

Individual Best Times (All Time)

Ben Morrison - (521385) - St Thomas ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.57	28.90	353	06/02/16	Midland Age Group Championships	Dundee	SCO1076	1
100 Freestyle	59.62	58.20	485	04/02/18	Midland Age Group Championships	Dundee	SCO1408	1
200 Freestyle	2:11.43	2:08.80	467	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
400 Freestyle	4:35.78	4:30.60	508	30/06/17	Scottish National Open Championships	Aberdeen	SCO1320	1
800 Freestyle	9:29.96	9:19.70	499	01/07/17	Scottish National Open Championships	Aberdeen	SCO1320	1
1500 Freestyle	19:08.31	18:50.20	436	25/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
50 Breaststroke	35.40	34.50	393	04/02/18	Midland Age Group Championships	Dundee	SCO1408	1
100 Breaststroke	1:16.50	1:14.80	411	27/01/17	Brodies Schools Swimming Championships	South Lanarkshire	SCO1237	1
200 Breaststroke	2:44.87	2:41.60	440	04/02/17	Midland Age Group Championships	Dundee	SCO1233	1
50 Butterfly	30.08	29.40	405	05/02/17	Midland Age Group Championships	Dundee	SCO1233	1
100 Butterfly	1:03.81	1:02.60	465	06/05/17	SASA Midland District Distance Meet	Dundee	SCO1281	1
200 Butterfly	2:21.86	2:19.60	470	03/02/18	Midland Age Group Championships	Dundee	SCO1408	1
50 Backstroke	31.94	31.30	400	28/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
100 Backstroke	1:08.84	1:07.70	421	04/02/18	Midland Age Group Championships	Dundee	SCO1408	1
200 Backstroke	2:36.40	2:34.30	366	07/03/15	SASA Midland District Open & Age Group Champs	Dundee	SCO948	1
200 Individual Medley	2:24.40	2:21.60	492	06/05/17	SASA Midland District Distance Meet	Dundee	SCO1281	1
400 Individual Medley	5:10.35	5:04.60	477	02/07/17	Scottish National Open Championships	Aberdeen	SCO1320	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.61	27.40	434	03/09/17	SASA Midland September Sprints	Dundee	SCO1329	1
100 Freestyle	57.31	58.70	478	28/10/17	DCA Autumn Open Meet	Dundee	SCO1353	2
200 Freestyle	2:08.97	2:11.60	457	18/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	SCO1246	2
400 Freestyle	4:26.62	4:31.80	504	19/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	SCO1246	2
800 Freestyle	9:09.24	9:19.70	526	13/11/16	SASA Midland District November Time Trial	Dundee	SCO1197	2
1500 Freestyle	17:41.01	18:00.30	508	08/05/16	SASA Midland District SC Distance Meet	Dundee	SCO1130	1
50 Breaststroke	33.74	34.70	404	03/09/17	SASA Midland September Sprints	Dundee	SCO1329	1
100 Breaststroke	1:13.32	1:15.00	428	05/11/17	North District Open Championships 2017	Inverness	SCO1360	1
200 Breaststroke	2:38.95	2:42.20	432	19/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	SCO1246	2
50 Butterfly	28.52	29.20	443	28/10/17	DCA Autumn Open Meet	Dundee	SCO1353	2
100 Butterfly	1:02.28	1:03.50	451	05/11/17	North District Open Championships 2017	Inverness	SCO1360	1
200 Butterfly	2:14.33	2:16.70	503	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
50 Backstroke	30.34	31.00	387	03/09/17	SASA Midland September Sprints	Dundee	SCO1329	1
100 Backstroke	1:08.35	1:09.50	353	29/10/16	DCA Autumn Meet	Dundee	SCO1187	2
200 Backstroke	2:27.05	2:29.30	370	20/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
200 Individual Medley	2:17.26	2:20.10	509	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
400 Individual Medley	4:52.31	4:58.30	518	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Individual Medley	1:05.27	1:05.30	430	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2