

# Individual Best Times (All Time)

## Fraser Meadows - (520129) - Edinburgh University

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.45	23.60	625	29/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
100 Freestyle	52.86	51.30	696	27/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
200 Freestyle	1:57.52	1:54.50	653	30/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
400 Freestyle	4:28.08	4:22.80	553	07/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Breaststroke	1:17.63	1:16.00	393	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
200 Breaststroke	2:59.45	2:56.50	341	02/06/12	SASA East District Open Championships	Edinburgh	SCO627	1
50 Butterfly	26.73	26.00	578	06/04/17	Irish Open Swimming Championships	Dublin	GBR494	1
100 Butterfly	1:03.33	1:02.10	476	12/01/14	East District Age Group Championships	Edinburgh	SCO799	1
200 Butterfly	2:22.69	2:20.50	462	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Backstroke	29.46	28.80	510	16/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
100 Backstroke	1:05.81	1:04.60	482	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Backstroke	2:22.71	2:20.40	482	02/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Individual Medley	2:15.43	2:12.50	596	30/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
400 Individual Medley	4:57.31	4:51.40	542	30/01/16	Brodies Schools Swimming Championships	Glasgow	SCO1090	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.61	24.50	622	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Freestyle	51.45	53.00	661	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
200 Freestyle	1:56.43	1:59.40	621	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Freestyle	4:17.44	4:22.80	560	11/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
1500 Freestyle	17:35.21	17:54.60	516	02/11/14	East District Age Group Championships	Fife	SCO896	2
50 Breaststroke	34.53	35.40	377	11/10/15	WBC Club Championships 2015 Weekend	Glenrothes	SCO1033	2
100 Breaststroke	1:15.47	1:17.10	392	11/10/14	Warrender Championships	Glenrothes	SCO889	2
200 Breaststroke	2:49.10	2:52.20	358	05/12/11	SASA East District Age Groups	Glenrothes	SCO568	1
50 Butterfly	25.99	26.70	586	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
100 Butterfly	59.33	1:00.60	522	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
200 Butterfly	2:22.21	2:24.40	424	09/06/13	Dumfries Open Meet	Dumfries	SCO738	2
50 Backstroke	28.37	29.10	473	13/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
100 Backstroke	1:03.33	1:04.60	444	10/11/13	Ren 96 Open Meet	Linwood	SCO794	2
200 Backstroke	2:18.16	2:20.50	446	01/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
200 Individual Medley	2:11.99	2:14.90	573	04/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
400 Individual Medley	4:53.22	4:59.10	513	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
100 Individual Medley	59.68	59.70	563	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2