

Individual Best Times (All Time)

Leo Watson - (90022349) - Menzieshill & Whitehall Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:09.17	1:07.90	310	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
100 Butterfly	1:19.01	1:18.00	245	17/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
100 Backstroke	1:18.66	1:17.60	282	17/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
200 Backstroke	2:50.21	2:48.20	284	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
200 Individual Medley	2:56.26	2:54.00	270	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.17	32.80	246	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Freestyle	1:15.65	1:16.80	208	03/12/23	St Thomas ASC Winter Graded Meet 2023	Arbroath	SCO2104	3
200 Freestyle	2:28.82	2:31.10	297	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
400 Freestyle	5:16.08	5:20.50	302	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
50 Breaststroke	51.44	52.10	114	26/03/23	Arbroath St Thomas ASC Spring Sprints 2023	Arbroath	SCO2008	2
50 Butterfly	35.08	35.60	238	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Butterfly	1:18.19	1:19.20	228	20/04/24	SASA Midland District League 2 Round 3	Dundee	SCO2181	2
50 Backstroke	35.33	35.90	245	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Backstroke	1:16.32	1:17.40	253	20/04/24	SASA Midland District League 2 Round 3	Dundee	SCO2181	2
200 Backstroke	2:50.66	2:52.60	237	10/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
200 Individual Medley	3:04.32	3:06.50	210	03/12/23	St Thomas ASC Winter Graded Meet 2023	Arbroath	SCO2104	3
100 Individual Medley	1:19.10	1:19.10	241	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2