

# Individual Best Times (All Time)

Alexander Johnson - (900193) - Helensburgh ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.29	26.50	449	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Freestyle	56.00	54.50	585	01/03/20	2020 SS West District LC AG Pre-SNAG Meet	Glasgow	SCO1800	2
200 Freestyle	2:01.00	1:58.10	599	01/03/20	2020 SS West District LC AG Pre-SNAG Meet	Glasgow	SCO1800	2
400 Freestyle	4:21.49	4:16.10	596	11/01/20	2020 WD Long Course Championships - WE1	Tollcross	SCO1782	1
1500 Freestyle	18:18.61	17:59.70	498	14/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
50 Butterfly	28.25	27.60	489	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
100 Butterfly	1:00.91	59.70	535	03/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
200 Butterfly	2:13.97	2:11.60	558	25/01/20	Scottish Schools Championships	Tollcross	SCO1787	1
100 Backstroke	1:17.68	1:16.60	293	07/02/15	SASA West District JAG Championship	East Kilbride	SCO936	1
200 Individual Medley	2:23.92	2:21.20	496	25/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
400 Individual Medley	5:26.72	5:21.30	408	03/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.66	26.50	484	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Freestyle	54.66	56.20	552	16/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
200 Freestyle	1:58.35	2:01.20	591	17/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
400 Freestyle	4:10.07	4:15.60	611	16/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
50 Breaststroke	38.59	39.40	270	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Breaststroke	1:34.07	1:35.40	202	09/11/14	Ren 96 Open Meet	Renfrew	SCO906	2
200 Breaststroke	3:12.37	3:15.10	243	31/01/15	North Ayrshire 200 Meet	Auchenharvie	SCO933	2
50 Butterfly	27.49	28.20	495	07/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Butterfly	59.86	1:01.10	508	17/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
200 Butterfly	2:13.46	2:15.80	513	16/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
50 Backstroke	32.83	33.40	305	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Backstroke	1:08.53	1:09.70	350	24/04/16	SAST Open Age Group Meet	Ayr	SCO1114	2
200 Backstroke	2:43.63	2:45.70	269	25/04/15	South Ayrshire Open Meet	South Ayrshire	SCO968	2
200 Individual Medley	2:24.91	2:27.60	433	05/11/16	Ren 96 Open Meet	Linwood	SCO1212	2
400 Individual Medley	5:05.67	5:11.40	453	06/11/16	Ren 96 Open Meet	Linwood	SCO1212	2
100 Individual Medley	1:03.94	1:03.90	457	07/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1