

Individual Best Times (All Time)

Yaroslav Makarenko - (90044127) - Menzieshill & Whitehall Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:17.52	1:16.40	220	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
100 Breaststroke	1:37.38	1:36.10	199	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
200 Individual Medley	3:27.30	3:25.40	166	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
100 Freestyle	1:17.57	1:18.60	193	27/11/23	SASA Midland District Graded Meet	Forfar	SCO2101	2
200 Freestyle	3:03.33	3:05.20	159	27/11/23	SASA Midland District Graded Meet	Forfar	SCO2101	2
100 Breaststroke	1:39.78	1:41.00	170	27/11/23	SASA Midland District Graded Meet	Forfar	SCO2101	2