

Individual Best Times (All Time)

Ross Allan - (90010547) - Perth City Swim Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.69	33.10	239	04/02/23	ND Age Group Championships 2023 R2	Aberdeen	SCO1987	1
100 Freestyle	1:08.79	1:07.60	316	11/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
200 Freestyle	2:30.40	2:28.10	311	10/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
400 Freestyle	5:15.41	5:10.90	339	03/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
50 Breaststroke	45.00	44.30	191	24/06/23	East District Summer Sizzler	Edinburgh	SCO2052	1
100 Breaststroke	1:33.28	1:31.90	226	03/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
200 Breaststroke	3:18.92	3:16.20	251	10/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
50 Backstroke	39.27	38.80	215	05/02/23	ND Age Group Championships 2023 R2	Aberdeen	SCO1987	1
100 Backstroke	1:17.34	1:16.30	296	17/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
200 Backstroke	2:41.59	2:39.50	332	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
200 Individual Medley	2:48.56	2:46.20	309	03/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.12	32.80	247	19/11/23	Perth City Swim Club Championships 2023	Perth	SCO2097	2
100 Freestyle	1:06.73	1:08.00	303	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
200 Freestyle	2:30.66	2:33.00	286	18/11/23	Perth City Swim Club Championships 2023	Perth	SCO2097	2
400 Freestyle	5:00.95	5:05.60	350	25/02/24	DCA Distance Meet 2024 Round 2	Dundee	SCO2151	1
50 Breaststroke	47.21	47.90	147	06/11/22	SASA Midland District Age Group Championships 2022	Montrose	SCO1933	2
100 Breaststroke	1:33.42	1:34.80	207	03/12/23	St Thomas ASC Winter Graded Meet 2023	Arbroath	SCO2104	3
200 Breaststroke	3:18.24	3:20.90	222	26/11/23	SASA Midland District Graded Meet	Forfar	SCO2101	2
50 Butterfly	47.01	47.40	99	06/11/22	SASA Midland District Age Group Championships 2022	Montrose	SCO1933	2
100 Butterfly	1:31.18	1:32.00	143	18/11/23	Perth City Swim Club Championships 2023	Perth	SCO2097	2
50 Backstroke	35.30	35.90	245	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Backstroke	1:16.30	1:17.30	254	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
200 Backstroke	2:43.30	2:45.30	270	03/12/23	St Thomas ASC Winter Graded Meet 2023	Arbroath	SCO2104	3
200 Individual Medley	2:44.70	2:47.10	294	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
400 Individual Medley	5:57.78	6:02.70	282	24/11/23	SASA Midland District Age group Championships	Forfar	SCO2102	2
100 Individual Medley	1:23.23	1:23.20	207	18/11/23	Perth City Swim Club Championships 2023	Perth	SCO2097	2