

Individual Best Times (All Time)

Mark Hill - (752277) - East Kilbride ASC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|---------------|---------|-------|
| 50 Freestyle | 24.75 | 23.90 | 603 | 31/03/17 | Scottish National Age Group Championships | Aberdeen | SCO1270 | 1 |
| 100 Freestyle | 54.75 | 53.20 | 626 | 02/04/17 | Scottish National Age Group Championships | Aberdeen | SCO1270 | 1 |
| 200 Freestyle | 2:01.03 | 1:58.10 | 598 | 10/03/17 | Edinburgh International Meet 2017 | Edinburgh | SCO1260 | 1 |
| 400 Freestyle | 4:20.32 | 4:14.90 | 604 | 30/03/17 | Scottish National Age Group Championships | Aberdeen | SCO1270 | 1 |
| 50 Breaststroke | 37.06 | 36.20 | 343 | 10/05/14 | 2014 SASA West District LC OAG Championship | East Kilbride | SCO838 | 1 |
| 100 Breaststroke | 1:21.59 | 1:20.00 | 338 | 11/05/14 | 2014 SASA West District LC OAG Championship | East Kilbride | SCO838 | 1 |
| 200 Breaststroke | 2:58.86 | 2:55.90 | 345 | 08/02/14 | 2014 SASA West District LC JAG Champs | East Kilbride | SCO808 | 1 |
| 50 Butterfly | 25.85 | 25.10 | 639 | 29/03/17 | Scottish National Age Group Championships | Aberdeen | SCO1270 | 1 |
| 100 Butterfly | 1:00.23 | 59.00 | 553 | 12/03/17 | Edinburgh International Meet 2017 | Edinburgh | SCO1260 | 1 |
| 200 Butterfly | 3:17.93 | 3:16.30 | 173 | 10/05/13 | Celtic Tri Nations 2013 | East Kilbride | INT281 | 1 |
| 50 Backstroke | 30.07 | 29.40 | 480 | 25/07/15 | Scottish Summer Meet 2015 | Edinburgh | SCO100 | 1 |
| 100 Backstroke | 1:05.91 | 1:04.70 | 479 | 01/07/16 | Scottish National Open Championships | Glasgow | SCO1155 | 1 |
| 200 Backstroke | 2:24.79 | 2:22.50 | 461 | 08/03/15 | SASA West District SAG Championship | East Kilbride | SCO949 | 1 |
| 200 Individual Medley | 2:27.58 | 2:24.90 | 460 | 10/05/15 | SASA West District Championships | East Kilbride | SCO975 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-------------|---------|-------|
| 50 Freestyle | 24.68 | 25.50 | 545 | 11/12/15 | Scottish National Short Course Meet | Edinburgh | SCO1057 | 1 |
| 100 Freestyle | 53.29 | 54.80 | 595 | 10/12/16 | Scottish National Short Course Championships | Edinburgh | SCO1210 | 1 |
| 200 Freestyle | 1:56.08 | 1:59.00 | 627 | 06/11/16 | North District Open Championships | Inverness | SCO1193 | 1 |
| 400 Freestyle | 4:09.97 | 4:15.50 | 612 | 05/11/16 | North District Open Championships | Inverness | SCO1193 | 1 |
| 800 Freestyle | 10:16.46 | 10:25.80 | 372 | 05/05/13 | Carnegie So Long Meet | Dunfermline | SCO724 | 2 |
| 1500 Freestyle | 16:47.54 | 17:07.80 | 593 | 30/10/16 | 2016 SASA West District SC SAG Championship | Glasgow | SCO1199 | 1 |
| 50 Breaststroke | 35.67 | 36.50 | 342 | 06/09/14 | 2014 SASA West District SC SR Championships | Bellshill | SCO878 | 2 |
| 100 Breaststroke | 1:21.00 | 1:22.50 | 317 | 15/02/14 | Belshill Sharks Open Meet 2014 | Belshill | SCO811 | 2 |
| 200 Breaststroke | 2:56.29 | 2:59.30 | 316 | 16/11/13 | SASA West District JAG SC Champs | Cumbernauld | SCO781 | 1 |
| 50 Butterfly | 25.76 | 26.50 | 601 | 11/12/16 | Scottish National Short Course Championships | Edinburgh | SCO1210 | 1 |
| 100 Butterfly | 59.88 | 1:01.10 | 508 | 11/12/15 | Scottish National Short Course Meet | Edinburgh | SCO1057 | 1 |
| 200 Butterfly | 2:23.00 | 2:25.20 | 417 | 29/10/16 | 2016 SASA West District SC SAG Championship | Glasgow | SCO1199 | 1 |
| 50 Backstroke | 28.54 | 29.20 | 464 | 10/12/16 | Scottish National Short Course Championships | Edinburgh | SCO1210 | 1 |
| 100 Backstroke | 1:02.94 | 1:04.20 | 452 | 26/02/17 | EKASC Accredited Time Trial 2017 | Larkhall LC | SCO1249 | 2 |
| 200 Backstroke | 2:15.76 | 2:18.20 | 471 | 01/11/15 | SASA West District SAG Championships | Grangemouth | SCO1035 | 1 |
| 200 Individual Medley | 2:22.97 | 2:25.70 | 450 | 30/11/14 | Cumbernauld Winter Open Meet | Cumbernauld | SCO915 | 2 |
| 400 Individual Medley | 6:28.61 | 6:33.10 | 220 | 17/11/12 | 2012 WD Short Course Championships JAG | Cumbernauld | SCO672 | 1 |
| 100 Individual Medley | 1:05.49 | 1:05.50 | 426 | 24/01/15 | FIRST Open Meet | Bathgate | SCO928 | 2 |