

# Individual Best Times (All Time)

Stian Howard - (545756) - Banchory Beavers ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.25	28.50	365	04/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
100 Freestyle	1:01.87	1:00.50	434	04/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
200 Freestyle	2:17.99	2:15.50	403	01/06/13	East District Open & Grand Prix Round 3	Edinburgh	SCO731	1
50 Breaststroke	37.15	36.30	340	01/06/14	North District SASA Grand Prix	Aberdeen	SCO851	1
100 Breaststroke	1:18.49	1:16.90	380	07/03/15	North District Age Group Championships	Aberdeen	SCO947	1
200 Breaststroke	2:46.29	2:43.10	429	26/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
50 Butterfly	28.49	27.80	477	26/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
100 Butterfly	1:01.53	1:00.30	519	28/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
200 Butterfly	2:24.88	2:22.70	441	25/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
50 Backstroke	33.31	32.70	353	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
100 Backstroke	1:05.01	1:03.80	500	26/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
200 Backstroke	2:20.29	2:17.90	507	27/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
200 Individual Medley	2:19.61	2:16.80	544	27/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
400 Individual Medley	5:04.42	4:58.60	505	28/06/15	Scottish National Open Championships	Glasgow	SCO1005	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.75	27.50	428	26/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
100 Freestyle	1:01.00	1:02.40	397	05/05/13	Westhill Invitational Meet 2013	Westhill	SCO723	2
200 Freestyle	2:12.29	2:14.90	423	16/02/14	2014 Elgin Spring Meet	Buckie	SCO812	2
400 Freestyle	4:40.96	4:45.90	431	05/05/13	Westhill Invitational Meet 2013	Westhill	SCO723	2
800 Freestyle	11:45.53	11:53.70	248	08/05/10	Westhill Invitational	Westhill	SCO427	2
1500 Freestyle	20:09.54	20:26.50	343	16/06/12	South Aberdeenshire SC Last Chance Meet	Westhill	SCO629	2
50 Breaststroke	37.54	38.40	293	16/02/14	2014 Elgin Spring Meet	Buckie	SCO812	2
100 Breaststroke	1:20.57	1:22.10	322	27/10/13	Dundee Aquatics Autumn Open Meets	Dundee	SCO772	2
200 Breaststroke	2:40.14	2:43.40	422	25/11/14	Scottish Schools Heats Aberdeen 2014	Aberdeen	SCO923	2
50 Butterfly	30.27	30.90	370	16/02/14	2014 Elgin Spring Meet	Buckie	SCO812	2
100 Butterfly	1:02.08	1:03.30	455	25/11/14	Scottish Schools Heats Aberdeen 2014	Aberdeen	SCO923	2
200 Butterfly	2:27.29	2:29.40	381	02/03/13	SASA North District Age Group Championship	Inverness	SCO703	1
50 Backstroke	32.03	32.70	328	14/02/15	Elgin ASC Spring Meet	Buckie	SCO942	2
100 Backstroke	1:03.11	1:04.40	449	10/05/15	Westhill Invitational Meet	Westhill	SCO979	2
200 Backstroke	2:23.30	2:25.60	400	22/09/13	2013 Stirling Autumn Meet	Stirling	SCO758	2
200 Individual Medley	2:20.12	2:22.90	478	09/05/15	Westhill Invitational Meet	Westhill	SCO979	2
400 Individual Medley	5:01.33	5:07.10	473	23/03/14	SASA North District Age Group Champs	Fraserburgh	SCO823	1
100 Individual Medley	1:13.55	1:13.60	300	15/04/12	Alford Otters 3rd 100 Meet	Aberdeen	SCO605	2