

# Individual Best Times (All Time)

Liam McDougall - (835046) - Bellshill Sharks ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.00	26.20	464	04/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
100 Freestyle	57.73	56.30	534	25/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
200 Freestyle	2:08.11	2:05.40	504	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE150212	1
400 Freestyle	4:33.32	4:28.10	521	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE150212	1
50 Breaststroke	38.08	37.20	316	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
100 Breaststroke	1:22.19	1:20.60	331	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE150212	1
50 Butterfly	29.33	28.70	437	01/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
100 Butterfly	1:07.77	1:06.60	388	02/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1
200 Butterfly	2:33.99	2:31.90	367	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
50 Backstroke	31.76	31.10	407	05/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
100 Backstroke	1:09.75	1:08.60	404	09/05/15	SASA West District Championships	East Kilbride	SCO975	1
200 Backstroke	2:30.95	2:28.70	407	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE150212	1
200 Individual Medley	2:25.11	2:22.40	484	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE150212	1
400 Individual Medley	5:09.28	5:03.60	482	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE150212	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.93	26.70	469	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Freestyle	55.81	57.30	518	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Freestyle	2:01.51	2:04.30	546	24/09/16	Scottish National Teams	Glasgow	SCO1175	1
400 Freestyle	4:20.31	4:25.60	542	13/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
800 Freestyle	9:11.16	9:21.50	520	03/05/15	Carnegie So Long Meet	Glenrothes	SCO982	2
1500 Freestyle	19:41.95	19:59.30	367	17/05/13	Swim West Lothian IM Tough 2013	Bathgate	SCO727	2
50 Breaststroke	35.69	36.60	341	29/08/15	SASA West District SR Championships	Ayr	SCO1012	1
100 Breaststroke	1:18.71	1:20.30	346	13/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
200 Breaststroke	2:50.52	2:53.60	349	05/09/15	North Ayrshire Distance Meet	Stevenston	SCO1010	2
50 Butterfly	28.55	29.20	442	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Butterfly	1:04.54	1:05.70	405	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
200 Butterfly	2:29.66	2:31.80	363	26/04/14	South Ayrshire Swim Team Open Age Group Meet	Ayr	SCO830	2
50 Backstroke	30.16	30.80	393	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Backstroke	1:05.50	1:06.70	401	24/10/15	Carnegie Winter Open Meet	Dunfermline	SCO1031	2
200 Backstroke	2:23.04	2:25.40	402	01/11/15	SASA West District SAG Championships	Grangemouth	SCO1035	1
200 Individual Medley	2:20.48	2:23.30	475	26/04/15	South Ayrshire Open Meet	South Ayrshire	SCO968	2
400 Individual Medley	5:00.88	5:06.70	475	06/09/15	North Ayrshire Distance Meet	Stevenston	SCO1010	2
100 Individual Medley	1:05.02	1:05.00	435	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1