

Individual Best Times (All Time)

Matthew King - (811584) - Carnegie ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.73	24.90	536	15/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
100 Freestyle	57.30	55.80	546	16/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
200 Freestyle	2:10.43	2:07.70	478	29/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
400 Freestyle	5:05.08	5:00.40	375	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
50 Breaststroke	35.84	35.00	379	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Breaststroke	1:22.44	1:20.90	328	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
50 Butterfly	29.70	29.10	421	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
100 Butterfly	1:07.17	1:06.00	398	29/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
50 Backstroke	33.11	32.50	359	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Backstroke	1:10.94	1:09.80	384	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
200 Backstroke	2:34.89	2:32.70	377	30/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
200 Individual Medley	2:32.64	2:30.00	416	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.31	26.10	505	20/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
100 Freestyle	56.56	58.00	498	05/06/16	Fife League 3	Fife	SCO1142	2
200 Freestyle	2:04.97	2:07.70	502	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
400 Freestyle	4:32.12	4:37.20	474	21/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
800 Freestyle	12:48.88	12:56.40	191	19/06/11	Aquanauts Livingston 10th Graded Meet	Bathgate	SCO532	2
1500 Freestyle	18:20.32	18:38.90	455	03/05/14	Carnegie So Long Meet	Dunfermline	SCO832	2
50 Breaststroke	35.14	36.00	357	05/06/16	Fife League 3	Fife	SCO1142	2
100 Breaststroke	1:27.02	1:28.50	256	18/05/14	Swim West Lothian IM Tough Meet 2014	Bathgate	SCO842	2
200 Breaststroke	2:57.45	3:00.40	310	01/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
50 Butterfly	36.50	37.00	211	12/10/13	Hearts & Best Premier Age Group Meet	Prestonpans	SCO773	2
100 Butterfly	1:07.74	1:08.90	350	21/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
200 Butterfly	2:38.90	2:40.90	304	28/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
50 Backstroke	31.82	32.40	335	04/09/16	Fife Championships	Glenrothes	SCO1169	2
100 Backstroke	1:07.61	1:08.80	365	24/10/15	Carnegie Winter Open Meet	Dunfermline	SCO1031	2
200 Backstroke	2:27.11	2:29.40	370	24/10/15	Carnegie Winter Open Meet	Dunfermline	SCO1031	2
200 Individual Medley	2:28.86	2:31.50	399	14/06/15	ELST Distance Meet 2015	Mercat Gait	SCO998	2
400 Individual Medley	5:18.67	5:24.10	400	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
100 Individual Medley	1:17.36	1:17.40	258	31/08/13	Dunedin Challenge Meet	Dunfermline	SCO749	2