

# Individual Best Times (All Time)

Douglas Thomson - (90032085) - Kinross Otters ASC

## Long Course

| Stroke        | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                    | Venue  | Licence | Level |
|---------------|---------|-----------------|-----------|----------|-----------------------------------------|--------|---------|-------|
| 100 Freestyle | 1:18.62 | 1:17.50         | 211       | 16/03/24 | SASA Midland District LC Mid March Meet | Dundee | SCO2165 | 1     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                            | Venue                | License | Level |
|-----------------------|---------|-----------------|-----------|----------|-------------------------------------------------|----------------------|---------|-------|
| 50 Freestyle          | 32.93   | 33.60           | 229       | 19/05/24 | Carnegie Spring Meet 2024                       | Glenrothes           | SCO2196 | 2     |
| 100 Freestyle         | 1:14.11 | 1:15.20         | 221       | 19/05/24 | Carnegie Spring Meet 2024                       | Glenrothes           | SCO2196 | 2     |
| 200 Freestyle         | 2:44.83 | 2:46.90         | 219       | 18/05/24 | Carnegie Spring Meet 2024                       | Glenrothes           | SCO2196 | 2     |
| 400 Freestyle         | 5:58.77 | 6:02.70         | 207       | 18/05/24 | Carnegie Spring Meet 2024                       | Glenrothes           | SCO2196 | 2     |
| 50 Breaststroke       | 47.31   | 48.00           | 146       | 18/05/24 | Carnegie Spring Meet 2024                       | Glenrothes           | SCO2196 | 2     |
| 100 Breaststroke      | 1:44.86 | 1:46.10         | 146       | 24/02/24 | Hearts Fast February                            | Edinburgh            | SCO2155 | 2     |
| 50 Butterfly          | 46.99   | 47.40           | 99        | 07/10/23 | Hearts Premier Age Group Meet 2023              | Michael Woods Centre | SCO2077 | 3     |
| 100 Butterfly         | 1:45.18 | 1:45.90         | 93        | 28/01/24 | SASA Midland District League One - Round 2 2024 | Dundee               | SCO2141 | 2     |
| 50 Backstroke         | 40.11   | 40.60           | 167       | 19/05/24 | Carnegie Spring Meet 2024                       | Glenrothes           | SCO2196 | 2     |
| 100 Backstroke        | 1:27.04 | 1:28.00         | 171       | 19/05/24 | Carnegie Spring Meet 2024                       | Glenrothes           | SCO2196 | 2     |
| 200 Individual Medley | 3:17.95 | 3:19.90         | 169       | 17/02/24 | Glenrothes Spring meet 2024                     | Glenrothes           | SCO2145 | 2     |
| 100 Individual Medley | 1:39.97 | 1:40.00         | 119       | 07/10/23 | Hearts Premier Age Group Meet 2023              | Michael Woods Centre | SCO2077 | 3     |