

Individual Best Times (All Time)

Andrew McKnight - (720290) - Haddington & District ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.49	26.70	440	04/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
100 Freestyle	58.14	56.70	523	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
200 Freestyle	2:09.32	2:06.60	490	02/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
400 Freestyle	4:35.66	4:30.50	508	03/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
1500 Freestyle	18:23.77	18:04.90	491	16/01/15	SASA West District Grand Prix	Glasgow	SCO930	1
50 Breaststroke	34.12	33.20	439	03/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Breaststroke	1:15.53	1:13.80	427	04/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
200 Breaststroke	2:57.86	2:54.90	351	25/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
50 Butterfly	30.19	29.60	401	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Butterfly	1:12.14	1:11.10	322	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
50 Backstroke	31.71	31.10	409	04/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Backstroke	1:08.80	1:07.60	421	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
200 Backstroke	2:26.59	2:24.30	445	14/03/15	Edinburgh International 2015	Edinburgh	SCO954	1
200 Individual Medley	2:27.91	2:25.20	457	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
400 Individual Medley	5:25.92	5:20.50	411	17/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.28	27.10	451	14/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
100 Freestyle	56.39	57.90	502	02/12/17	Tranent Christmas Gala	Mercat Gait Centre	SCO1388	2
200 Freestyle	2:04.64	2:07.40	506	02/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
400 Freestyle	4:24.45	4:29.70	517	01/11/14	East District Age Group Championships	Fife	SCO896	2
1500 Freestyle	17:35.11	17:54.50	517	02/11/14	East District Age Group Championships	Fife	SCO896	2
50 Breaststroke	33.32	34.20	419	02/12/17	Tranent Christmas Gala	Mercat Gait Centre	SCO1388	2
100 Breaststroke	1:17.10	1:18.70	368	25/01/15	Lothian Club Championships	Prestonpans	SCO929	2
200 Breaststroke	2:44.62	2:47.80	388	28/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
50 Butterfly	29.28	29.90	409	03/12/16	Tranent Christmas Gala	Prestonpans	SCO1211	2
100 Butterfly	1:12.37	1:13.40	287	20/09/15	Haddington 100 Meet	Prestonpans	SCO1017	2
50 Backstroke	30.16	30.80	393	02/12/17	Tranent Christmas Gala	Mercat Gait Centre	SCO1388	2
100 Backstroke	1:05.39	1:06.60	403	15/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
200 Backstroke	2:17.77	2:20.20	450	01/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
200 Individual Medley	2:23.38	2:26.10	447	16/11/14	COAST Grand Prix	Aberdeen	SCO907	1
400 Individual Medley	5:03.95	5:09.70	461	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
100 Individual Medley	1:06.53	1:06.50	406	02/12/17	Tranent Christmas Gala	Mercat Gait Centre	SCO1388	2