

Individual Best Times (All Time)

Gregor Swinney - (428380) - City Of Glasgow Swim Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.61	22.70	694	03/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
100 Freestyle	53.13	51.50	686	18/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
200 Freestyle	2:13.13	2:10.50	449	31/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland	NE151004	1
400 Freestyle	4:43.64	4:38.60	467	14/06/13	Scottish Gas National Open Championships	Glasgow	SCO739	1
1500 Freestyle	21:07.98	20:51.60	324	21/05/11	City of Sunderland May Open Meet	Sunderland	NE1326	1
50 Breaststroke	30.82	29.80	596	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Breaststroke	1:07.74	1:05.90	592	28/05/22	Glasgow International Swim Meet	Glasgow	SCO1893	1
200 Breaststroke	2:44.08	2:40.80	447	04/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
50 Butterfly	23.82	23.00	817	09/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
100 Butterfly	53.42	52.00	793	03/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
200 Butterfly	2:11.45	2:09.00	591	01/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
50 Backstroke	30.56	29.90	457	28/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
100 Backstroke	1:07.11	1:05.90	454	28/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
200 Backstroke	2:26.69	2:24.40	444	05/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
200 Individual Medley	2:16.39	2:13.50	583	24/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
400 Individual Medley	5:08.11	5:02.40	487	18/05/13	City of Sunderland May Open Meet	Sunderland	NE3324	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	22.82	23.70	689	10/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
100 Freestyle	50.79	52.40	688	10/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
200 Freestyle	2:02.16	2:05.00	538	02/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
400 Freestyle	4:22.72	4:28.00	527	01/11/14	East District Age Group Championships	Fife	SCO896	2
1500 Freestyle	17:59.25	18:18.20	483	02/03/13	SASA East District Challenge	Bathgate	SCO702	2
50 Breaststroke	31.07	32.10	517	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
100 Breaststroke	1:06.07	1:07.90	585	26/06/21	Tighinn Comhla	Various	LXX011	0
200 Breaststroke	2:37.63	2:40.90	442	15/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
50 Butterfly	23.50	24.30	792	26/06/21	Tighinn Comhla	Various	LXX011	0
100 Butterfly	52.85	54.30	738	12/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
200 Butterfly	2:01.69	2:04.30	676	11/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
50 Backstroke	29.10	29.80	438	14/11/20	Tighinn Comhla	Various - Round 1	LXX005	0
100 Backstroke	1:05.55	1:06.80	400	19/04/14	FIRST Open Meet 2014	Bathgate	SCO828	2
200 Backstroke	2:18.09	2:20.50	447	01/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
200 Individual Medley	2:13.50	2:16.40	553	10/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
400 Individual Medley	4:51.31	4:57.30	523	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
100 Individual Medley	58.79	58.80	588	09/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2