

# Individual Best Times (All Time)

Fraser Vandermeulen - (90019737) - Stirling Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.71	25.90	479	12/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Freestyle	59.75	58.30	482	16/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
200 Freestyle	2:12.49	2:09.80	456	15/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
50 Breaststroke	32.93	32.00	489	24/03/24	2024 SS West District LC Pre-SNAG Meet	East Kilbride	SCO2171	1
100 Breaststroke	1:12.65	1:10.90	479	14/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
200 Breaststroke	2:45.78	2:42.60	433	23/03/24	2024 SS West District LC Pre-SNAG Meet	East Kilbride	SCO2171	1
50 Butterfly	32.72	32.10	315	16/07/22	Scottish Summer Meet 2022	Aberdeen	SCO1908	1
50 Backstroke	30.08	29.40	479	14/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Backstroke	1:05.75	1:04.50	483	23/03/24	2024 SS West District LC Pre-SNAG Meet	East Kilbride	SCO2171	1
200 Backstroke	2:26.35	2:24.10	447	16/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
200 Individual Medley	2:28.61	2:25.90	451	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.46	27.20	442	11/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
100 Freestyle	58.86	1:00.30	442	09/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2
200 Freestyle	2:11.19	2:13.80	434	11/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
50 Breaststroke	31.92	32.90	477	08/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
100 Breaststroke	1:10.65	1:12.40	479	10/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2
200 Breaststroke	2:36.10	2:39.40	456	21/10/23	2023 SS West District SC Champs WE1	Glasgow	SCO2080	2
50 Butterfly	30.33	30.90	368	10/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
50 Backstroke	30.14	30.80	394	10/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
100 Backstroke	1:04.36	1:05.60	423	11/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
200 Backstroke	2:19.28	2:21.70	436	21/01/24	Stirling IM Challenge Meet	Grangemouth	SCO2135	2
200 Individual Medley	2:26.94	2:29.60	415	10/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
100 Individual Medley	1:06.09	1:06.10	414	10/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2