

Individual Best Times (All Time)

Jack Harrison - (742641) - Fins CSC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.70	24.90	538	24/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
100 Freestyle	55.11	53.60	614	06/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Freestyle	1:59.73	1:56.80	618	26/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
400 Freestyle	4:19.34	4:13.90	611	07/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
800 Freestyle	9:18.20	9:07.80	531	15/06/13	Scottish Gas National Open Championships	Glasgow	SCO739	1
1500 Freestyle	17:25.82	17:05.90	577	28/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
100 Breaststroke	1:22.68	1:21.10	325	11/01/14	East District Age Group Championships	Edinburgh	SCO799	1
50 Butterfly	27.82	27.10	512	26/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
100 Butterfly	1:01.81	1:00.60	512	24/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
200 Butterfly	2:33.38	2:31.30	372	10/05/13	Celtic Tri Nations 2013	East Kilbride	INT281	1
50 Backstroke	29.13	28.40	528	25/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
100 Backstroke	1:02.11	1:00.80	573	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Backstroke	2:12.69	2:10.20	600	24/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
200 Individual Medley	2:19.04	2:16.20	551	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
400 Individual Medley	5:14.99	5:09.40	456	11/04/13	SG National Age Group Championships	Edinburgh	SCO710	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.92	25.70	529	11/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
100 Freestyle	53.03	54.60	604	11/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
200 Freestyle	1:54.68	1:57.70	650	13/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
400 Freestyle	4:05.82	4:11.40	643	12/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
1500 Freestyle	16:39.41	16:59.80	608	14/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
50 Breaststroke	38.83	39.60	265	17/11/12	InCAS Sprints Gala 2012	Dunfermline	SCO666	2
100 Breaststroke	1:19.75	1:21.30	333	11/10/14	Warrender Championships	Glenrothes	SCO889	2
200 Breaststroke	2:49.45	2:52.50	356	02/12/13	SASA East District Age Groups Round 2	Glenrothes	SCO792	1
50 Butterfly	28.57	29.20	441	14/06/14	Cumbernauld Summer Open 2014	Cumbernauld	SCO861	2
100 Butterfly	1:01.60	1:02.80	466	15/11/14	COAST Grand Prix	Aberdeen	SCO907	1
200 Butterfly	2:21.53	2:23.70	430	03/12/13	SASA East District Age Groups Round 2	Glenrothes	SCO792	1
50 Backstroke	28.05	28.80	489	11/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
100 Backstroke	59.27	1:00.60	542	13/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
200 Backstroke	2:09.21	2:11.80	546	29/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
200 Individual Medley	2:20.06	2:22.80	479	11/10/15	WBC Club Championships 2015 Weekend	Glenrothes	SCO1033	2
400 Individual Medley	4:50.42	4:56.40	528	02/11/14	East District Age Group Championships	Fife	SCO896	2
100 Individual Medley	1:04.20	1:04.20	452	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2