

# Individual Best Times (All Time)

Wednesday McIntosh - (904187) - Delting Dolphins ASC

Long Course

| Stroke        | LC Time | Converted to SC | LC WA Pts | Date     | Meet                               | Venue    | Licence | Level |
|---------------|---------|-----------------|-----------|----------|------------------------------------|----------|---------|-------|
| 100 Freestyle | 1:37.58 | 1:36.70         | 148       | 25/05/14 | Aberdeen Dolphin Commonwealth Gala | Aberdeen | SCO854  | 1     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                       | Venue     | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------------------|-----------|---------|-------|
| 50 Freestyle          | 39.24   | 39.80           | 199       | 22/03/15 | Shetland Sprint Championships              | Clickimin | SCO956  | 2     |
| 100 Freestyle         | 1:30.26 | 1:31.20         | 172       | 08/11/15 | Shetland Age Group & Schools Championships | Shetland  | SCO1040 | 2     |
| 200 Freestyle         | 3:00.10 | 3:02.00         | 229       | 28/11/15 | GTS Direct Winter Meet                     | Lerwick   | SCO1054 | 2     |
| 50 Breaststroke       | 53.35   | 53.90           | 150       | 22/03/15 | Shetland Sprint Championships              | Clickimin | SCO956  | 2     |
| 100 Breaststroke      | 1:53.52 | 1:54.60         | 165       | 08/11/15 | Shetland Age Group & Schools Championships | Shetland  | SCO1040 | 2     |
| 200 Breaststroke      | 3:56.63 | 3:58.90         | 183       | 28/11/15 | GTS Direct Winter Meet                     | Lerwick   | SCO1054 | 2     |
| 50 Butterfly          | 49.55   | 49.90           | 119       | 22/03/15 | Shetland Sprint Championships              | Clickimin | SCO956  | 2     |
| 100 Butterfly         | 1:43.45 | 1:44.20         | 142       | 08/11/15 | Shetland Age Group & Schools Championships | Shetland  | SCO1040 | 2     |
| 50 Backstroke         | 43.26   | 43.70           | 198       | 22/03/15 | Shetland Sprint Championships              | Clickimin | SCO956  | 2     |
| 100 Backstroke        | 1:33.83 | 1:34.70         | 200       | 08/11/15 | Shetland Age Group & Schools Championships | Shetland  | SCO1040 | 2     |
| 200 Backstroke        | 3:15.00 | 3:16.70         | 226       | 28/11/15 | GTS Direct Winter Meet                     | Lerwick   | SCO1054 | 2     |
| 200 Individual Medley | 3:18.96 | 3:20.90         | 229       | 29/11/15 | GTS Direct Winter Meet                     | Lerwick   | SCO1054 | 2     |
| 100 Individual Medley | 1:45.22 | 1:45.20         | 154       | 22/03/15 | Shetland Sprint Championships              | Clickimin | SCO956  | 2     |