

Individual Best Times (All Time)

Jacob Alexander - (90025310) - Airdrie and Monkland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
400 Freestyle	5:43.56	5:39.40	262	13/05/23	2023 SS West District LC May AG Meet	Glasgow	SCO2027	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.59	35.20	197	05/03/23	FIRST Open Meet 2023	Grangemouth	SCO1989	2
100 Freestyle	1:07.84	1:09.10	288	09/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2
400 Freestyle	5:28.03	5:32.30	270	17/06/23	Bellshill Sharks Summer Meet 2023	Bellshill	SCO2049	2
800 Freestyle	11:34.71	11:43.00	260	17/06/23	Bellshill Sharks Summer Meet 2023	Bellshill	SCO2049	2
50 Breaststroke	50.76	51.40	118	08/05/22	West District May AG Meet	Tollcross	SCO1887	2
100 Breaststroke	1:44.85	1:46.00	146	04/03/23	FIRST Open Meet 2023	Grangemouth	SCO1989	2
200 Breaststroke	3:08.11	3:10.90	260	02/03/24	Bellshill Sharks Winter Meet 2024	Bellshill	SCO2162	2
50 Backstroke	49.41	49.80	89	12/12/20	Tighinn Comhla	Various - Round 3	LXX007	0
100 Backstroke	1:22.03	1:23.00	204	28/10/23	Bellshill Sharks Autumn Meet	Coatbridge	SCO2081	2
200 Individual Medley	3:15.81	3:17.80	175	19/03/23	Falkirk Age Group Meet 2023	Grangemouth	SCO2001	2
100 Individual Medley	1:20.96	1:21.00	225	10/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2