

# Individual Best Times (All Time)

Arron Muir - (707454) - City Of Glasgow Swim Team

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.82	26.00	473	05/02/17	2017 SASA West District Championships	East Kilbride	SCO1235	1
100 Freestyle	57.14	55.70	551	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Freestyle	2:11.16	2:08.50	470	14/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
400 Freestyle	4:45.08	4:40.10	460	06/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
800 Freestyle	10:29.05	10:19.80	371	25/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
50 Breaststroke	34.11	33.20	440	12/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
100 Breaststroke	1:22.63	1:21.10	326	14/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
200 Breaststroke	3:25.86	3:23.30	226	07/02/15	SASA West District JAG Championship	East Kilbride	SCO936	1
50 Butterfly	28.99	28.30	453	12/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
100 Butterfly	1:12.46	1:11.40	317	04/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
50 Backstroke	31.19	30.50	430	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
100 Backstroke	1:09.57	1:08.40	408	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
200 Backstroke	2:32.88	2:30.70	392	03/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
200 Individual Medley	2:32.07	2:29.50	421	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.26	26.10	508	05/11/17	REN96 Open Meet	Linwood	SCO1380	2
100 Freestyle	54.86	56.40	546	04/11/17	REN96 Open Meet	Linwood	SCO1380	2
200 Freestyle	2:06.99	2:09.70	479	05/11/17	REN96 Open Meet	Linwood	SCO1380	2
400 Freestyle	4:48.17	4:53.00	399	03/05/15	North Ayrshire Junior Meet	Auchenharvie	SCO971	2
50 Breaststroke	32.56	33.50	449	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Breaststroke	1:13.12	1:14.80	432	16/12/17	Warrender Graded Meet	Michael Woods Centre	SCO1391	2
200 Breaststroke	3:02.08	3:05.00	287	25/10/15	Alloa Graded Meet 2015	Alloa	SCO1032	2
50 Butterfly	29.74	30.40	391	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Butterfly	1:05.20	1:06.40	393	17/12/17	Warrender Graded Meet	Michael Woods Centre	SCO1391	2
50 Backstroke	30.39	31.00	385	06/01/18	FIRST Annual Open Meet 2018	Bathgate	SCO1398	2
100 Backstroke	1:06.93	1:08.10	376	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Backstroke	2:28.99	2:31.20	356	15/11/15	SASA West District JAG Championships	Cumbernauld	SCO1041	1
200 Individual Medley	2:24.20	2:26.90	439	17/12/17	Warrender Graded Meet	Michael Woods Centre	SCO1391	2
100 Individual Medley	1:07.01	1:07.00	397	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1