

Individual Best Times (All Time)

Emma Steele - (1112809) - East Kilbride ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.16	31.50	395	02/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
100 Freestyle	1:10.30	1:09.10	397	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
200 Freestyle	2:27.77	2:25.40	445	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
50 Butterfly	35.72	35.20	319	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Butterfly	1:20.19	1:19.20	331	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
200 Butterfly	3:01.26	2:59.50	303	04/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
50 Backstroke	34.92	34.30	455	01/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
100 Backstroke	1:15.26	1:14.20	442	03/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
200 Backstroke	2:40.22	2:38.10	453	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
200 Individual Medley	2:51.62	2:49.30	396	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
400 Individual Medley	6:16.06	6:11.30	353	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.84	32.50	373	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Freestyle	1:08.45	1:09.70	395	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
200 Freestyle	2:24.19	2:26.60	447	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
400 Freestyle	5:11.20	5:15.70	410	12/02/17	North Ayrshire 200 Meet	Auchenharvie	SCO1242	2
50 Breaststroke	42.52	43.30	297	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Breaststroke	1:38.85	1:40.10	251	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
200 Breaststroke	3:30.02	3:32.50	263	12/02/17	North Ayrshire 200 Meet	Auchenharvie	SCO1242	2
50 Butterfly	34.92	35.50	340	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Butterfly	1:17.80	1:18.80	335	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
200 Butterfly	2:59.35	3:01.10	296	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
50 Backstroke	34.02	34.60	408	26/02/17	EKASC Accredited Time Trial 2017	Larkhall LC	SCO1249	2
100 Backstroke	1:12.50	1:13.60	433	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Backstroke	2:33.71	2:35.90	463	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
200 Individual Medley	2:45.30	2:47.70	400	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
100 Individual Medley	1:19.64	1:19.60	357	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1