

# Individual Best Times (All Time)

Kiyan Malik - (973891) - Menzieshill & Whitehall Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.62	32.00	263	06/02/16	Midland Age Group Championships	Dundee	SCO1076	1
200 Freestyle	2:42.97	2:40.80	245	07/02/16	Midland Age Group Championships	Dundee	SCO1076	1
50 Butterfly	40.02	39.50	172	07/02/16	Midland Age Group Championships	Dundee	SCO1076	1
50 Backstroke	40.85	40.40	191	06/02/16	Midland Age Group Championships	Dundee	SCO1076	1
200 Individual Medley	3:16.45	3:14.40	195	07/02/16	Midland Age Group Championships	Dundee	SCO1076	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.99	31.70	275	08/05/16	SASA Midland District SC Distance Meet	Dundee	SCO1130	1
100 Freestyle	1:12.96	1:14.10	232	24/10/15	DCA Autumn Open Meet	Dundee	SCO1030	2
200 Freestyle	2:35.73	2:37.90	259	24/01/16	SAST Mini Meet 2016	Ayr	SCO1073	2
400 Freestyle	5:24.64	5:28.90	279	07/05/16	SASA Midland District SC Distance Meet	Dundee	SCO1130	1
800 Freestyle	11:44.27	11:52.40	249	07/11/15	SASA Midland District Graded & Distance Meet	Dundee	SCO1038	1
50 Breaststroke	44.28	45.00	178	04/09/16	SASA Midlands District Distance	Dundee	SCO1163	1
100 Breaststroke	1:37.53	1:38.80	182	06/11/16	SASA Midland District November Graded Meet	Dundee	SCO1191	2
200 Breaststroke	3:34.33	3:36.80	176	06/11/15	SASA Midland District Graded & Distance Meet	Dundee	SCO1038	1
50 Butterfly	36.11	36.60	218	04/09/16	SASA Midlands District Distance	Dundee	SCO1163	1
100 Butterfly	1:26.29	1:27.20	169	05/11/16	SASA Midland District November Graded Meet	Dundee	SCO1191	2
50 Backstroke	38.49	39.00	189	04/09/16	SASA Midlands District Distance	Dundee	SCO1163	1
100 Backstroke	1:27.14	1:28.10	170	14/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
200 Backstroke	3:00.07	3:01.90	201	05/11/16	SASA Midland District November Graded Meet	Dundee	SCO1191	2
200 Individual Medley	2:53.81	2:56.10	250	07/05/16	SASA Midland District SC Distance Meet	Dundee	SCO1130	1
400 Individual Medley	6:35.15	6:39.60	209	17/12/16	Dundee City Aquatics Club Champs 2016	Dundee	SCO1217	2
100 Individual Medley	1:20.82	1:20.80	226	04/09/16	SASA Midlands District Distance	Dundee	SCO1163	1