

Individual Best Times (All Time)

Adam Carnegie - (372081) - City Of Glasgow Swim Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.82	25.00	531	17/01/15	SASA West District Grand Prix	Glasgow	SCO930	1
100 Freestyle	57.04	55.60	554	29/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
200 Freestyle	2:10.09	2:07.40	482	02/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1
50 Backstroke	30.63	30.00	454	06/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
100 Backstroke	1:07.08	1:05.90	455	07/03/14	Scottish School Swimming Championships	South Lanarkshire	SCO816	1
200 Backstroke	2:28.61	2:26.40	427	02/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.96	25.80	526	15/02/15	Sharks Open Meet	Bellshill	SCO955	2
100 Freestyle	55.67	57.10	522	14/02/15	Sharks Open Meet	Bellshill	SCO955	2
200 Freestyle	2:03.01	2:05.80	527	26/10/14	Carnegie Winter Meet	Glenrothes	SCO908	2
50 Breaststroke	58.79	59.30	76	24/03/07	Warrender Annual Open	Glasgow	SCO239	2
50 Butterfly	37.21	37.70	199	05/09/10	West District Group 5	Ayr	SCO470	1
50 Backstroke	29.96	30.60	401	14/06/14	Cumbernauld Summer Open 2014	Cumbernauld	SCO861	2
100 Backstroke	1:04.07	1:05.30	429	25/10/14	Carnegie Winter Meet	Glenrothes	SCO908	2
200 Backstroke	2:43.07	2:45.10	271	03/12/11	SASA West District Group 7 Championships	Cumbernauld	SCO569	1
200 Individual Medley	2:45.44	2:47.80	290	05/02/12	West District Group 1 Championships	Cumbernauld	SCO582	1
100 Individual Medley	1:23.27	1:23.30	207	05/09/10	West District Group 5	Ayr	SCO470	1