

# Individual Best Times (All Time)

Amy Wilkie - (1100328) - Alloa ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.78	30.10	451	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Freestyle	1:10.61	1:09.40	392	12/01/20	2020 WD Long Course Championships - WE1	Tollcross	SCO1782	1
200 Freestyle	2:39.79	2:37.60	352	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
400 Freestyle	5:44.06	5:39.90	320	12/01/20	2020 WD Long Course Championships - WE1	Tollcross	SCO1782	1
50 Breaststroke	39.75	38.90	394	03/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
100 Breaststroke	1:31.31	1:29.90	346	11/05/19	2019 WD Future Stars AG Open Meet	Tollcross	SCO1658	1
200 Breaststroke	3:22.48	3:19.80	313	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
50 Butterfly	33.88	33.30	374	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Butterfly	1:24.65	1:23.70	281	11/01/20	2020 WD Long Course Championships - WE1	Tollcross	SCO1782	1
50 Backstroke	36.21	35.70	408	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Backstroke	1:19.02	1:18.00	381	11/01/20	2020 WD Long Course Championships - WE1	Tollcross	SCO1782	1
200 Backstroke	2:56.61	2:54.70	338	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.10	30.80	442	19/10/19	Alloa Graded Meet 2019	Stirling	SCO1736	2
100 Freestyle	1:07.59	1:08.80	410	14/04/19	Stirling Spring Open Meet	Grangemouth	SCO1650	2
200 Freestyle	2:30.58	2:32.90	393	25/05/19	InCAS Distance Meet	Michael Woods Centre	SCO1671	2
400 Freestyle	5:14.48	5:18.90	397	20/10/19	Alloa Graded Meet 2019	Stirling	SCO1736	2
50 Breaststroke	38.92	39.70	387	13/04/19	Stirling Spring Open Meet	Grangemouth	SCO1650	2
100 Breaststroke	1:26.49	1:27.90	374	14/04/19	Stirling Spring Open Meet	Grangemouth	SCO1650	2
200 Breaststroke	3:19.07	3:21.70	308	15/04/18	Stirling Spring Open Meet	The Peak	SCO1449	2
50 Butterfly	34.24	34.80	360	07/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Butterfly	1:23.25	1:24.20	273	01/09/19	Central Swimming Championships 2019	Grangemouth	SCO1704	2
50 Backstroke	35.31	35.90	365	08/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Backstroke	1:18.03	1:19.10	348	20/05/18	Alloa May Meet 18	Alloa	SCO1470	2
200 Backstroke	2:40.58	2:42.60	406	22/02/20	Alloa Open Meet	Stirling	SCO1797	2
200 Individual Medley	2:49.46	2:51.80	371	26/05/19	InCAS Distance Meet	Michael Woods Centre	SCO1671	2
100 Individual Medley	1:17.53	1:17.50	387	20/10/19	Alloa Graded Meet 2019	Stirling	SCO1736	2