

# Individual Best Times (All Time)

Neil Mcdougall - (1652343) - Eastbourne SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.48	31.80	266	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Freestyle	1:16.90	1:15.80	226	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Freestyle	2:51.99	2:50.00	208	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
50 Breaststroke	55.68	55.10	101	12/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230304	1
100 Breaststroke	1:58.13	1:57.10	111	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Butterfly	36.63	36.10	224	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Butterfly	1:38.14	1:37.40	127	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
50 Backstroke	37.08	36.50	256	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
100 Backstroke	1:24.33	1:23.40	229	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Backstroke	2:59.81	2:57.90	241	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Individual Medley	3:12.89	3:10.80	206	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.68	32.30	257	14/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
100 Freestyle	1:13.11	1:14.20	230	04/11/23	Eastbourne SC 2023 Club Championships	Eastbourne	SE230505	4
200 Freestyle	2:42.84	2:45.00	227	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
400 Freestyle	5:42.03	5:46.10	238	15/06/24	Eastbourne SC Club Championships	Eastbourne	SE240338	4
50 Breaststroke	48.48	49.10	136	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Breaststroke	1:49.70	1:50.80	127	15/06/24	Eastbourne SC Club Championships	Eastbourne	SE240338	4
50 Butterfly	38.12	38.60	185	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
100 Butterfly	1:33.24	1:34.10	134	23/03/24	Eastbourne SC Club Championships	Eastbourne	SE240337	4
50 Backstroke	36.81	37.40	216	09/12/23	National Arena Swimming League South R3 2023	Crawley	SE232578	3
100 Backstroke	1:21.38	1:22.40	209	22/06/24	Hastings Terry Fitzgerald Memorial Open Meet 2024	Hastings	SE240088	3
200 Backstroke	2:57.61	2:59.50	210	24/06/23	Atlantis Summer Splash 2023	Horsham	SE230391	3
200 Individual Medley	3:09.89	3:12.00	192	14/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
100 Individual Medley	1:25.63	1:25.60	190	15/07/23	Mid Sussex Marlins L3 End of Season Open Meet 2023	West Sussex	SE231138	3