

Individual Best Times (All Time)

James Macdonald - (801040) - Warrender Baths Club - 200 Freestyle - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:56.74	616	F	13/01/19	East District Age Group Championships Round 3	Michael Woods Centre	Warrender Ba	1
1:57.04	612	H	13/01/19	East District Age Group Championships Round 3	Michael Woods Centre	Warrender Ba	1
1:59.49	575	H	11/12/16	Scottish National Short Course Championships	Edinburgh	Warrender Ba	1
1:59.85	569	F	15/01/17	East District Age Groups Round 2	Edinburgh	Warrender Ba	1
2:01.23	550	H	05/11/17	North District Open Championships 2017	Inverness	Warrender Ba	1
2:01.43	548	H	06/11/16	North District Open Championships	Inverness	Warrender Ba	1
2:01.77	543	H	13/01/18	EDAG Round 2 2018	Michael Woods Centre	Warrender Ba	2
2:02.02	540	F	16/09/18	WBC Championships 200's 2018	Edinburgh	Warrender Ba	2
2:02.05	539	H	10/12/17	Scottish National Short Course Open Champs	Edinburgh	Warrender Ba	2
2:02.92	528	H	15/01/17	East District Age Groups Round 2	Edinburgh	Warrender Ba	1
2:03.38	522	F	17/09/17	WBC Championships 200's 2017	Warrender	Warrender Ba	2
2:04.70	506		09/01/16	FIRST Open Meet 2016	Bathgate	Warrender Ba	2
2:07.29	475	F	29/11/15	East District Age Group Championships	Glenrothes	Warrender Ba	1
2:08.15	466	H	29/11/15	East District Age Group Championships	Glenrothes	Warrender Ba	1
2:09.42	452	F	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	Warrender Ba	2
2:10.32	443	F	20/09/15	WBC Club Championships 2015 Weekend	Glenrothes	Warrender Ba	2
2:15.65	393	F	21/09/14	Warrender 200's Championships	Edinburgh	Warrender Ba	2
2:17.37	378	H	02/12/14	SASA East District AG Round 2	Glenrothes		1
2:19.92	358	F	16/03/14	Portobello Mad March Meet	Prestonpans	Warrender Ba	2
2:20.09	356		03/12/13	SASA East District Age Groups Round 2	Glenrothes	Warrender Ba	1
2:21.25	348		03/12/13	SASA East District Age Groups Round 2	Glenrothes	Warrender Ba	1
2:22.75	337		12/10/13	Hearts & Best Premier Age Group Meet	Prestonpans	Warrender Ba	2
2:23.21	334		09/06/13	InCas Distance Meet	Dunfermline	Warrender Ba	2
2:27.26	307	F	26/05/13	Alloa ASC Open Meet	Alloa	Warrender Ba	2
2:27.52	305		07/04/13	Midlothian SC Sprint Meet	Prestonpans	Warrender Ba	2
2:32.09	278		13/10/12	Hearts Premier Age Group Meet 2012	Prestonpans	Warrender Ba	2
2:34.23	266		04/12/12	SASA East Dist Age Groups Round 2	Bathgate	Warrender Ba	2

2:34.33	200		04/12/12	SASA East Dist Age Groups Round 2	Bathgate	Warrender Ba	
2:36.82	254		25/03/12	Warrender Annual Junior Meet	Glenrothes	Warrender Ba	2
2:39.40	242	F	22/01/12	Carnegie Graded Spring Meet	Dunfermline	Warrender Ba	2
2:58.98	171		21/05/11	Swim West Lothian IM Tough meet	West Lothian	Warrender Ba	2
3:22.85	117	F	27/03/10	Warrender Age Group	Glenrothes	Warrender Ba	3

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