

Individual Best Times (All Time)

Fraser Gill - (495291) - Aquanauts Livingston ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.94	25.10	523	05/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Freestyle	55.37	53.80	606	06/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Freestyle	2:00.52	1:57.60	606	08/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
400 Freestyle	4:18.70	4:13.20	615	24/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
800 Freestyle	9:05.83	8:55.20	568	13/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
1500 Freestyle	17:22.17	17:02.20	583	28/06/12	SG National Open Championships 2012	Edinburgh	SCO637	1
50 Breaststroke	50.09	49.50	139	04/10/09	Robin Hood Open Meet	Sheffield	EM9305	1
100 Breaststroke	1:25.27	1:23.80	296	02/02/13	East District Age Group Meet	Edinburgh	SCO693	1
200 Breaststroke	2:57.63	2:54.60	352	11/05/13	Celtic Tri Nations 2013	East Kilbride	INT281	1
50 Butterfly	28.59	27.90	472	03/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Butterfly	1:10.21	1:09.10	349	02/02/13	East District Age Group Meet	Edinburgh	SCO693	1
50 Backstroke	28.87	28.20	542	16/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
100 Backstroke	1:02.11	1:00.80	573	17/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
200 Backstroke	2:13.48	2:11.00	589	24/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
200 Individual Medley	2:17.79	2:14.90	566	25/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
400 Individual Medley	5:14.07	5:08.40	460	01/04/12	SG National Open Age Group Championships	Sunderland	SCO601	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.96	25.80	526	12/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
100 Freestyle	54.56	56.10	555	13/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
200 Freestyle	1:58.27	2:01.20	593	14/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
400 Freestyle	4:12.05	4:17.50	597	12/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
800 Freestyle	9:02.60	9:13.10	545	18/05/12	Swim West Lothian - IM Tough	Bathgate	SCO615	2
1500 Freestyle	17:00.28	17:20.30	571	16/11/12	ND Open Championships & Scottish GP	Inverness	SCO667	1
50 Breaststroke	37.08	37.90	304	17/02/13	Bellshill Sharks ASC Open Meet	Bellshill	SCO707	2
100 Breaststroke	1:21.41	1:22.90	313	04/02/12	East District Age Group Champioships	Bathgate	SCO583	1
200 Breaststroke	2:55.63	2:58.60	320	28/04/13	Aquanauts Livingston 12th Annual Meet	Livingston	SCO719	2
50 Butterfly	28.29	29.00	454	13/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
100 Butterfly	1:11.45	1:12.50	299	05/02/12	East District Age Group Champioships	Bathgate	SCO583	1
200 Butterfly	2:37.82	2:39.80	310	06/12/11	SASA East District Age Groups	Glenrothes	SCO568	1
50 Backstroke	28.66	29.30	459	21/05/16	Swim West Lothian IM Tough Meet	Livingston	SCO1134	2
100 Backstroke	1:01.35	1:02.60	488	15/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
200 Backstroke	2:07.79	2:10.40	564	14/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
200 Individual Medley	2:12.62	2:15.60	564	13/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
400 Individual Medley	4:55.41	5:01.30	502	15/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
100 Individual Medley	1:07.65	1:07.70	386	14/12/12	Scottish Gas National SC Championships	Edinburgh	SCO681	1