

Individual Best Times (All Time)

Nathan Wilson - (90002925) - Carnegie ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.17	26.40	455	29/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
100 Freestyle	58.59	57.10	511	28/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
200 Freestyle	2:06.36	2:03.60	525	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
400 Freestyle	4:37.41	4:32.30	499	02/07/23	Scottish National Open Championships	Tollcross	SCO2054	1
50 Breaststroke	37.21	36.40	339	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Breaststroke	1:24.02	1:22.50	310	16/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Breaststroke	3:01.42	2:58.50	330	30/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
50 Butterfly	29.01	28.40	452	01/07/23	Scottish National Open Championships	Tollcross	SCO2054	1
100 Butterfly	1:06.86	1:05.70	404	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
50 Backstroke	29.28	28.60	520	14/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Backstroke	1:03.37	1:02.10	539	15/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
200 Backstroke	2:19.91	2:17.50	511	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
200 Individual Medley	2:24.75	2:22.00	488	28/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
400 Individual Medley	5:17.60	5:12.00	445	01/07/23	Scottish National Open Championships	Tollcross	SCO2054	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.50	27.30	440	19/03/23	Fife Novice & Leagues round 1	Glenrothers	SCO2000	2
100 Freestyle	57.13	58.60	483	17/02/24	Glenrothes Spring meet 2024	Glenrothers	SCO2145	2
200 Freestyle	2:02.41	2:05.20	534	24/03/24	Fife League 2 March 2024	Fife	SCO2173	2
400 Freestyle	4:23.14	4:28.40	524	25/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
800 Freestyle	9:19.32	9:29.60	498	14/10/23	SWL Distance Meet 2023	Xcite Bathgate	SCO2074	2
50 Breaststroke	36.05	36.90	331	24/03/24	Fife League 2 March 2024	Fife	SCO2173	2
100 Breaststroke	1:18.86	1:20.40	344	17/02/24	Glenrothes Spring meet 2024	Glenrothers	SCO2145	2
200 Breaststroke	2:49.06	2:52.20	359	15/10/23	SWL Distance Meet 2023	Xcite Bathgate	SCO2074	2
50 Butterfly	28.07	28.70	465	21/01/24	Fife League 1 Jan 24	Glenrothers	SCO2136	2
100 Butterfly	1:04.70	1:05.90	402	17/02/24	Glenrothes Spring meet 2024	Glenrothers	SCO2145	2
200 Butterfly	2:32.16	2:34.20	346	03/06/23	Fife Novice & Leagues round 3	Fife	SCO2041	2
50 Backstroke	28.22	28.90	480	09/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
100 Backstroke	1:00.55	1:01.90	508	10/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
200 Backstroke	2:13.10	2:15.60	499	21/01/24	Fife League 1 Jan 24	Glenrothers	SCO2136	2
200 Individual Medley	2:20.72	2:23.50	472	17/02/24	Glenrothes Spring meet 2024	Glenrothers	SCO2145	2
400 Individual Medley	5:00.72	5:06.50	476	13/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2
100 Individual Medley	1:06.00	1:06.00	416	12/11/23	Fife Championships 2023	Michael Woods Centre	SCO2095	2