

Individual Best Times (All Time)

Owen Strachan - (810318) - Carnegie ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.41	25.60	496	15/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
100 Freestyle	57.49	56.00	541	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
200 Freestyle	2:06.42	2:03.60	525	17/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
400 Freestyle	4:35.98	4:30.90	507	01/07/16	Scottish National Open Championships	Glasgow	SCO1155	1
50 Breaststroke	39.87	39.10	275	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
50 Butterfly	27.94	27.30	506	17/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
100 Butterfly	1:01.69	1:00.40	515	02/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
200 Butterfly	2:16.32	2:14.00	530	16/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
50 Backstroke	31.29	30.60	426	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
100 Backstroke	1:07.38	1:06.20	449	17/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
200 Backstroke	2:26.26	2:24.00	448	02/07/16	Scottish National Open Championships	Glasgow	SCO1155	1
200 Individual Medley	2:27.95	2:25.30	457	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.77	26.60	478	06/11/16	North District Open Championships	Inverness	SCO1193	1
100 Freestyle	56.10	57.60	510	05/11/16	North District Open Championships	Inverness	SCO1193	1
200 Freestyle	2:03.85	2:06.60	516	06/03/16	Fife Leagues	Glenrothes	SCO1093	2
400 Freestyle	4:22.82	4:28.10	526	15/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
1500 Freestyle	20:35.19	20:51.80	322	01/03/14	SASA East District Challenge 2014	Bathgate	SCO815	2
50 Breaststroke	48.35	49.00	137	20/04/13	F.I.R.S.T Open Meet	Dunfermline	SCO712	2
100 Breaststroke	1:19.10	1:20.70	341	06/03/16	Fife Leagues	Glenrothes	SCO1093	2
200 Breaststroke	3:06.51	3:09.30	267	01/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
50 Butterfly	27.93	28.60	472	05/11/16	North District Open Championships	Inverness	SCO1193	1
100 Butterfly	59.71	1:01.00	512	06/11/16	North District Open Championships	Inverness	SCO1193	1
200 Butterfly	2:12.32	2:14.70	526	05/11/16	North District Open Championships	Inverness	SCO1193	1
50 Backstroke	29.76	30.40	410	06/11/16	North District Open Championships	Inverness	SCO1193	1
100 Backstroke	1:03.65	1:04.90	437	05/11/16	North District Open Championships	Inverness	SCO1193	1
200 Backstroke	2:20.66	2:23.00	423	20/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
200 Individual Medley	2:22.26	2:25.00	457	24/10/15	Carnegie Winter Open Meet	Dunfermline	SCO1031	2
400 Individual Medley	5:03.99	5:09.70	460	13/06/15	ELST Distance Meet 2015	Mercat Gait	SCO998	2
100 Individual Medley	1:07.20	1:07.20	394	04/09/16	Fife Championships	Glenrothes	SCO1169	2