

# Individual Best Times (All Time)

Sam Mitchell - (949112) - Stranraer Stingrays ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.20	27.50	407	01/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
100 Freestyle	1:01.59	1:00.20	440	03/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
200 Freestyle	2:46.74	2:44.60	228	09/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
100 Breaststroke	1:37.71	1:36.40	197	09/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
200 Breaststroke	3:16.01	3:13.30	262	07/02/15	SASA West District JAG Championship	East Kilbride	SCO936	1
50 Butterfly	37.57	37.10	208	07/03/14	Scottish School Swimming Championships	South Lanarkshire	SCO816	1
100 Butterfly	1:20.36	1:19.40	233	08/02/15	SASA West District JAG Championship	East Kilbride	SCO936	1
200 Individual Medley	2:36.89	2:34.40	383	30/01/16	Brodies Schools Swimming Championships	Glasgow	SCO1090	1
400 Individual Medley	6:23.34	6:18.70	253	08/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.48	28.20	394	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Freestyle	1:00.34	1:01.70	410	01/05/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
200 Freestyle	2:15.36	2:17.90	395	30/04/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
400 Freestyle	6:06.65	6:10.50	193	05/05/13	North Ayrshire Junior Meet	Auchenharvie	SCO722	2
50 Breaststroke	36.74	37.60	313	30/04/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
100 Breaststroke	1:18.56	1:20.10	348	01/05/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
200 Breaststroke	2:52.28	2:55.30	339	01/05/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
50 Butterfly	31.78	32.40	320	01/05/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
100 Butterfly	1:11.50	1:12.60	298	30/04/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
200 Butterfly	3:28.56	3:30.10	134	01/12/13	Dumfries Advent Open Meet	Dumfries	SCO787	2
50 Backstroke	35.33	35.90	245	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Backstroke	1:15.24	1:16.30	265	30/04/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
200 Individual Medley	2:32.59	2:35.20	370	01/05/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
400 Individual Medley	5:53.64	5:58.60	292	28/11/15	Dumfries Advent Meet	Bellshill	SCO1052	2
100 Individual Medley	1:11.21	1:11.20	331	30/04/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2