Individual Best Times (All Time)

James Black - (362228) - City Of Glasgow Swim Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.21	24.40	570	26/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
100 Freestyle	54.68	53.10	629	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
200 Freestyle	1:56.80	1:53.80	665	26/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
400 Freestyle	4:08.29	4:02.60	696	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
800 Freestyle	8:46.93	8:35.90	631	25/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
1500 Freestyle	16:36.01	16:15.10	668	03/08/13	BG ASA National Youth Championships	Sheffield	ASA128	1
50 Breaststroke	47.27	46.60	165	05/10/08	Robin Hood Open Meet	Sheffield	EM8283	2
100 Breaststroke	1:26.44	1:25.00	284	02/02/13	East District Age Group Meet	Edinburgh	SCO693	1
200 Breaststroke	3:28.20	3:25.60	218	04/10/08	Robin Hood Open Meet	Sheffield	EM8283	2
50 Butterfly	26.16	25.40	616	29/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
100 Butterfly	57.49	56.20	636	26/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
200 Butterfly	2:06.30	2:03.80	666	02/08/13	BG ASA National Youth Championships	Sheffield	ASA128	1
50 Backstroke	35.10	34.50	302	18/12/10	Leeds Christmas Cracker	Leeds	NE0535	1
100 Backstroke	1:07.06	1:05.90	455	26/05/12	City of Sheffield No Frills Gala	Sheffield	NE2144	1
200 Backstroke	2:28.73	2:26.50	426	10/04/11	Scottish National Open Championships	Glasgow	SCO507	1
200 Individual Medley	2:18.50	2:15.60	557	09/02/13	Derventio February Festival	Sheffield	EM3053	1
400 Individual Medley	4:52.16	4:46.10	571	11/04/13	SG National Age Group Championships	Edinburgh	SCO710	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.98	25.80	525	05/11/17	North District Open Championships 2017	Inverness	SCO1360	1
100 Freestyle	53.20	54.70	598	10/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
200 Freestyle	1:54.75	1:57.70	649	11/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
400 Freestyle	4:02.60	4:08.30	669	17/11/12	Stockport Metro November Short Course Meet	Stockport	NW2599	2
1500 Freestyle	16:25.26	16:45.90	635	04/11/12	East District Age Group Championships	Bathgate	SCO660	1
50 Breaststroke	41.58	42.30	216	09/10/10	Hearts 125 Premier Meet	Prestonpans	SCO456	2
100 Breaststroke	1:29.58	1:31.00	235	06/12/09	East District Age Group	Glenrothes	SCO401	1
200 Breaststroke	2:41.53	2:44.80	411	02/12/13	SASA East District Age Groups Round 2	Glenrothes	SCO792	1
50 Butterfly	26.08	26.80	580	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Butterfly	57.32	58.60	579	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
200 Butterfly	2:05.75	2:08.20	613	14/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
50 Backstroke	32.50	33.10	314	22/05/11	Swim West Lothian IM Tough meet	West Lothian	SCO516	2
100 Backstroke	1:02.86	1:04.10	454	18/11/12	Stockport Metro November Short Course Meet	Stockport	NW2599	2
200 Backstroke	2:13.48	2:16.00	495	02/12/13	SASA East District Age Groups Round 2	Glenrothes	SCO792	1
200 Individual Medley	2:14.94	2:17.80	536	17/11/12	Stockport Metro November Short Course Meet	Stockport	NW2599	2
400 Individual Medley	4:41.08	4:47.20	582	18/11/12	Stockport Metro November Short Course Meet	Stockport	NW2599	2
100 Individual Medley	1:04.45	1:04.50	447	30/10/16	Carngie Winter Open Meet	Glenrothes	SCO1190	2