

Individual Best Times (All Time)

Morven Jackson - (834669) - East Kilbride ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.99	30.30	442	31/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
100 Freestyle	1:05.59	1:04.30	490	29/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Freestyle	2:26.32	2:23.90	458	01/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
400 Freestyle	5:10.73	5:06.20	434	15/01/17	2017 SASA West District LC AG R1 Championship	East Kilbride	SCO1223	1
800 Freestyle	10:22.89	10:13.50	471	02/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
1500 Freestyle	19:58.16	19:40.80	453	30/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
50 Breaststroke	42.20	41.40	329	06/03/16	SASA West District LC AG Round 3	East Kilbride	SCO1092	1
100 Breaststroke	1:31.57	1:30.20	343	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
200 Breaststroke	3:11.77	3:09.00	369	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Butterfly	33.90	33.30	374	04/03/17	2017 SASA West District LC AG R3 Championship	East Kilbride	SCO1257	1
100 Butterfly	1:14.20	1:13.20	418	01/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
100 Backstroke	1:21.72	1:20.70	345	06/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
200 Backstroke	2:50.28	2:48.30	378	05/02/17	2017 SASA West District Championships	East Kilbride	SCO1235	1
200 Individual Medley	2:43.38	2:40.90	459	28/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
400 Individual Medley	5:57.53	5:52.60	411	05/03/16	SASA West District LC AG Round 3	East Kilbride	SCO1092	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.63	30.30	463	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Freestyle	1:05.31	1:06.60	455	26/02/17	EKASC Accredited Time Trial 2017	Larkhall LC	SCO1249	2
200 Freestyle	2:20.55	2:23.00	483	12/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	SCO1198	1
400 Freestyle	4:56.67	5:01.40	473	30/10/16	Carnegie Winter Open Meet	Glenrothes	SCO1190	2
800 Freestyle	10:16.17	10:25.50	465	27/11/16	Dumfries Advent Open 2016	Dumfries	SCO1208	2
1500 Freestyle	19:27.87	19:45.40	470	28/02/16	EKASC Accredited Time Trial 2016	Larkhall	SCO1091	2
50 Breaststroke	39.50	40.30	370	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Breaststroke	1:26.29	1:27.70	377	12/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	SCO1198	1
200 Breaststroke	3:08.01	3:10.80	366	13/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	SCO1198	1
50 Butterfly	32.88	33.50	407	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Butterfly	1:13.76	1:14.80	393	29/10/16	Carnegie Winter Open Meet	Glenrothes	SCO1190	2
200 Butterfly	3:14.70	3:16.30	231	04/05/14	North Ayrshire Junior Meet	Auchenharvie	SCO834	2
50 Backstroke	35.74	36.30	352	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Backstroke	1:19.75	1:20.80	326	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
200 Backstroke	2:38.53	2:40.60	422	29/10/16	Carnegie Winter Open Meet	Glenrothes	SCO1190	2
200 Individual Medley	2:39.47	2:41.90	446	26/02/17	EKASC Accredited Time Trial 2017	Larkhall LC	SCO1249	2
400 Individual Medley	5:36.97	5:42.10	453	13/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	SCO1198	1
100 Individual Medley	1:16.08	1:16.10	409	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1