

# Individual Best Times (All Time)

Adam Selbie - (90012324) - Fins CSC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.55	29.90	320	22/01/23	East District Age Groups	Scotland	SCO1979	1
100 Freestyle	1:01.71	1:00.30	437	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
200 Freestyle	2:15.28	2:12.70	428	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
400 Freestyle	4:46.85	4:41.90	451	11/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
800 Freestyle	10:25.74	10:16.40	377	15/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
1500 Freestyle	19:51.91	19:34.50	390	14/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
50 Breaststroke	36.20	35.30	368	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Breaststroke	1:23.31	1:21.80	318	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Breaststroke	3:18.15	3:15.50	253	23/01/23	East District Age Groups	Scotland	SCO1979	1
50 Butterfly	30.39	29.80	393	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Butterfly	1:11.89	1:10.80	325	16/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Butterfly	2:53.94	2:52.10	255	13/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
50 Backstroke	31.24	30.60	428	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
100 Backstroke	1:07.68	1:06.50	443	10/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Backstroke	2:26.40	2:24.10	446	12/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Individual Medley	2:34.59	2:32.00	401	14/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
400 Individual Medley	5:35.14	5:29.90	378	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.89	28.60	377	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
100 Freestyle	1:00.33	1:01.70	410	10/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
200 Freestyle	2:09.74	2:12.40	449	24/03/24	Fife League 2 March 2024	Fife	SCO2173	2
400 Freestyle	4:40.02	4:45.00	435	25/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
800 Freestyle	9:39.12	9:49.00	448	25/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
1500 Freestyle	18:12.95	18:31.70	465	26/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
50 Breaststroke	36.66	37.50	315	12/11/23	Fife Championships 2023	Michael Woods Centre	SCO2095	2
100 Breaststroke	1:17.14	1:18.80	368	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
200 Breaststroke	2:56.53	2:59.50	315	30/09/23	East District Time Trials 2023	Xcite Bathgate	SCO2076	3
50 Butterfly	31.12	31.70	341	12/11/23	Fife Championships 2023	Michael Woods Centre	SCO2095	2
100 Butterfly	1:07.82	1:08.90	349	21/01/24	Fife League 1 Jan 24	Glenrothes	SCO2136	2
200 Butterfly	2:45.70	2:47.60	268	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
50 Backstroke	31.36	32.00	350	24/03/24	Fife League 2 March 2024	Fife	SCO2173	2
100 Backstroke	1:06.32	1:07.50	387	09/06/24	League 4 June 24	Glenrothes	SCO2204	2
200 Backstroke	2:26.11	2:28.40	377	21/01/24	Fife League 1 Jan 24	Glenrothes	SCO2136	2
200 Individual Medley	2:28.48	2:31.10	402	17/02/24	Glenrothes Spring meet 2024	Glenrothes	SCO2145	2
400 Individual Medley	5:15.52	5:21.00	412	10/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
100 Individual Medley	1:09.97	1:10.00	349	12/11/23	Fife Championships 2023	Michael Woods Centre	SCO2095	2