

Individual Best Times (All Time)

Nicole Amato - (554039) - City Of Glasgow Swim Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.32	30.60	428	12/05/13	Celtic Tri Nations 2013	East Kilbride	INT281	1
100 Freestyle	1:06.75	1:05.50	464	11/05/14	2014 SASA West District LC OAG Championship	East Kilbride	SCO838	1
200 Freestyle	2:23.90	2:21.50	482	01/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1
400 Freestyle	5:03.64	4:59.00	465	12/05/13	Celtic Tri Nations 2013	East Kilbride	INT281	1
100 Breaststroke	1:35.03	1:33.70	307	10/05/13	Celtic Tri Nations 2013	East Kilbride	INT281	1
50 Butterfly	34.27	33.70	362	16/06/13	Scottish Gas National Open Championships	Glasgow	SCO739	1
100 Butterfly	1:21.12	1:20.20	319	19/01/13	2013 West District Grand Prix	East Kilbride	SCO687	1
50 Backstroke	35.40	34.80	436	13/06/13	Scottish Gas National Open Championships	Glasgow	SCO739	1
100 Backstroke	1:15.56	1:14.50	436	02/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1
200 Backstroke	2:42.06	2:40.00	438	01/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1
200 Individual Medley	2:49.48	2:47.10	412	09/02/13	2013 SASA District JAG LC Championships	East Kilbride	SCO696	1
400 Individual Medley	6:03.99	5:59.10	389	27/05/12	SASA West District Group 4 Championship	East Kilbride	SCO626	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.23	29.90	482	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Freestyle	1:05.04	1:06.30	461	17/11/13	SASA West District JAG SC Champs	Cumbernauld	SCO781	1
200 Freestyle	2:21.14	2:23.60	477	16/02/14	Belshill Sharks Open Meet 2014	Belshill	SCO811	2
400 Freestyle	4:56.80	5:01.50	473	08/09/13	North Ayrshire Distance Meet	Auchenharvie	SCO752	2
50 Breaststroke	41.97	42.70	308	06/09/14	2014 SASA West District SC SR Championships	Bellshill	SCO878	2
100 Breaststroke	1:31.43	1:32.80	317	10/11/13	Ren 96 Open Meet	Linwood	SCO794	2
50 Butterfly	34.32	34.90	358	07/09/14	2014 SASA West District SC SR Championships	Bellshill	SCO878	2
100 Butterfly	1:19.90	1:20.80	309	15/06/14	Cumbernauld Summer Open 2014	Cumbernauld	SCO861	2
50 Backstroke	34.18	34.80	403	07/09/14	2014 SASA West District SC SR Championships	Bellshill	SCO878	2
100 Backstroke	1:13.43	1:14.50	417	17/11/13	SASA West District JAG SC Champs	Cumbernauld	SCO781	1
200 Backstroke	2:35.59	2:37.70	446	15/02/14	Belshill Sharks Open Meet 2014	Belshill	SCO811	2
200 Individual Medley	2:42.93	2:45.30	418	27/04/13	South Ayrshire Age Group Meet	South Ayrshire	SCO718	2
400 Individual Medley	5:45.12	5:50.20	422	07/09/13	North Ayrshire Distance Meet	Auchenharvie	SCO752	2
100 Individual Medley	1:18.28	1:18.30	376	31/08/13	2013 SAS West District SC SR Champs	South Ayrshire	SCO750	1