

Individual Best Times (All Time)

Jack Duncan - (480649) - Orkney ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.31	28.60	363	04/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
100 Freestyle	1:05.17	1:03.90	371	14/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
200 Freestyle	2:28.98	2:26.60	320	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
50 Breaststroke	37.70	36.90	326	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
100 Breaststroke	1:24.05	1:22.50	309	13/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
200 Breaststroke	3:04.69	3:01.80	313	10/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
100 Butterfly	1:19.68	1:18.70	239	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
50 Backstroke	33.68	33.10	341	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
100 Backstroke	1:14.03	1:12.90	338	10/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
200 Backstroke	2:39.29	2:37.20	346	01/04/12	SG National Open Age Group Championships	Sunderland	SCO601	1
200 Individual Medley	2:43.32	2:40.90	340	14/04/13	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	28.21	28.90	364	06/10/12	SASA North District Sprint Championships	Inverness	SCO651	1
100 Freestyle	1:02.44	1:03.80	370	03/03/13	SASA North District Age Group Championship	Inverness	SCO703	1
200 Freestyle	2:19.43	2:21.90	361	02/03/13	SASA North District Age Group Championship	Inverness	SCO703	1
400 Freestyle	4:59.50	5:04.20	355	30/01/13	Orkney ASC Accredited Time Trials	Kirkwall	SCO690	2
50 Breaststroke	36.60	37.40	316	06/10/12	SASA North District Sprint Championships	Inverness	SCO651	1
100 Breaststroke	1:19.03	1:20.60	342	23/03/14	SASA North District Age Group Champs	Fraserburgh	SCO823	1
200 Breaststroke	2:54.82	2:57.80	324	17/11/13	SASA North District Open & Grand Prix	Inverness	SCO782	1
50 Butterfly	31.53	32.10	328	04/10/14	SASA North District Open Meet	Inverness	SCO881	1
100 Butterfly	1:16.07	1:17.10	247	11/03/15	Orkney ASC Selkie Goblet 2015 1st Leg	Stromness	SCO951	2
200 Butterfly	2:57.06	2:58.80	219	01/12/12	North District Age Group Meet	Inverness	SCO680	1
50 Backstroke	32.12	32.70	326	05/10/13	SASA North District Sprint Championships	Inverness	SCO765	1
100 Backstroke	1:07.97	1:09.10	359	14/06/14	Orkney Junior Inter County 2014	Orkney	SCO862	2
200 Backstroke	2:30.12	2:32.30	348	01/12/13	SASA North District Age Group Meet	Inverness	SCO786	1
200 Individual Medley	2:37.31	2:39.80	338	02/03/13	SASA North District Age Group Championship	Inverness	SCO703	1
400 Individual Medley	5:38.79	5:43.90	332	01/12/12	North District Age Group Meet	Inverness	SCO680	1
100 Individual Medley	1:12.39	1:12.40	315	23/05/13	Reverend Fox IM Challenge	Kirkwall	SCO733	2