

# Individual Best Times (All Time)

Logan Dow - (881036) - Inverleith

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Individual Medley	3:08.72	3:06.60	220	15/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.45	32.10	263	20/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
100 Freestyle	1:09.37	1:10.60	270	17/01/16	Carnegie Open Spring Age Group Meet	Glenrothes	SCO1115	2
200 Freestyle	2:27.12	2:29.50	308	20/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
400 Freestyle	5:11.08	5:15.60	317	17/01/16	Carnegie Open Spring Age Group Meet	Glenrothes	SCO1115	2
50 Breaststroke	44.83	45.50	172	01/05/16	Haddington Total Swim Meet	Prestonpans	SCO1118	2
100 Breaststroke	1:34.20	1:35.50	202	07/05/16	LDD Graded Meet	Bathgate	SCO1121	2
200 Breaststroke	3:19.49	3:22.10	218	20/03/16	Portobello Mad March Meet	Prestonpans	SCO1111	2
50 Butterfly	37.58	38.10	193	01/05/16	Haddington Total Swim Meet	Prestonpans	SCO1118	2
100 Butterfly	1:20.58	1:21.50	208	07/05/16	LDD Graded Meet	Bathgate	SCO1121	2
50 Backstroke	37.58	38.10	203	01/05/16	Haddington Total Swim Meet	Prestonpans	SCO1118	2
100 Backstroke	1:20.00	1:21.00	220	20/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
200 Backstroke	2:54.23	2:56.10	222	20/03/16	Portobello Mad March Meet	Prestonpans	SCO1111	2
200 Individual Medley	2:50.18	2:52.50	267	12/06/16	ELST Distance Meet 2016	Mercat Gait	SCO1144	2
100 Individual Medley	1:19.73	1:19.70	236	01/05/16	Haddington Total Swim Meet	Prestonpans	SCO1118	2