

# Individual Best Times (All Time)

Troy Roughton - (90034903) - Bridge of Don ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:30.25	1:29.30	139	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
100 Breaststroke	2:11.39	2:10.40	81	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
100 Butterfly	1:46.09	1:45.40	101	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
100 Backstroke	1:47.51	1:46.80	110	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.04	41.50	118	18/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
100 Freestyle	1:29.39	1:30.30	126	01/06/24	Aberdeen Development Series round 3 2024	Aberdeen	SCO2199	2
200 Freestyle	3:14.96	3:16.70	132	11/05/24	Aberdeen Development Series Round 1 2024	Aberdeen	SCO2192	2
400 Freestyle	6:44.87	6:48.30	144	22/06/24	North District Development Meet 2024	Inverness	SCO2211	2
800 Freestyle	15:31.39	15:37.60	107	14/02/24	Uo Aberdeen PS 800m Distance Time Trial	Aberdeen	SCO2142	2
50 Breaststroke	57.47	58.00	81	21/04/24	Bridge of Don ASC Mini Meet 2024	Aberdeen	SCO2183	2
100 Breaststroke	2:12.47	2:13.40	72	10/03/24	Alford Otters 2nd 100 200 Meet 2024	Alford	SCO2169	2
200 Breaststroke	4:09.35	4:11.50	111	22/06/24	North District Development Meet 2024	Inverness	SCO2211	2
50 Butterfly	47.13	47.50	98	25/05/24	Ythan Junior Age Group Sprint and Relay Meet 2024	Ellon	SCO2197	2
100 Butterfly	1:45.66	1:46.40	92	18/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
200 Butterfly	3:45.46	3:46.90	106	22/06/24	North District Development Meet 2024	Inverness	SCO2211	2
50 Backstroke	47.29	47.70	102	21/04/24	Bridge of Don ASC Mini Meet 2024	Aberdeen	SCO2183	2
100 Backstroke	1:45.15	1:45.90	97	11/05/24	Aberdeen Development Series Round 1 2024	Aberdeen	SCO2192	2
200 Backstroke	3:34.20	3:35.80	119	22/06/24	North District Development Meet 2024	Inverness	SCO2211	2
200 Individual Medley	3:34.64	3:36.50	133	01/06/24	Aberdeen Development Series round 3 2024	Aberdeen	SCO2199	2
100 Individual Medley	1:40.69	1:40.70	117	25/05/24	Ythan Junior Age Group Sprint and Relay Meet 2024	Ellon	SCO2197	2