

# Individual Best Times (All Time)

Ross Erentz - (948719) - South Ayrshire ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.95	24.10	588	12/03/22	Edinburgh International 2022	Edinburgh	SCO1859	1
100 Freestyle	55.43	53.90	604	13/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
200 Freestyle	2:03.43	2:00.60	564	30/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
400 Freestyle	4:23.55	4:18.20	582	28/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
800 Freestyle	10:23.23	10:13.90	381	03/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
1500 Freestyle	18:20.84	18:01.90	495	13/05/18	2018 WD Wannabe - BITW AG Open Meet	Tollcross	SCO1465	1
50 Breaststroke	32.47	31.50	510	13/03/22	Edinburgh International 2022	Edinburgh	SCO1859	1
100 Breaststroke	1:13.83	1:12.10	457	13/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
200 Breaststroke	2:44.00	2:40.80	447	26/01/19	Brodies Schools Swimming Championships	Tollcross	SCO1592	1
50 Backstroke	38.91	38.40	221	07/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
100 Backstroke	1:04.73	1:03.50	506	22/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	NE220080	1
200 Backstroke	2:19.73	2:17.30	513	12/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
200 Individual Medley	2:21.32	2:18.50	524	16/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.26	25.10	573	06/02/22	2022 SS West District SC Champs	Tollcross,Glasgow	SCO1848	2
100 Freestyle	52.73	54.30	614	18/12/21	National Leagues	Glasgow	SCO1838	2
200 Freestyle	1:57.95	2:00.80	597	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Freestyle	4:10.12	4:15.70	611	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
800 Freestyle	9:45.13	9:54.90	435	02/09/17	North Ayrshire Distance Meet	Portal	SCO1328	2
1500 Freestyle	17:33.22	17:52.60	519	30/09/18	North Ayrshire Distance Meet	North Ayrshire	SCO1518	2
50 Breaststroke	31.82	32.80	482	08/02/20	Bellshill Sharks Open Meet 2020	Bellshill	SCO1786	2
100 Breaststroke	1:08.84	1:10.60	517	18/12/21	National Leagues	Glasgow	SCO1838	2
200 Breaststroke	2:33.00	2:36.40	484	21/12/19	SAST Open Age Group Meet 2019	Ayr	SCO1765	2
50 Butterfly	29.52	30.20	399	07/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Butterfly	1:08.64	1:09.70	337	14/11/20	Tighinn Comhla	Various - Round 1	LXX005	0
50 Backstroke	30.68	31.30	374	08/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Backstroke	1:02.91	1:04.20	453	20/11/21	2021 SS West District SC "Time Trials 2" Meet	Tollcross, Glasgow	SCO1831	2
200 Backstroke	2:11.38	2:13.90	519	10/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
200 Individual Medley	2:13.14	2:16.10	558	12/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
400 Individual Medley	4:51.13	4:57.10	524	24/11/19	Dumfries ASC Advent Open 2019	Dumfries	SCO1755	2
100 Individual Medley	59.52	59.50	567	11/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2