

Individual Best Times (All Time)

Ally Morrison - (478160) - St Thomas ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.97	28.20	541	07/03/15	SASA Midland District Open & Age Group Champs	Dundee	SCO948	1
100 Freestyle	1:02.83	1:01.50	557	01/03/14	SASA Midland District Open Age Group Champ	Dundee	SCO813	1
200 Freestyle	2:16.72	2:14.20	562	02/03/14	SASA Midland District Open Age Group Champ	Dundee	SCO813	1
400 Freestyle	4:48.43	4:43.50	543	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
800 Freestyle	9:51.66	9:41.80	550	26/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
50 Breaststroke	38.41	37.60	437	03/07/16	Scottish National Open Championships	Glasgow	SCO1155	1
100 Breaststroke	1:23.65	1:22.10	450	06/02/16	Midland Age Group Championships	Dundee	SCO1076	1
200 Breaststroke	2:56.19	2:53.20	475	06/02/16	Midland Age Group Championships	Dundee	SCO1076	1
50 Butterfly	31.48	30.90	467	08/03/15	SASA Midland District Open & Age Group Champs	Dundee	SCO948	1
100 Butterfly	1:11.77	1:10.70	461	04/02/17	Midland Age Group Championships	Dundee	SCO1233	1
50 Backstroke	32.97	32.40	540	01/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
100 Backstroke	1:11.41	1:10.30	517	05/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
200 Backstroke	2:30.59	2:28.40	546	01/03/14	SASA Midland District Open Age Group Champ	Dundee	SCO813	1
200 Individual Medley	2:34.38	2:31.80	545	04/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
400 Individual Medley	5:30.83	5:25.50	519	02/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.23	29.00	535	13/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
100 Freestyle	1:00.58	1:01.90	570	07/05/16	SASA Midland District SC Distance Meet	Dundee	SCO1130	1
200 Freestyle	2:10.37	2:13.00	605	16/11/14	COAST Grand Prix	Aberdeen	SCO907	1
400 Freestyle	4:36.95	4:42.00	582	08/11/14	SASA Midland District Graded & Dist Gala	Dundee	SCO903	1
800 Freestyle	9:33.59	9:43.60	576	08/11/14	SASA Midland District Graded & Dist Gala	Dundee	SCO903	1
1500 Freestyle	19:44.99	20:02.30	450	27/05/12	Midland District Distance Championships	Dundee	SCO622	1
50 Breaststroke	36.15	37.00	483	04/09/16	SASA Midlands District Distance	Dundee	SCO1163	1
100 Breaststroke	1:19.25	1:20.80	487	20/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
200 Breaststroke	2:50.57	2:53.60	491	10/01/15	SAS Junior Meet	Westhill	SCO926	2
50 Butterfly	30.33	30.90	519	13/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
100 Butterfly	1:08.52	1:09.60	490	18/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	SCO1246	2
200 Butterfly	2:37.62	2:39.60	436	26/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
50 Backstroke	31.01	31.60	539	04/09/16	SASA Midlands District Distance	Dundee	SCO1163	1
100 Backstroke	1:06.74	1:07.90	556	15/11/14	COAST Grand Prix	Aberdeen	SCO907	1
200 Backstroke	2:24.57	2:26.90	556	16/11/14	COAST Grand Prix	Aberdeen	SCO907	1
200 Individual Medley	2:25.56	2:28.20	586	11/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
400 Individual Medley	5:10.51	5:16.10	579	07/11/14	SASA Midland District Graded & Dist Gala	Dundee	SCO903	1
100 Individual Medley	1:08.00	1:08.00	573	06/09/15	SASA Midland District Meet	Dundee	SCO1011	1