

Individual Best Times (All Time)

Tom Nicolson - (1243390) - Delting Dolphins ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.38	26.60	445	03/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
100 Freestyle	58.98	57.50	501	01/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
200 Freestyle	2:12.50	2:09.90	456	26/03/22	North District Age Group Champs 2022	Aberdeen	SCO1876	1
400 Freestyle	4:42.34	4:37.30	473	02/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
800 Freestyle	9:53.43	9:43.60	442	25/05/19	North District Long Course Time Trials 2019	Aberdeen	SCO1664	1
1500 Freestyle	19:00.03	18:41.80	446	05/03/19	ND Age Group Championships 2019 R2	Aberdeen	SCO1618	1
50 Breaststroke	35.65	34.80	385	03/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
100 Breaststroke	1:20.11	1:18.50	357	02/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
200 Breaststroke	2:54.75	2:51.70	370	02/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
50 Butterfly	28.18	27.50	493	02/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
100 Butterfly	1:03.66	1:02.50	468	27/03/22	North District Age Group Champs 2022	Aberdeen	SCO1876	1
200 Butterfly	2:27.94	2:25.80	414	01/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
50 Backstroke	33.54	32.90	346	03/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
100 Backstroke	1:13.90	1:12.80	340	02/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
200 Backstroke	2:35.57	2:33.40	372	01/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
200 Individual Medley	2:29.87	2:27.20	440	01/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
400 Individual Medley	5:16.99	5:11.40	447	03/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.52	27.30	439	06/03/22	The A9 Partnership Shetland Sprints 2022	Clickimin	SCO1855	2
100 Freestyle	57.41	58.80	476	16/01/22	Shetland Pentaqua R1	Shetland, Scotland	SCO1840	2
200 Freestyle	2:08.67	2:11.30	460	20/02/22	Lerwick ASC Feb Meet 2022	Shetlands	SCO1849	3
400 Freestyle	4:33.94	4:39.00	465	09/10/21	North District Autumn Championships Part 1	Aberdeen	SCO1820	2
800 Freestyle	9:29.64	9:39.70	471	06/07/19	Natwest International Island Games XVIII	Gibraltar	GBR1183	2
1500 Freestyle	18:42.76	19:01.00	429	17/06/22	T L Dallas Midsummer Meet 2022	Clickimin Pool	SCO1901	3
50 Breaststroke	33.25	34.20	422	07/05/22	Shetland Junior Inter County Trials 2022	Shetland	SCO1881	2
100 Breaststroke	1:13.96	1:15.60	417	05/06/22	Junior Inter County 2022	Orkney	SCO1892	3
200 Breaststroke	2:46.40	2:49.50	376	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
50 Butterfly	27.52	28.20	493	20/11/21	GTS Winter Meet	Clickimin, Scotland	SCO1828	2
100 Butterfly	1:00.71	1:01.90	487	04/06/23	Shetland Junior Inter County 2023	Shetland	SCO2040	2
200 Butterfly	2:18.86	2:21.10	455	20/02/22	Lerwick ASC Feb Meet 2022	Shetlands	SCO1849	3
50 Backstroke	31.42	32.10	348	06/03/22	The A9 Partnership Shetland Sprints 2022	Clickimin	SCO1855	2
100 Backstroke	1:08.15	1:09.30	356	16/01/22	Shetland Pentaqua R1	Shetland, Scotland	SCO1840	2
200 Backstroke	2:27.63	2:29.90	366	13/11/21	SASA North District Autumn Championships	Inverness, Scotland	SCO1827	2
200 Individual Medley	2:21.44	2:24.20	465	31/10/21	Grieg Seafood Shetland Age Group Champs 2021	Shetlands	SCO1823	2
400 Individual Medley	4:59.36	5:05.20	482	14/11/21	SASA North District Autumn Championships	Inverness, Scotland	SCO1827	2
100 Individual Medley	1:04.99	1:05.00	435	20/11/21	GTS Winter Meet	Clickimin, Scotland	SCO1828	2