

Individual Best Times (All Time)

Hamish Coates - (90020908) - Hawick & Teviotdale ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.64	27.90	389	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
100 Freestyle	1:01.15	59.80	450	24/06/23	East District Summer Sizzler	Edinburgh	SCO2052	1
50 Breaststroke	33.79	32.80	452	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Breaststroke	1:15.69	1:14.00	424	30/06/23	Scottish National Open Championships	Tollcross	SCO2054	1
200 Breaststroke	2:44.21	2:41.00	446	04/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
50 Butterfly	29.15	28.50	445	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Butterfly	1:08.32	1:07.20	379	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
50 Backstroke	32.41	31.80	383	04/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Backstroke	1:14.28	1:13.20	335	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
200 Individual Medley	2:35.47	2:32.90	394	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.01	27.80	415	05/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
100 Freestyle	59.53	1:00.90	427	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
200 Freestyle	2:09.68	2:12.30	449	05/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
400 Freestyle	5:06.54	5:11.10	331	15/10/23	SWL Distance Meet 2023	Xcite Bathgate	SCO2074	2
50 Breaststroke	32.93	33.90	434	04/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
100 Breaststroke	1:12.97	1:14.70	434	05/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
200 Breaststroke	2:37.31	2:40.60	445	04/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
50 Butterfly	29.85	30.50	386	14/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2
100 Butterfly	1:06.66	1:07.80	368	21/01/24	Border Championships 2024	Galashiels	SCO2137	2
50 Backstroke	32.07	32.70	327	27/01/24	ELST Age Group Meet 2024	Prestonpans	SCO2139	2
100 Backstroke	1:10.24	1:11.40	325	21/01/24	Border Championships 2024	Galashiels	SCO2137	2
200 Backstroke	2:35.10	2:37.20	315	13/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2
200 Individual Medley	2:28.34	2:31.00	403	05/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
400 Individual Medley	5:15.97	5:21.50	410	04/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
100 Individual Medley	1:34.37	1:34.40	142	11/12/20	East District	Various Round 3	LXX002	0