

Individual Best Times (All Time)

Alex Black - (90002209) - Falkirk Otters ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.36	24.50	560	12/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Freestyle	55.25	53.70	610	16/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
200 Freestyle	2:05.39	2:02.60	538	15/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
400 Freestyle	4:35.99	4:30.90	506	25/03/23	2023 WD Long Course Pre-SNAG Meet	Glasgow	SCO2005	1
800 Freestyle	9:54.45	9:44.60	439	05/02/23	2023 WD Long Course Championships - WE1	Glasgow	SCO1976	1
100 Breaststroke	1:39.32	1:38.00	187	12/01/20	2020 WD Long Course Championships - WE1	Tollcross	SCO1782	1
50 Butterfly	26.77	26.10	575	10/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Butterfly	1:02.33	1:01.10	499	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Butterfly	2:50.94	2:49.10	268	01/03/20	2020 SS West District LC AG Pre-SNAG Meet	Glasgow	SCO1800	2
50 Backstroke	31.19	30.50	430	24/03/24	2024 SS West District LC Pre-SNAG Meet	East Kilbride	SCO2171	1
100 Backstroke	1:09.06	1:07.90	417	18/02/23	2023 SS West District LC Champs WE2	Glasgow	SCO1982	1
200 Backstroke	2:35.15	2:33.00	375	26/03/22	2022 SS West District LC Pre-SNAG Meet	Glasgow	SCO1875	1
200 Individual Medley	2:27.19	2:24.50	464	16/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.89	25.70	531	11/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
100 Freestyle	54.48	56.00	557	10/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
200 Freestyle	2:02.29	2:05.10	536	20/11/22	Bellshill Winter Meet 2022	Bellshill	SCO1944	3
400 Freestyle	4:33.02	4:38.10	469	20/11/22	Bellshill Winter Meet 2022	Bellshill	SCO1944	3
800 Freestyle	10:13.47	10:22.80	377	07/11/21	2021 SS West District SC "Time Trials 1" Meet	DG1 Centre,Dumfries	SCO1825	2
50 Breaststroke	34.85	35.70	366	11/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
100 Breaststroke	1:20.32	1:21.90	326	07/05/22	West District May AG Meet	Tollcross	SCO1887	2
200 Breaststroke	3:30.51	3:33.00	185	26/10/19	2019 SS West District SC JAG Championships	Glasgow	SCO1731	2
50 Butterfly	26.71	27.40	539	11/11/23	2023 SS West District SC Champs WE2	Glasgow	SCO2088	2
100 Butterfly	1:01.71	1:02.90	464	11/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
200 Butterfly	2:36.73	2:38.70	316	08/05/22	West District May AG Meet	Tollcross	SCO1887	2
50 Backstroke	29.95	30.60	402	10/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
100 Backstroke	1:06.86	1:08.10	377	14/01/23	2023 WD January Pentaqua	Tollcross	SCO1974	2
200 Backstroke	2:27.47	2:29.70	367	03/12/22	2022 SS West District SC Dec AG Meet	Glasgow	SCO1959	2
200 Individual Medley	2:21.46	2:24.20	465	04/03/23	FIRST Open Meet 2023	Grangemouth	SCO1989	2
100 Individual Medley	1:05.95	1:06.00	417	11/11/23	2023 SS West District SC Champs WE2	Glasgow	SCO2088	2