

# Individual Best Times (All Time)

Arran Matthew - (753515) - Aberdeen Dolphins ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.07	30.40	304	05/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
100 Freestyle	1:09.18	1:08.00	310	03/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
200 Freestyle	2:37.23	2:35.00	273	29/05/16	North District Junior LC Time Trials	Aberdeen	SCO1135	2
50 Breaststroke	37.86	37.00	322	04/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
100 Breaststroke	1:26.60	1:25.10	283	31/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Breaststroke	3:04.14	3:01.20	316	29/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
50 Butterfly	33.14	32.60	303	05/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
100 Butterfly	1:17.24	1:16.20	262	07/02/17	North District Age Group Championships 2017	Aberdeen	SCO1255	1
50 Backstroke	39.84	39.30	206	07/02/17	North District Age Group Championships 2017	Aberdeen	SCO1255	1
100 Backstroke	1:18.41	1:17.40	284	07/02/17	North District Age Group Championships 2017	Aberdeen	SCO1255	1
200 Individual Medley	2:51.26	2:48.90	294	05/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
400 Individual Medley	6:02.36	5:57.50	299	07/02/17	North District Age Group Championships 2017	Aberdeen	SCO1255	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.23	31.90	269	25/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
100 Freestyle	1:10.62	1:11.80	255	09/10/16	Hearts Premier Age Groups Meet	Prestonpans	SCO1179	2
200 Freestyle	2:32.00	2:34.30	279	16/12/17	Bridge of Don ASC Club Championships 2017	Bridge of Don	SCO1390	2
400 Freestyle	5:21.34	5:25.70	288	02/10/16	ND Distance Meet	Fraserburgh	SCO1176	2
50 Breaststroke	40.89	41.70	227	08/10/16	Hearts Premier Age Groups Meet	Prestonpans	SCO1179	2
100 Breaststroke	1:28.25	1:29.70	245	25/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
200 Breaststroke	3:11.29	3:14.00	247	14/01/17	SAS Junior Meet 2017	Westhill	SCO1225	2
50 Butterfly	34.72	35.30	245	25/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
100 Butterfly	1:18.25	1:19.20	227	18/12/16	Aberdeen Dolphins Club Championships	Northfield	SCO1214	3
50 Backstroke	38.98	39.50	182	08/10/16	Hearts Premier Age Groups Meet	Prestonpans	SCO1179	2
100 Backstroke	1:22.61	1:23.60	200	09/10/16	Hearts Premier Age Groups Meet	Prestonpans	SCO1179	2
200 Backstroke	3:02.15	3:04.00	195	19/06/16	COAST Development Meet R3 2016	Aberdeen	SCO1149	2
200 Individual Medley	2:51.32	2:53.60	262	21/02/16	COAST Development R1 Meet	Aberdeen	SCO1087	2
400 Individual Medley	6:09.40	6:14.10	256	19/06/16	COAST Development Meet R3 2016	Aberdeen	SCO1149	2
100 Individual Medley	1:22.69	1:22.70	211	18/12/16	Aberdeen Dolphins Club Championships	Northfield	SCO1214	3