

Individual Best Times (All Time)

Alistar Scott - (782356) - Staines Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.86	28.10	380	25/03/17	MCASA Open Meet	London	LR170009	1
100 Freestyle	1:04.22	1:02.90	388	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
200 Freestyle	2:26.31	2:23.90	338	26/03/17	MCASA Open Meet	London	LR170009	1
50 Breaststroke	37.95	37.10	319	25/03/17	MCASA Open Meet	London	LR170009	1
100 Breaststroke	1:25.72	1:24.20	292	25/03/17	MCASA Open Meet	London	LR170009	1
50 Butterfly	33.65	33.10	289	26/03/17	MCASA Open Meet	London	LR170009	1
50 Backstroke	35.06	34.50	303	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
200 Backstroke	3:08.47	3:06.70	209	16/05/15	MCASA Long Course Open Meet	Luton	LR150711	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.00	28.70	373	09/03/19	Hart Sprint Level 3 Open Meet 2019	Hart LC	SE190319	3
100 Freestyle	1:00.86	1:02.20	399	10/03/19	Hart Sprint Level 3 Open Meet 2019	Hart LC	SE190319	3
200 Freestyle	2:18.85	2:21.30	366	27/10/18	Hart SC Autumn Level 3 Open Meet 2018	Hart	SE181205	3
400 Freestyle	5:21.94	5:26.30	286	08/11/16	Staines Club Championships	Staines	SE162344	4
1500 Freestyle	21:16.09	21:32.20	292	09/11/16	Staines Club Championships	Staines	SE162344	4
50 Breaststroke	37.86	38.70	286	25/11/18	Black Swan Winter Meet 2018	Elmbridge Xcel	SE182150	3
100 Breaststroke	1:22.66	1:24.20	299	25/03/18	Black Swan Regional Qualifier Meet 2018	Elmbridge	SE180463	3
200 Breaststroke	3:16.62	3:19.30	228	15/01/17	Kingston Royals New Year Meet	Walton on the Thames	LR170252	3
50 Butterfly	33.37	33.90	276	28/10/18	Hart SC Autumn Level 3 Open Meet 2018	Hart	SE181205	3
100 Butterfly	1:20.84	1:21.80	206	15/07/17	Black Swan Summer Open Meet 2017	Walton on Thames	SE171028	3
50 Backstroke	33.43	34.00	289	10/02/19	Black Swan Valentines Meet 2019	Elmbridge	SE190317	3
100 Backstroke	1:11.40	1:12.50	310	24/03/18	Black Swan Regional Qualifier Meet 2018	Elmbridge	SE180463	3
200 Backstroke	2:39.07	2:41.20	292	02/04/17	Black Swan Regional Qualifier Meet 2017	Elmbridge Xcel	SE170536	3
200 Individual Medley	2:42.89	2:45.30	304	02/04/17	Black Swan Regional Qualifier Meet 2017	Elmbridge Xcel	SE170536	3
100 Individual Medley	1:24.77	1:24.80	196	18/09/16	Staines Club Championships 2016	Knowle Green	SE162093	4