

Individual Best Times (All Time)

Tony Connolly - (787520) - West Dunbartonshire ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.32	25.50	501	24/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
50 Breaststroke	35.52	34.60	389	31/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
100 Breaststroke	1:23.43	1:21.90	316	31/05/14	North District SASA Grand Prix	Aberdeen	SCO851	1
200 Breaststroke	3:20.82	3:18.20	243	09/02/13	2013 SASA District JAG LC Championships	East Kilbride	SCO696	1
50 Butterfly	30.15	29.50	402	28/02/14	2014 ISM Berlin	Berlin	GB4013	1
100 Butterfly	1:11.30	1:10.20	333	31/05/14	North District SASA Grand Prix	Aberdeen	SCO851	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.70	27.50	430	30/08/15	SASA West District SR Championships	Ayr	SCO1012	1
100 Freestyle	1:08.84	1:10.00	276	20/04/13	F.I.R.S.T Open Meet	Dunfermline	SCO712	2
200 Freestyle	2:20.04	2:22.50	357	09/11/14	Ren 96 Open Meet	Renfrew	SCO906	2
50 Breaststroke	34.08	35.00	392	29/08/15	SASA West District SR Championships	Ayr	SCO1012	1
100 Breaststroke	1:19.72	1:21.30	333	19/04/14	FIRST Open Meet 2014	Bathgate	SCO828	2
200 Breaststroke	3:01.01	3:03.90	292	01/12/13	Cumbernauld Open Age Group Meet	Cumbernauld	SCO798	2
50 Butterfly	28.77	29.40	432	29/08/15	SASA West District SR Championships	Ayr	SCO1012	1
100 Butterfly	1:10.05	1:11.10	317	09/01/16	FIRST Open Meet 2016	Bathgate	SCO1067	2
200 Butterfly	2:58.81	3:00.60	213	08/09/13	North Ayrshire Distance Meet	Auchenharvie	SCO752	2
50 Backstroke	35.43	36.00	243	07/09/14	2014 SASA West District SC SR Championships	Bellshill	SCO878	2
100 Backstroke	1:29.11	1:30.00	159	12/05/12	SASA West District Group 3 Championships	Dumfries	SCO618	1
200 Individual Medley	2:52.30	2:54.60	257	01/12/13	Cumbernauld Open Age Group Meet	Cumbernauld	SCO798	2
100 Individual Medley	1:10.26	1:10.30	345	29/08/15	SASA West District SR Championships	Ayr	SCO1012	1