

Individual Best Times (All Time)

Samuel Johnstone - (748503) - Dumfries ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.49	27.70	395	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
100 Freestyle	1:01.75	1:00.40	437	18/01/14	Co Leeds New Year Meet 2014	Leeds	NE4019	3
200 Freestyle	2:14.91	2:12.30	432	19/01/14	Co Leeds New Year Meet 2014	Leeds	NE4019	3
400 Freestyle	4:46.18	4:41.20	454	01/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1
50 Breaststroke	32.72	31.70	498	11/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1
100 Breaststroke	1:11.49	1:09.70	503	01/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
200 Breaststroke	2:35.47	2:32.00	525	26/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
50 Butterfly	29.92	29.30	412	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
50 Backstroke	33.95	33.40	333	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
200 Individual Medley	2:25.04	2:22.30	485	07/02/16	Derwentio Excel February Festival 2016	Sheffield	EM160047	1
400 Individual Medley	5:28.84	5:23.50	401	30/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland	NE151004	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.66	29.40	348	08/06/13	Dumfries Open Meet	Dumfries	SCO738	2
100 Freestyle	1:00.72	1:02.10	402	30/11/13	Dumfries Advent Open Meet	Dumfries	SCO787	2
200 Freestyle	2:12.38	2:15.00	422	28/04/13	Dumfries Graded Meet 2013	Dumfries	SCO725	2
400 Freestyle	4:29.46	4:34.60	488	09/11/13	Ren 96 Open Meet	Linwood	SCO794	2
800 Freestyle	11:54.37	12:02.40	239	05/11/11	Ayrshire Distance Meet	Auchenharvie	SCO559	2
1500 Freestyle	18:02.76	18:21.60	478	01/12/13	Dumfries Advent Open Meet	Dumfries	SCO787	2
50 Breaststroke	32.86	33.80	437	11/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
100 Breaststroke	1:09.01	1:10.80	514	12/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
200 Breaststroke	2:31.03	2:34.50	503	14/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
100 Butterfly	1:02.70	1:03.90	442	21/02/16	FIRST Inter-Club Time Trial	Grangemouth	SCO1096	2
200 Butterfly	4:12.42	4:13.70	75	18/06/11	Aquanauts Livingston 10th Graded Meet	Bathgate	SCO532	2
200 Backstroke	3:25.07	3:26.70	136	18/06/11	Aquanauts Livingston 10th Graded Meet	Bathgate	SCO532	2
200 Individual Medley	2:23.78	2:26.50	443	27/09/14	Scottish National Team Championships	Glasgow	SCO884	1
400 Individual Medley	5:06.71	5:12.40	448	30/11/13	Dumfries Advent Open Meet	Dumfries	SCO787	2