

# Individual Best Times (All Time)

Joe Ewing - (864541) - Warrender Baths Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.25	25.40	505	31/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
100 Freestyle	56.82	55.30	560	03/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
200 Freestyle	2:04.63	2:01.80	548	01/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
400 Freestyle	4:27.52	4:22.20	556	15/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
800 Freestyle	9:28.34	9:18.10	503	03/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
1500 Freestyle	17:53.83	17:34.50	533	01/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
50 Breaststroke	33.99	33.10	444	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Breaststroke	1:16.28	1:14.60	414	31/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Breaststroke	2:44.20	2:41.00	446	30/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
50 Butterfly	27.18	26.50	550	28/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
100 Butterfly	1:01.23	1:00.00	526	01/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Butterfly	2:22.72	2:20.50	462	30/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
50 Backstroke	32.97	32.40	364	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Backstroke	1:09.85	1:08.70	403	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Backstroke	2:27.36	2:25.10	438	06/02/16	Derventio Excel February Festival 2016	Sheffield	EM160047	1
200 Individual Medley	2:18.95	2:16.10	552	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
400 Individual Medley	5:04.05	4:58.20	507	17/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.04	28.80	371	09/01/16	FIRST Open Meet 2016	Bathgate	SCO1067	2
100 Freestyle	57.45	58.90	475	17/12/16	Cumbernauld Xmas Sprints	Cumbernauld	SCO1218	2
200 Freestyle	2:00.26	2:03.10	564	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
400 Freestyle	4:24.74	4:30.00	515	09/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
800 Freestyle	9:03.32	9:13.80	543	27/11/16	East District Age Groups Championships	Glenrothes	SCO1206	1
1500 Freestyle	17:32.07	17:51.50	521	26/11/16	East District Age Groups Championships	Glenrothes	SCO1206	1
50 Breaststroke	34.97	35.90	363	21/05/16	Swim West Lothian IM Tough Meet	Livingston	SCO1134	2
100 Breaststroke	1:12.29	1:14.00	447	17/12/16	Cumbernauld Xmas Sprints	Cumbernauld	SCO1218	2
200 Breaststroke	2:31.65	2:35.10	497	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
50 Butterfly	29.96	30.60	382	26/09/15	Scottish National Team Championships 2015	Glasgow	SCO1023	1
100 Butterfly	1:01.62	1:02.80	466	17/12/16	Cumbernauld Xmas Sprints	Cumbernauld	SCO1218	2
200 Butterfly	2:17.74	2:20.00	466	14/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
50 Backstroke	33.12	33.70	297	16/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
100 Backstroke	1:05.84	1:07.00	395	17/12/16	Cumbernauld Xmas Sprints	Cumbernauld	SCO1218	2
200 Backstroke	2:20.62	2:23.00	423	14/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
200 Individual Medley	2:16.69	2:19.50	515	10/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
400 Individual Medley	4:51.30	4:57.30	523	27/11/16	East District Age Groups Championships	Glenrothes	SCO1206	1
100 Individual Medley	1:04.46	1:04.50	446	09/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1