

Individual Best Times (All Time)

Abi Smith - (1104019) - Inverness ASC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|----------|---------|-------|
| 50 Freestyle | 33.94 | 33.30 | 336 | 12/06/16 | Hunting Trophy Meet 2016 | Aberdeen | SCO1143 | 2 |
| 100 Breaststroke | 1:42.05 | 1:40.80 | 248 | 12/06/16 | Hunting Trophy Meet 2016 | Aberdeen | SCO1143 | 2 |
| 200 Breaststroke | 3:34.52 | 3:32.00 | 263 | 29/05/16 | North District Junior LC Time Trials | Aberdeen | SCO1135 | 2 |
| 100 Butterfly | 1:40.22 | 1:39.50 | 169 | 12/06/16 | Hunting Trophy Meet 2016 | Aberdeen | SCO1143 | 2 |
| 100 Backstroke | 1:30.56 | 1:29.70 | 253 | 12/06/16 | Hunting Trophy Meet 2016 | Aberdeen | SCO1143 | 2 |
| 200 Backstroke | 3:15.37 | 3:13.70 | 250 | 28/05/16 | North District Junior LC Time Trials | Aberdeen | SCO1135 | 2 |
| 400 Individual Medley | 6:26.96 | 6:22.40 | 324 | 06/02/17 | North District Age Group Championships 2017 | Aberdeen | SCO1255 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--------------------------------------|---------------|---------|-------|
| 50 Freestyle | 33.53 | 34.10 | 319 | 10/06/17 | Nairn District 1st IM Challenge Meet | Nairn | SCO1309 | 2 |
| 100 Freestyle | 1:13.21 | 1:14.30 | 323 | 29/04/17 | Inverness Graded Meet 2017 | Inverness | SCO1322 | 2 |
| 200 Freestyle | 2:39.09 | 2:41.30 | 333 | 25/06/17 | ND Development Meet 2017 | Inverness | SCO1318 | 2 |
| 400 Freestyle | 5:29.21 | 5:33.50 | 346 | 24/06/17 | ND Development Meet 2017 | Inverness | SCO1318 | 2 |
| 800 Freestyle | 11:17.29 | 11:25.80 | 350 | 21/01/17 | HST Timing Session | Thurso | SCO1224 | 2 |
| 1500 Freestyle | 22:00.04 | 22:15.60 | 325 | 22/01/17 | HST Timing Session | Thurso | SCO1224 | 2 |
| 50 Breaststroke | 45.15 | 45.80 | 248 | 10/06/17 | Nairn District 1st IM Challenge Meet | Nairn | SCO1309 | 2 |
| 100 Breaststroke | 1:33.25 | 1:34.60 | 299 | 02/09/17 | Bridge of Don September Splash | Bridge of Don | SCO1331 | 2 |
| 200 Breaststroke | 3:19.11 | 3:21.80 | 308 | 24/06/17 | ND Development Meet 2017 | Inverness | SCO1318 | 2 |
| 50 Butterfly | 38.13 | 38.60 | 261 | 10/06/17 | Nairn District 1st IM Challenge Meet | Nairn | SCO1309 | 2 |
| 100 Butterfly | 1:28.59 | 1:29.40 | 227 | 02/09/17 | Bridge of Don September Splash | Bridge of Don | SCO1331 | 2 |
| 200 Butterfly | 3:19.88 | 3:21.50 | 214 | 27/08/16 | Dunedin Challenge Meet | Bathgate | SCO1174 | 2 |
| 50 Backstroke | 42.41 | 42.90 | 211 | 10/06/17 | Nairn District 1st IM Challenge Meet | Nairn | SCO1309 | 2 |
| 100 Backstroke | 1:22.81 | 1:23.80 | 291 | 02/09/17 | Bridge of Don September Splash | Bridge of Don | SCO1331 | 2 |
| 200 Backstroke | 2:47.38 | 2:49.40 | 358 | 24/06/17 | ND Development Meet 2017 | Inverness | SCO1318 | 2 |
| 200 Individual Medley | 2:59.82 | 3:02.00 | 311 | 25/06/16 | North District Development Meets | Inverness | SCO1154 | 2 |
| 400 Individual Medley | 5:56.70 | 6:01.60 | 382 | 25/06/17 | ND Development Meet 2017 | Inverness | SCO1318 | 2 |
| 100 Individual Medley | 1:22.32 | 1:22.30 | 323 | 02/09/17 | Bridge of Don September Splash | Bridge of Don | SCO1331 | 2 |