30	501	23/11/19	East District Age Groups round 2	Michael Woods Centre	SCO1754	2
100 Individual Medley	1:11.66	1:11.70	490	13/11/21	SASA North District Autumn Championships	Inverness, Scotland	SCO1827	2