

Individual Best Times (All Time)

Harry Dow - (90036744) - Perth City Swim Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:29.51	1:28.60	143	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
50 Breaststroke	51.82	51.20	125	11/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
100 Breaststroke	1:54.45	1:53.30	122	03/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
100 Backstroke	1:35.70	1:34.90	156	02/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
200 Individual Medley	3:34.86	3:33.00	149	03/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.60	39.10	142	18/11/23	Perth City Swim Club Championships 2023	Perth	SCO2097	2
100 Freestyle	1:21.70	1:22.70	165	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
200 Freestyle	2:59.01	3:00.90	171	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
400 Freestyle	6:50.43	6:53.90	138	03/12/23	St Thomas ASC Winter Graded Meet 2023	Arbroath	SCO2104	3
50 Breaststroke	49.67	50.30	126	31/03/24	St Thomas Spring Sprints 2024	Arbroath	SCO2179	2
100 Breaststroke	1:40.91	1:42.20	164	09/06/24	Dundee City Aquatics Stars of the future 2024	Dundee	SCO2205	2
50 Butterfly	42.16	42.60	137	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Butterfly	1:43.73	1:44.50	97	09/06/24	Dundee City Aquatics Stars of the future 2024	Dundee	SCO2205	2
50 Backstroke	42.90	43.40	136	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Backstroke	1:30.03	1:30.90	154	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
200 Individual Medley	3:21.19	3:23.10	161	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Individual Medley	1:31.83	1:31.80	154	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2