

Individual Best Times (All Time)

Jake Swanson - (29828) - Lerwick ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.21	25.40	507	20/02/16	BUCS Long Course Championships	Sheffield	NE160130	1
100 Freestyle	57.70	56.20	535	14/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
200 Freestyle	2:06.36	2:03.60	525	11/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
400 Freestyle	4:43.72	4:38.70	466	24/06/10	BG Scottish Nationals Open	Glasgow	SCO443	1
50 Breaststroke	32.50	31.50	509	20/02/16	BUCS Long Course Championships	Sheffield	NE160130	1
100 Breaststroke	1:12.47	1:10.70	483	21/02/16	BUCS Long Course Championships	Sheffield	NE160130	1
200 Breaststroke	2:40.79	2:37.50	475	10/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
100 Butterfly	1:04.59	1:03.40	448	11/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
100 Backstroke	1:06.49	1:05.30	467	10/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
200 Backstroke	2:35.06	2:32.90	376	24/06/10	BG Scottish Nationals Open	Glasgow	SCO443	1
200 Individual Medley	2:20.73	2:17.90	531	14/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
400 Individual Medley	5:15.16	5:09.50	455	26/06/10	BG Scottish Nationals Open	Glasgow	SCO443	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.90	25.70	530	17/11/18	GTS Winter Meet 2018	Clickimin	SCO1550	2
100 Freestyle	55.74	57.20	520	02/03/13	SASA North District Age Group Championship	Inverness	SCO703	1
200 Freestyle	2:00.73	2:03.60	557	03/03/13	SASA North District Age Group Championship	Inverness	SCO703	1
400 Freestyle	4:30.09	4:35.20	485	04/06/11	SASA North District Open Championships	Westhill	SCO522	1
800 Freestyle	9:18.91	9:29.10	499	05/06/10	North District Open Champs	Westhill	SCO437	1
1500 Freestyle	17:42.49	18:01.70	506	05/06/11	SASA North District Open Championships	Westhill	SCO522	1
50 Breaststroke	30.39	31.40	553	30/06/15	NatWest Island Games 2015	Jersey	SE150831	2
100 Breaststroke	1:06.20	1:08.10	582	15/07/13	Natwest Island Games XV	Bermuda	GB3068	2
200 Breaststroke	2:25.25	2:28.80	566	18/07/13	Natwest Island Games XV	Bermuda	GB3068	2
50 Butterfly	27.51	28.20	494	15/12/11	Scottish Gas National Short Course Open	Inverness	SCO574	1
100 Butterfly	1:01.34	1:02.60	472	04/11/12	Shetland Age Group Chsmptionships	Shetland	SCO663	2
50 Backstroke	28.90	29.60	447	15/07/13	Natwest Island Games XV	Bermuda	GB3068	2
100 Backstroke	1:02.33	1:03.60	466	02/03/13	SASA North District Age Group Championship	Inverness	SCO703	1
200 Backstroke	2:27.67	2:29.90	366	06/03/10	SASA North District Age	Inverness	SCO415	1
200 Individual Medley	2:13.98	2:16.90	547	02/03/13	SASA North District Age Group Championship	Inverness	SCO703	1
400 Individual Medley	5:01.34	5:07.10	473	05/06/11	SASA North District Open Championships	Westhill	SCO522	1
100 Individual Medley	1:01.49	1:01.50	514	01/07/15	NatWest Island Games 2015	Jersey	SE150831	2