

Individual Best Times (All Time)

Samuel Sabharwal - (1153337) - Rutherglen ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.59	25.80	486	29/02/20	2020 SS West District LC AG Pre-SNAG Meet	Glasgow	SCO1800	2
100 Freestyle	59.42	58.00	490	13/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
200 Freestyle	2:16.58	2:14.00	416	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
400 Freestyle	4:58.51	4:53.80	400	12/01/19	2019 SS West District LC Senior Age Group Champs	Glasgow	SCO1587	1
1500 Freestyle	20:24.18	20:07.20	360	14/01/18	2018 SS West District LC January Age Group Meet	East Kilbride	SCO1400	1
50 Breaststroke	35.47	34.60	391	22/09/19	City of Sheffield Swim Squad Teaspoon Gala	Sheffield	NE190405	3
100 Breaststroke	1:19.51	1:17.90	366	12/01/20	2020 WD Long Course Championships - WE1	Tollcross	SCO1782	1
200 Breaststroke	3:12.47	3:09.70	277	13/01/18	2018 SS West District LC January Age Group Meet	East Kilbride	SCO1400	1
50 Butterfly	30.07	29.40	406	29/02/20	2020 SS West District LC AG Pre-SNAG Meet	Glasgow	SCO1800	2
100 Butterfly	1:09.34	1:08.20	362	11/01/20	2020 WD Long Course Championships - WE1	Tollcross	SCO1782	1
200 Butterfly	3:05.51	3:03.80	210	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
50 Backstroke	35.02	34.40	304	22/09/19	City of Sheffield Swim Squad Teaspoon Gala	Sheffield	NE190405	3
100 Backstroke	1:16.43	1:15.40	307	11/05/19	2019 WD Future Stars AG Open Meet	Tollcross	SCO1658	1
200 Individual Medley	2:33.94	2:31.40	406	03/02/19	2019 SS West District LC Senior Age Group Champs	Glasgow	SCO1590	1
400 Individual Medley	5:38.89	5:33.70	366	15/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.95	27.70	418	02/06/19	RASC Summer Graded Meet 2019	Sir Matt Busby Sport	SCO1669	2
100 Freestyle	1:00.04	1:01.40	416	02/11/19	REN96 Open Meet	Linwood	SCO1742	2
200 Freestyle	2:13.75	2:16.30	410	03/11/19	REN96 Open Meet	Linwood	SCO1742	2
400 Freestyle	5:21.96	5:26.30	286	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
1500 Freestyle	22:31.59	22:46.80	245	29/05/16	Rutherglen Rascals Graded Meet	Bellshill	SCO1136	2
50 Breaststroke	35.60	36.50	344	07/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Breaststroke	1:21.04	1:22.60	317	27/01/19	Grangemouth MAGS 2018	Grangemouth	SCO1611	2
200 Breaststroke	2:55.39	2:58.40	321	02/06/19	RASC Summer Graded Meet 2019	Sir Matt Busby Sport	SCO1669	2
50 Butterfly	30.96	31.60	346	08/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Butterfly	1:08.81	1:09.90	334	05/10/19	Clyde Coast Winter Championships	Clyde	SCO1719	2
200 Butterfly	3:22.12	3:23.70	147	13/03/16	North Ayrshire 200 Meet	Auchenharvie	SCO1097	2
50 Backstroke	35.78	36.30	235	16/12/17	Cumbernauld Christmas Sprints 2017	Cumbernauld	SCO1393	2
100 Backstroke	1:16.06	1:17.10	256	27/01/19	Grangemouth MAGS 2018	Grangemouth	SCO1611	2
200 Backstroke	2:51.08	2:53.00	235	27/05/17	Rutherglen Rascals Graded Meet	Bellshill	SCO1302	2
200 Individual Medley	2:36.06	2:38.60	346	27/01/19	Grangemouth MAGS 2018	Grangemouth	SCO1611	2
400 Individual Medley	5:33.30	5:38.50	349	30/09/18	North Ayrshire Distance Meet	North Ayrshire	SCO1518	2
100 Individual Medley	1:11.52	1:11.50	327	08/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1