

Individual Best Times (All Time)

Erin Dallas - (1101019) - Livingston & District Dolphins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:10.93	1:09.70	387	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
50 Breaststroke	41.01	40.20	359	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Breaststroke	1:27.77	1:26.30	390	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Backstroke	1:18.98	1:18.00	382	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Individual Medley	2:51.43	2:49.10	398	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.49	33.10	351	20/03/16	Portobello Mad March Meet	Prestonpans	SCO1111	2
100 Freestyle	1:10.93	1:12.10	355	25/10/15	Carnegie Winter Open Meet	Dunfermline	SCO1031	2
200 Freestyle	2:31.11	2:33.40	389	20/03/16	Portobello Mad March Meet	Prestonpans	SCO1111	2
400 Freestyle	5:20.12	5:24.50	377	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
800 Freestyle	10:45.72	10:54.60	404	15/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
50 Breaststroke	40.33	41.10	348	09/01/16	FIRST Open Meet 2016	Bathgate	SCO1067	2
100 Breaststroke	1:26.62	1:28.10	373	09/01/16	FIRST Open Meet 2016	Bathgate	SCO1067	2
200 Breaststroke	3:11.83	3:14.60	345	12/04/15	Stirling Open Meet	Stirling	SCO962	2
50 Butterfly	38.27	38.80	258	05/12/15	Bathgate 80th Anniversary 2015	Bathgate	SCO1072	2
100 Butterfly	1:34.22	1:35.00	188	03/10/15	SASA East District SC Time Trial	Prestonpans	SCO1022	2
50 Backstroke	36.63	37.20	327	09/01/16	FIRST Open Meet 2016	Bathgate	SCO1067	2
100 Backstroke	1:18.54	1:19.60	341	09/01/16	FIRST Open Meet 2016	Bathgate	SCO1067	2
200 Backstroke	2:48.63	2:50.60	350	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
200 Individual Medley	2:49.86	2:52.20	369	20/03/16	Portobello Mad March Meet	Prestonpans	SCO1111	2
400 Individual Medley	5:59.67	6:04.50	373	09/01/16	FIRST Open Meet 2016	Bathgate	SCO1067	2
100 Individual Medley	1:19.79	1:19.80	355	25/10/15	Carnegie Winter Open Meet	Dunfermline	SCO1031	2