

Individual Best Times (All Time)

Sam Ross - (90003048) - Warrender Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.80	27.00	425	24/01/23	East District Age Groups	Scotland	SCO1979	1
100 Freestyle	59.17	57.70	496	16/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
50 Breaststroke	33.37	32.40	470	30/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
100 Breaststroke	1:14.08	1:12.40	452	28/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
200 Breaststroke	2:37.85	2:34.50	502	08/03/24	Edinburgh International 2024	Edinburgh	SCO2160	1
50 Butterfly	28.64	28.00	470	29/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
100 Butterfly	1:05.63	1:04.50	427	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
50 Backstroke	31.48	30.80	418	04/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Backstroke	1:09.02	1:07.80	417	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Backstroke	2:25.91	2:23.60	451	30/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
200 Individual Medley	2:21.43	2:18.60	523	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
400 Individual Medley	5:06.86	5:01.10	493	29/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.89	28.60	377	05/03/23	FIRST Open Meet 2023	Grangemouth	SCO1989	2
100 Freestyle	58.55	1:00.00	449	28/10/23	Warrender Annual Open Meet 2023	Michael Woods Centre	SCO2109	2
200 Freestyle	2:09.11	2:11.80	455	14/10/23	SWL Distance Meet 2023	Xcite Bathgate	SCO2074	2
400 Freestyle	4:32.13	4:37.20	474	25/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
50 Breaststroke	33.24	34.20	422	04/11/23	SASA North District Open Championships 2023	Aberdeen	SCO2083	2
100 Breaststroke	1:11.17	1:12.90	468	05/11/23	SASA North District Open Championships 2023	Aberdeen	SCO2083	2
200 Breaststroke	2:36.08	2:39.40	456	10/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
50 Butterfly	29.42	30.10	404	02/12/23	Tranent Xmas Gala 2023	Mercat Gait Centre	SCO2108	3
100 Butterfly	1:05.98	1:07.10	379	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
200 Butterfly	2:35.04	2:37.10	327	14/10/23	SWL Distance Meet 2023	Xcite Bathgate	SCO2074	2
50 Backstroke	31.11	31.70	358	02/12/23	Tranent Xmas Gala 2023	Mercat Gait Centre	SCO2108	3
100 Backstroke	1:06.16	1:07.40	389	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
200 Backstroke	2:21.09	2:23.40	419	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
200 Individual Medley	2:19.42	2:22.20	486	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
400 Individual Medley	5:05.55	5:11.20	453	26/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
100 Individual Medley	1:06.17	1:06.20	413	02/12/23	Tranent Xmas Gala 2023	Mercat Gait Centre	SCO2108	3