

Individual Best Times (All Time)

Kirk Franks - (912999) - Bellshill Sharks ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.69	30.00	316	07/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
100 Freestyle	1:15.54	1:14.40	238	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
200 Freestyle	2:33.13	2:30.80	295	07/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
50 Breaststroke	41.95	41.20	236	07/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
50 Butterfly	35.52	35.00	246	12/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
100 Butterfly	1:21.56	1:20.60	222	14/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
200 Butterfly	3:10.61	3:08.90	193	05/03/17	2017 SASA West District LC AG R3 Championship	East Kilbride	SCO1257	1
50 Backstroke	37.01	36.50	257	23/09/18	City of Sheffield 36th Annual Teaspoon Gala 2018	Sheffield	NE180167	3
100 Backstroke	1:21.71	1:20.70	251	13/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
200 Individual Medley	2:56.59	2:54.30	269	13/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
400 Individual Medley	6:02.90	5:58.00	298	14/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.00	30.70	303	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Freestyle	1:06.35	1:07.60	308	30/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
200 Freestyle	2:23.34	2:25.70	333	29/01/17	Grangemouth MAGS 2017	Grangemouth	SCO1244	2
400 Freestyle	5:07.48	5:12.00	328	18/03/17	REN96 Graded Meet	Linwood	SCO1269	2
800 Freestyle	10:56.52	11:05.30	308	03/09/16	North Ayrshire Distance Meet	Stevenston	SCO1164	2
1500 Freestyle	20:41.82	20:58.30	317	19/05/17	Swim West Lothian IM Tough 2017	West Lothian	SCO1298	2
50 Breaststroke	39.82	40.60	245	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Breaststroke	1:27.78	1:29.20	249	10/02/18	Bellshill Sharks Open Meet	Sir Matt Busby Pool	SCO1528	2
200 Breaststroke	3:06.86	3:09.70	265	23/04/17	SAST Open Age Group Meet 2017	South Ayrshire	SCO1278	2
50 Butterfly	34.55	35.10	249	10/02/18	Bellshill Sharks Open Meet	Sir Matt Busby Pool	SCO1528	2
100 Butterfly	1:18.51	1:19.50	225	11/02/18	Bellshill Sharks Open Meet	Sir Matt Busby Pool	SCO1528	2
200 Butterfly	3:07.96	3:09.60	183	26/11/16	Dumfries Advent Open 2016	Dumfries	SCO1208	2
50 Backstroke	36.90	37.40	215	30/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
100 Backstroke	1:19.10	1:20.10	228	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
200 Backstroke	2:53.93	2:55.80	223	04/09/16	North Ayrshire Distance Meet	Stevenston	SCO1164	2
200 Individual Medley	2:43.81	2:46.20	299	11/03/18	Cumbernauld Spring Graded Meet 2018	Tryst	SCO1436	2
400 Individual Medley	6:05.74	6:10.50	264	12/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	SCO1198	1
100 Individual Medley	1:18.29	1:18.30	249	22/10/17	Alloa Graded Meet 2017	Stirling	SCO1355	2