

Individual Best Times (All Time)

Ellie Monks - (1101580) - Broxburn & District ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.80	29.10	497	07/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
100 Freestyle	1:05.10	1:03.80	501	09/02/19	Swim Scotland East District Age Groups 2019	Edinburgh	SCO1596	1
50 Breaststroke	41.34	40.60	350	07/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
100 Breaststroke	1:29.15	1:27.70	372	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
50 Butterfly	32.52	31.90	423	08/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
100 Butterfly	1:10.71	1:09.60	483	09/02/19	Swim Scotland East District Age Groups 2019	Edinburgh	SCO1596	1
200 Butterfly	2:43.84	2:41.90	410	26/01/19	Brodies Schools Swimming Championships	Tollcross	SCO1592	1
50 Backstroke	35.96	35.40	416	08/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
100 Backstroke	1:16.95	1:15.90	413	10/02/19	Swim Scotland East District Age Groups 2019	Edinburgh	SCO1596	1
200 Individual Medley	2:38.11	2:35.60	507	09/02/19	Swim Scotland East District Age Groups 2019	Edinburgh	SCO1596	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.62	30.30	463	27/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
100 Freestyle	1:04.03	1:05.30	483	27/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
200 Freestyle	2:21.77	2:24.20	471	28/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
400 Freestyle	5:06.79	5:11.30	428	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
800 Freestyle	10:43.61	10:52.50	408	15/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
50 Breaststroke	38.50	39.30	400	22/12/18	East District Age Groups 2018 Round 2	Edinburgh	SCO1578	2
100 Breaststroke	1:24.34	1:25.80	404	28/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
200 Breaststroke	2:59.59	3:02.50	420	27/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
50 Butterfly	31.16	31.80	478	22/12/18	East District Age Groups 2018 Round 2	Edinburgh	SCO1578	2
100 Butterfly	1:10.48	1:11.50	451	24/02/19	Hearts pre SNAGs 19	Xcite	SCO1616	2
200 Butterfly	2:36.69	2:38.70	444	24/02/19	Hearts pre SNAGs 19	Xcite	SCO1616	2
50 Backstroke	34.18	34.80	403	22/12/18	East District Age Groups 2018 Round 2	Edinburgh	SCO1578	2
100 Backstroke	1:16.07	1:17.10	375	28/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
200 Backstroke	2:41.01	2:43.10	403	27/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
200 Individual Medley	2:43.24	2:45.60	416	07/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
400 Individual Medley	5:52.15	5:57.10	397	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
100 Individual Medley	1:17.38	1:17.40	389	08/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2