

# Individual Best Times (All Time)

Sam William Moore - (949906) - South Ayrshire ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.55	24.70	548	15/04/22	Scottish National Age Groups	Tollcross	SCO1877	1
100 Freestyle	56.73	55.20	563	13/03/22	Edinburgh International 2022	Edinburgh	SCO1859	1
200 Freestyle	2:07.88	2:05.10	507	23/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	NE220080	1
400 Freestyle	4:39.92	4:34.90	485	13/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
800 Freestyle	10:01.72	9:52.00	424	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
1500 Freestyle	18:42.82	18:24.30	466	12/05/19	2019 WD Future Stars AG Open Meet	Tollcross	SCO1658	1
50 Breaststroke	33.89	33.00	448	27/05/22	Glasgow International Swim Meet	Glasgow	SCO1893	1
100 Breaststroke	1:19.17	1:17.60	370	23/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	NE220080	1
200 Breaststroke	2:53.45	2:50.40	378	12/05/18	2018 WD Wannabe - BITW AG Open Meet	Tollcross	SCO1465	1
50 Butterfly	29.97	29.30	410	22/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	NE220080	1
100 Butterfly	1:29.77	1:28.90	167	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
50 Backstroke	30.49	29.80	460	17/04/22	Scottish National Age Groups	Tollcross	SCO1877	1
100 Backstroke	1:06.42	1:05.20	468	29/02/20	2020 SS West District LC AG Pre-SNAG Meet	Glasgow	SCO1800	2
200 Backstroke	2:28.08	2:25.80	431	18/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
200 Individual Medley	2:30.93	2:28.30	430	31/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.22	26.00	510	06/02/22	2022 SS West District SC Champs	Tollcross,Glasgow	SCO1848	2
100 Freestyle	55.22	56.70	535	06/02/22	2022 SS West District SC Champs	Tollcross,Glasgow	SCO1848	2
200 Freestyle	2:02.93	2:05.70	528	06/02/22	2022 SS West District SC Champs	Tollcross,Glasgow	SCO1848	2
400 Freestyle	4:29.95	4:35.10	486	27/10/18	2018 WD SC Senior Age Group Championships	Tollcross	SCO1534	2
800 Freestyle	9:31.40	9:41.40	467	10/02/18	North Ayrshire's 200 Meet	Auchenharvie	SCO1411	2
50 Breaststroke	34.34	35.20	383	09/06/19	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1678	2
100 Breaststroke	1:15.79	1:17.40	388	14/11/20	Tighinn Comhla	Various - Round 1	LXX005	0
200 Breaststroke	2:45.48	2:48.60	382	23/11/19	Dumfries ASC Advent Open 2019	Dumfries	SCO1755	2
50 Butterfly	30.66	31.30	356	07/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Butterfly	1:09.00	1:10.10	332	17/02/19	Carnegie Open Spring Meet 2019	Michael Woods Centre	SCO1606	2
200 Butterfly	2:59.22	3:01.00	211	19/03/17	REN96 Graded Meet	Linwood	SCO1269	2
50 Backstroke	29.91	30.60	403	26/06/21	Tighinn Comhla	Various	LXX011	0
100 Backstroke	1:02.92	1:04.20	453	19/02/22	2022 SS West District SC Champs	Glasgow, Scotland	SCO1852	2
200 Backstroke	2:20.69	2:23.00	423	06/02/22	2022 SS West District SC Champs	Tollcross,Glasgow	SCO1848	2
200 Individual Medley	2:22.75	2:25.50	452	28/10/18	2018 WD SC Senior Age Group Championships	Tollcross	SCO1534	2
400 Individual Medley	5:18.11	5:23.60	402	05/05/18	North Ayrshire Junior Meet	Auchenharvie	SCO1458	2
100 Individual Medley	1:05.40	1:05.40	427	20/11/21	2021 SS West District SC "Time Trials 2" Meet	Tollcross, Glasgow	SCO1831	2