

Individual Best Times (All Time)

Sam Lewis - (446476) - Fins CSC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.49	26.70	440	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
100 Freestyle	1:01.62	1:00.20	439	30/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
200 Freestyle	2:18.50	2:16.00	399	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
50 Breaststroke	34.26	33.30	434	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Breaststroke	1:15.55	1:13.90	426	28/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
200 Breaststroke	2:49.08	2:45.90	408	28/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
50 Butterfly	31.11	30.50	366	03/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
50 Backstroke	34.80	34.20	309	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Backstroke	1:10.25	1:09.10	396	27/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
200 Backstroke	2:39.56	2:37.50	345	04/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
200 Individual Medley	2:30.16	2:27.50	437	02/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.51	27.30	439	13/05/18	Fife league 3	Fife	SCO1464	2
100 Freestyle	58.98	1:00.40	439	05/11/17	REN96 Open Meet	Linwood	SCO1380	2
200 Freestyle	2:10.38	2:13.00	442	18/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	SCO1246	2
400 Freestyle	4:44.94	4:49.80	413	15/05/16	InCAS Distance Meet	Dunfermline	SCO1126	2
50 Breaststroke	33.02	34.00	431	11/03/18	Fife league 1	Michael Woods Centre	SCO1438	2
100 Breaststroke	1:13.88	1:15.60	418	13/05/18	Fife league 3	Fife	SCO1464	2
200 Breaststroke	2:42.30	2:45.50	405	13/01/18	EDAG Round 2 2018	Michael Woods Centre	SCO1432	2
50 Butterfly	30.18	30.80	374	03/09/17	Geordie Wotherspoon Fife Championships	Fife	SCO1332	2
100 Butterfly	1:09.31	1:10.40	327	17/03/18	Glenrothes Spring Meet	Michael Woods Centre	SCO1437	2
50 Backstroke	44.26	44.70	124	31/08/13	Dunedin Challenge Meet	Dunfermline	SCO749	2
100 Backstroke	1:07.38	1:08.60	369	17/03/18	Glenrothes Spring Meet	Michael Woods Centre	SCO1437	2
200 Backstroke	2:24.37	2:26.70	391	14/01/18	EDAG Round 2 2018	Michael Woods Centre	SCO1432	2
200 Individual Medley	2:25.47	2:28.20	428	23/04/17	Fife league 3	Fife	SCO1277	2
400 Individual Medley	5:23.78	5:29.20	381	06/11/16	Ren 96 Open Meet	Linwood	SCO1212	2
100 Individual Medley	1:06.92	1:06.90	399	03/09/17	Geordie Wotherspoon Fife Championships	Fife	SCO1332	2