

Individual Best Times (All Time)

Scott Strange - (857165) - Folkestone SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|----------------|----------|-------|
| 50 Freestyle | 29.94 | 29.20 | 340 | 20/04/19 | BPSC Easter Meet 2019 | Basildon | ER190188 | 1 |
| 100 Freestyle | 1:06.96 | 1:05.70 | 342 | 21/04/19 | BPSC Easter Meet 2019 | Basildon | ER190188 | 1 |
| 200 Freestyle | 2:35.28 | 2:33.00 | 283 | 05/02/17 | Kent Swimming Championships | Crystal Palace | SE170173 | 1 |
| 400 Freestyle | 5:46.96 | 5:42.90 | 255 | 23/01/16 | Kent Swimming Championships 2016 | Crystal Palace | SE160328 | 1 |
| 50 Breaststroke | 38.85 | 38.00 | 298 | 01/02/20 | 2020 Kent ASA Swimming Championships | Crystal Palace | SE200207 | 1 |
| 100 Breaststroke | 1:24.48 | 1:23.00 | 305 | 18/01/20 | 2020 Kent ASA Swimming Championships | London | SE200205 | 1 |
| 200 Breaststroke | 3:39.55 | 3:37.10 | 186 | 31/01/16 | Kent Swimming Championships 2016 | Crystal Palace | SE160329 | 1 |
| 50 Butterfly | 32.91 | 32.30 | 309 | 21/04/19 | BPSC Easter Meet 2019 | Basildon | ER190188 | 1 |
| 100 Butterfly | 1:11.46 | 1:10.40 | 331 | 19/01/20 | 2020 Kent ASA Swimming Championships | London | SE200205 | 1 |
| 200 Butterfly | 3:12.99 | 3:11.30 | 186 | 26/03/16 | Basildon & Phoenix Easter LC Meet 2016 | Basildon | ER160006 | 1 |
| 50 Backstroke | 33.32 | 32.70 | 353 | 02/02/20 | 2020 Kent ASA Swimming Championships | Crystal Palace | SE200207 | 1 |
| 100 Backstroke | 1:12.58 | 1:11.50 | 359 | 26/01/20 | 2020 Kent ASA Swimming Championships | Crystal Palace | SE200206 | 1 |
| 200 Backstroke | 3:00.24 | 2:58.40 | 239 | 06/02/16 | Kent Swimming Championships 2016 | Crystal Palace | SE160330 | 1 |
| 200 Individual Medley | 2:56.25 | 2:54.00 | 270 | 06/01/19 | BWFSC New Year Meet 2019 | London | LR190289 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|--------------|----------|-------|
| 50 Freestyle | 28.42 | 29.10 | 356 | 05/01/20 | Icebreakers 2020 | Dover | SE200292 | 3 |
| 100 Freestyle | 1:01.47 | 1:02.80 | 388 | 04/01/20 | Icebreakers 2020 | Dover | SE200292 | 3 |
| 200 Freestyle | 2:17.69 | 2:20.20 | 375 | 07/12/19 | East Invicta ASA Championships | Canterbury | SE191665 | 3 |
| 400 Freestyle | 5:27.50 | 5:31.80 | 272 | 11/06/17 | Ashford Town Club Championships | Ashford | SE171136 | 4 |
| 50 Breaststroke | 36.89 | 37.70 | 309 | 01/12/19 | East Invicta ASA Championships | Canterbury | SE191664 | 3 |
| 100 Breaststroke | 1:21.07 | 1:22.60 | 317 | 08/12/19 | East Invicta ASA Championships | Canterbury | SE191665 | 3 |
| 200 Breaststroke | 3:34.64 | 3:37.10 | 175 | 03/01/16 | Dover and Canterbury (Jointly) Icebreaker 2016 | Kent | SE160258 | 3 |
| 50 Butterfly | 31.12 | 31.70 | 341 | 30/06/21 | Folkestone | Folkestone | LEX2728 | 0 |
| 100 Butterfly | 1:09.16 | 1:10.20 | 329 | 09/10/21 | National Arena Swimming League South Round One | Bexley | SE210737 | 3 |
| 200 Butterfly | 3:07.90 | 3:09.60 | 183 | 17/12/17 | BPSC Last Chance County Qualifier | Basildon | ER172322 | 3 |
| 50 Backstroke | 32.20 | 32.80 | 323 | 22/12/19 | TYR Festive Qualifier | Hartsdown LC | SE193124 | 3 |
| 100 Backstroke | 1:10.43 | 1:11.60 | 323 | 21/12/19 | TYR Festive Qualifier | Hartsdown LC | SE193124 | 3 |
| 200 Backstroke | 2:52.06 | 2:54.00 | 231 | 27/11/16 | Black Lion Winter Open Meet | Gillingham | SE160753 | 3 |
| 200 Individual Medley | 2:33.28 | 2:35.80 | 365 | 07/12/19 | East Invicta ASA Championships | Canterbury | SE191665 | 3 |
| 400 Individual Medley | 6:00.28 | 6:05.10 | 276 | 17/06/18 | Ashford Town Club Championships 2018 | Ashford | SE181328 | 4 |
| 100 Individual Medley | 1:22.90 | 1:22.90 | 210 | 01/07/18 | Ashford Town Club Championships 2018 | Ashford | SE181330 | 4 |