

Individual Best Times (All Time)

Scott MacDougall - (63582) - Bristol Henleaze SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.04	24.20	582	30/04/16	COAST Long Course Meet	Aberdeen	SCO1116	1
100 Freestyle	56.40	54.90	573	31/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
200 Freestyle	2:19.20	2:16.70	393	31/05/09	City of Sunderland Open	Sunderland	NE9337	1
400 Freestyle	4:56.84	4:52.10	407	30/05/09	City of Sunderland Open	Sunderland	NE9337	1
50 Breaststroke	29.73	28.70	665	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
100 Breaststroke	1:09.31	1:07.50	552	30/04/16	COAST Long Course Meet	Aberdeen	SCO1116	1
200 Breaststroke	3:04.65	3:01.80	313	30/05/09	City of Sunderland Open	Sunderland	NE9337	1
50 Butterfly	27.40	26.70	536	28/04/18	University of Aberdeen International Open	Aberdeen	SCO1452	1
200 Individual Medley	2:37.68	2:35.20	377	31/05/09	City of Sunderland Open	Sunderland	NE9337	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.63	25.50	548	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Freestyle	55.20	56.70	536	06/11/23	Bristol Henleaze SC Winter Club Championships 2023	Clifton	SW232135	4
200 Freestyle	2:06.59	2:09.30	483	09/11/23	Bristol Henleaze SC Winter Club Championships 2023	Clifton	SW232135	4
400 Freestyle	4:46.99	4:51.80	404	02/10/10	East District Time Trial	Glenrothes	SCO457	1
50 Breaststroke	29.56	30.60	601	15/06/24	Bristol Henleaze SC Summer Championships	Bristol	SW241067	4
100 Breaststroke	1:06.24	1:08.10	581	20/01/20	Gloucester County Championships	Gloucester	SW200242	2
200 Breaststroke	2:33.25	2:36.70	482	08/11/23	Bristol Henleaze SC Winter Club Championships 2023	Clifton	SW232135	4
50 Butterfly	26.67	27.40	542	11/11/23	Bristol Henleaze SC Winter Club Championships 2023	Clifton	SW232135	4
100 Butterfly	1:02.56	1:03.80	445	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
200 Butterfly	2:27.59	2:29.70	379	07/11/23	Bristol Henleaze SC Winter Club Championships 2023	Clifton	SW232135	4
50 Backstroke	30.20	30.90	392	29/10/17	Aberdeen ASC Nifty 50s + 2017	Aberdeen	SCO1354	2
100 Backstroke	1:39.41	1:40.20	114	04/02/06	SASA East District	Glenrothes	SCO187	2
200 Individual Medley	2:23.30	2:26.00	447	21/10/21	Bristol Henleaze Club Championships	Clifton	SW210508	4
100 Individual Medley	1:03.07	1:03.10	477	29/10/17	Aberdeen ASC Nifty 50s + 2017	Aberdeen	SCO1354	2