

Individual Best Times (All Time)

Zak Aitchison - (463086) - Stirling Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.41	22.50	712	24/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
100 Freestyle	53.36	51.80	677	26/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
200 Freestyle	2:06.24	2:03.50	527	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	NW4452	1
50 Breaststroke	27.65	26.50	826	15/04/18	Swim Cup Eindhoven	Eindhoven	GBR713	1
100 Breaststroke	1:01.83	59.80	778	14/04/18	Swim Cup Eindhoven	Eindhoven	GBR713	1
200 Breaststroke	2:22.70	2:19.00	679	29/04/17	ASA SWR Summer Championships	Plymouth	SW170194	1
50 Butterfly	24.88	24.10	717	29/07/18	British Summer Championships	Sheffield	BSW006	1
100 Butterfly	56.48	55.10	671	18/07/18	Canadian Swimming Trials	Edmonton, Canada	GBR804	1
50 Backstroke	45.49	45.00	138	20/10/07	Avalon Autumn Open Meet	Millfield	SW7162	2
200 Individual Medley	2:14.04	2:11.10	615	28/01/17	Somerset County Championships 2017	Millfield	SW170129	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	22.72	23.60	698	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Freestyle	49.62	51.30	737	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Freestyle	1:53.61	1:56.60	669	27/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
400 Freestyle	5:04.39	5:09.00	339	20/02/11	Somerset County Championships	Millfield	CC1028	2
1500 Freestyle	21:24.28	21:40.30	286	06/11/09	Yeovil District Champs	Yeovil	SW9644	4
50 Breaststroke	26.56	27.70	828	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Breaststroke	59.31	1:01.40	809	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
200 Breaststroke	2:11.51	2:15.40	762	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
50 Butterfly	24.38	25.10	710	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Butterfly	53.99	55.40	693	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
200 Butterfly	3:45.62	3:47.00	106	09/03/08	Somerset County Champs	Weston Super Mare	CC8110	2
50 Backstroke	33.88	34.50	277	25/02/12	Dorset County Championships	Littledown	CC2045	2
200 Backstroke	3:15.75	3:17.50	157	23/02/08	Somerset County Champs	Weston Super Mare	CC8109	2
200 Individual Medley	2:13.16	2:16.10	558	23/02/14	Dorset County Age Group Champs 2014	Littledown	CC4024	2
100 Individual Medley	56.88	56.90	650	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2