

Individual Best Times (All Time)

John Jacob Conaghan - (950115) - City Of Glasgow Swim Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.88	26.10	470	25/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
100 Freestyle	1:00.71	59.30	459	13/05/18	2018 WD Wannabe - BITW AG Open Meet	Tollcross	SCO1465	1
200 Freestyle	2:17.43	2:14.90	408	07/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
50 Breaststroke	38.64	37.80	302	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
50 Butterfly	28.09	27.40	498	15/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
100 Butterfly	1:04.81	1:03.60	444	07/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
50 Backstroke	31.25	30.60	427	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Backstroke	1:08.76	1:07.60	422	07/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.97	27.70	417	05/11/17	REN96 Open Meet	Linwood	SCO1380	2
100 Freestyle	59.97	1:01.30	418	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
200 Freestyle	2:11.28	2:13.90	433	11/02/18	North Ayrshire's 200 Meet	Auchenharvie	SCO1411	2
400 Freestyle	4:44.38	4:49.30	415	10/02/18	North Ayrshire's 200 Meet	Auchenharvie	SCO1411	2
50 Breaststroke	38.64	39.40	269	08/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
100 Breaststroke	1:26.18	1:27.60	263	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
50 Butterfly	28.11	28.80	463	22/09/18	Scottish National Team Championships	Tollcross	SCO1522	1
100 Butterfly	1:06.16	1:07.30	376	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
50 Backstroke	31.95	32.60	331	11/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
100 Backstroke	1:06.80	1:08.00	378	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
100 Individual Medley	1:12.90	1:12.90	308	08/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2