

# Individual Best Times (All Time)

Lewis Lothian - (90006334) - Haddington & District ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.33	25.50	500	12/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Freestyle	58.26	56.80	520	16/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Freestyle	2:18.69	2:16.20	397	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
50 Breaststroke	32.53	31.60	507	11/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Breaststroke	1:14.11	1:12.40	452	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Breaststroke	2:44.22	2:41.00	446	10/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
50 Butterfly	28.48	27.80	478	29/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
100 Butterfly	1:06.64	1:05.50	408	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Butterfly	2:33.11	2:31.00	374	11/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
50 Backstroke	32.41	31.80	383	04/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Backstroke	1:08.48	1:07.30	427	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Backstroke	2:31.31	2:29.10	404	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
200 Individual Medley	2:24.40	2:21.60	492	14/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
400 Individual Medley	5:13.69	5:08.00	461	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	26.23	27.00	454	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
100 Freestyle	58.66	1:00.10	446	07/10/23	Hearts Premier Age Group Meet 2023	Michael Woods Centre	SCO2077	3
200 Freestyle	2:12.36	2:15.00	423	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
400 Freestyle	4:58.76	5:03.40	358	25/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
800 Freestyle	10:12.12	10:21.50	380	17/06/23	Lothian Region Distance Meet additional 1	Mercat Cait	SCO2051	2
50 Breaststroke	33.42	34.30	416	26/05/24	Haddington Total Swimmer Meet 2024	Mercat Gait	SCO2198	2
100 Breaststroke	1:18.58	1:20.20	348	27/01/24	ELST Age Group Meet 2024	Prestonpans	SCO2139	2
200 Breaststroke	2:46.14	2:49.30	378	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
50 Butterfly	28.76	29.40	432	04/11/23	SASA North District Open Championships 2023	Aberdeen	SCO2083	2
100 Butterfly	1:06.07	1:07.20	378	05/11/23	SASA North District Open Championships 2023	Aberdeen	SCO2083	2
200 Butterfly	2:31.65	2:33.70	349	27/01/24	ELST Age Group Meet 2024	Prestonpans	SCO2139	2
50 Backstroke	31.27	31.90	353	26/05/24	Haddington Total Swimmer Meet 2024	Mercat Gait	SCO2198	2
100 Backstroke	1:09.04	1:10.20	343	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
200 Backstroke	2:28.45	2:30.70	360	18/02/23	Swim West Lothian IM Tough 2023	Bathgate	SCO1983	2
200 Individual Medley	2:25.75	2:28.40	425	28/01/24	ELST Age Group Meet 2024	Prestonpans	SCO2139	2
400 Individual Medley	5:18.26	5:23.70	401	26/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
100 Individual Medley	1:05.41	1:05.40	427	26/05/24	Haddington Total Swimmer Meet 2024	Mercat Gait	SCO2198	2