

Individual Best Times (All Time)

Ross Dixon - (890923) - Incas

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.41	31.10	291	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Freestyle	1:12.50	1:13.60	236	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2
200 Freestyle	2:23.31	2:25.70	333	06/06/15	InCas Distance Meet	Dunfermline	SCO989	2
400 Freestyle	5:40.44	5:44.50	242	01/06/14	INCAS Distance Meet 2014	Dunfermline	SCO849	2
50 Breaststroke	44.55	45.30	175	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Breaststroke	1:33.53	1:34.90	206	04/10/14	SASA East District SC Time Trials	Prestonpans	SCO886	2
200 Breaststroke	3:21.91	3:24.50	210	06/06/15	InCas Distance Meet	Dunfermline	SCO989	2
50 Butterfly	36.03	36.60	219	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Butterfly	1:19.37	1:20.30	218	05/10/14	SASA East District SC Time Trials	Prestonpans	SCO886	2
200 Butterfly	2:59.20	3:01.00	211	06/06/15	InCas Distance Meet	Dunfermline	SCO989	2
50 Backstroke	39.51	40.00	175	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Backstroke	2:07.18	2:07.80	54	24/03/12	Glenrothes Spring Meet	Glenrothes	SCO600	4
200 Backstroke	3:29.13	3:30.70	128	01/09/13	Dunedin Challenge Meet	Dunfermline	SCO749	2
200 Individual Medley	2:49.68	2:52.00	269	04/10/14	SASA East District SC Time Trials	Prestonpans	SCO886	2
100 Individual Medley	1:23.62	1:23.60	204	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2