

Individual Best Times (All Time)

Adam Millar - (900188) - Glasgow University Swim Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.86	26.10	471	02/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
100 Freestyle	57.91	56.50	529	03/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
200 Freestyle	2:10.06	2:07.40	482	02/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
400 Freestyle	4:46.47	4:41.50	453	02/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
800 Freestyle	9:59.10	9:49.40	429	04/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
1500 Freestyle	19:11.48	18:53.40	432	07/02/17	North District Age Group Championships 2017	Aberdeen	SCO1255	1
50 Breaststroke	35.33	34.40	396	03/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
100 Breaststroke	1:17.03	1:15.40	402	02/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
200 Breaststroke	2:40.65	2:37.30	476	19/02/22	Speedo & BUCS Long Course Swimming Championships	Sheffield	NE220242	1
50 Butterfly	28.84	28.20	460	02/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
100 Butterfly	1:05.09	1:03.90	438	18/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
200 Butterfly	2:51.63	2:49.80	265	05/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
50 Backstroke	30.70	30.00	451	01/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
100 Backstroke	1:07.63	1:06.40	444	17/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
200 Backstroke	2:27.10	2:24.80	440	31/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Individual Medley	2:25.37	2:22.60	482	02/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
400 Individual Medley	5:25.48	5:20.00	413	07/02/17	North District Age Group Championships 2017	Aberdeen	SCO1255	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.99	26.80	466	10/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
100 Freestyle	56.47	57.90	500	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
200 Freestyle	2:05.87	2:08.60	492	10/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
400 Freestyle	4:31.79	4:36.90	476	28/10/17	GTS Winter Meet 2017	Clickimin	SCO1352	2
800 Freestyle	9:39.13	9:49.00	448	09/09/18	Shetland Distance Time Trials	Clickimin	SCO1507	2
1500 Freestyle	18:24.10	18:42.60	451	15/09/19	Shetland Time Trial 2	Clickimin	SCO1706	2
50 Breaststroke	29.88	30.90	582	03/09/22	2022 SS West District SC Sep AG Meet	Glasgow	SCO1910	2
100 Breaststroke	1:14.64	1:16.30	406	03/11/19	DH Marine Shetland Age Group & Schools 2019	Clickimin	SCO1733	2
200 Breaststroke	2:43.52	2:46.70	396	15/09/19	Shetland Time Trial 2	Clickimin	SCO1706	2
50 Butterfly	28.33	29.00	452	08/03/20	The A9 Partnership Shetland Sprints 2020	Clickimin	SCO1805	2
100 Butterfly	1:03.71	1:04.90	421	26/06/21	Tighinn Comhla	Various	LXX011	0
200 Butterfly	2:31.30	2:33.40	352	08/09/19	Shetland Time Trial 1 2019	Clickimin	SCO1698	2
50 Backstroke	29.61	30.30	416	06/07/19	Natwest International Island Games XVIII	Gibraltar	GBR1183	2
100 Backstroke	1:03.71	1:05.00	436	16/02/20	Grieg Seafood-H Williamson&Sons Feb Meet 2020	Clickimin	SCO1788	2
200 Backstroke	2:17.01	2:19.40	458	16/02/20	Grieg Seafood-H Williamson&Sons Feb Meet 2020	Clickimin	SCO1788	2
200 Individual Medley	2:20.95	2:23.70	470	17/11/19	GTS Winter Meet 2019	Clickimin	SCO1744	2
400 Individual Medley	5:10.13	5:15.70	434	15/06/19	T L Dallas Midsummer Meet 2019	Clickimin	SCO1680	2
100 Individual Medley	1:04.49	1:04.50	446	08/03/20	The A9 Partnership Shetland Sprints 2020	Clickimin	SCO1805	2