

Individual Best Times (All Time)

Jenna Cole - (1118502) - Bellshill Sharks ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.78	28.00	552	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Freestyle	1:01.94	1:00.60	581	13/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
200 Freestyle	2:14.17	2:11.60	595	26/01/19	Brodies Schools Swimming Championships	Tollcross	SCO1592	1
400 Freestyle	4:43.62	4:38.60	571	14/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
800 Freestyle	9:43.44	9:33.50	573	02/02/19	2019 SS West District LC Senior Age Group Champs	Glasgow	SCO1590	1
50 Breaststroke	45.20	44.50	268	06/03/16	SASA West District LC AG Round 3	East Kilbride	SCO1092	1
100 Breaststroke	1:28.28	1:26.80	383	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
200 Breaststroke	3:26.78	3:24.20	294	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Butterfly	43.53	43.10	176	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
100 Butterfly	1:33.66	1:32.80	207	06/03/16	SASA West District LC AG Round 3	East Kilbride	SCO1092	1
50 Backstroke	38.91	38.40	328	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
100 Backstroke	1:12.79	1:11.70	488	29/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Backstroke	2:33.58	2:31.40	515	28/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Individual Medley	2:35.87	2:33.30	529	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
400 Individual Medley	6:10.86	6:06.10	368	15/01/17	2017 SASA West District LC AG R1 Championship	East Kilbride	SCO1223	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.02	28.80	548	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
100 Freestyle	59.39	1:00.80	605	18/12/21	National Leagues	Glasgow	SCO1838	2
200 Freestyle	2:08.93	2:11.60	626	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	EM180707	2
400 Freestyle	4:32.72	4:37.80	610	04/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
800 Freestyle	9:38.23	9:48.10	562	17/05/19	Swim West Lothian IM Tough	Xcite Leisure Centre	SCO1662	2
1500 Freestyle	21:16.86	21:32.90	359	29/05/16	Rutherglen Rascals Graded Meet	Bellshill	SCO1136	2
50 Breaststroke	41.70	42.40	314	12/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
100 Breaststroke	1:25.28	1:26.70	390	10/02/18	Bellshill Sharks Open Meet	Sir Matt Busby Pool	SCO1528	2
200 Breaststroke	3:38.43	3:40.80	233	26/04/15	South Ayrshire Open Meet	South Ayrshire	SCO968	2
50 Butterfly	41.02	41.50	209	30/05/15	Rascals Graded Meet 2015	Bellshill	SCO983	2
100 Butterfly	1:11.37	1:12.40	434	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
200 Butterfly	2:42.00	2:43.90	402	19/05/19	Swim West Lothian IM Tough	Xcite Leisure Centre	SCO1662	2
50 Backstroke	34.10	34.70	405	10/02/18	Bellshill Sharks Open Meet	Sir Matt Busby Pool	SCO1528	2
100 Backstroke	1:09.45	1:10.60	493	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	EM180707	2
200 Backstroke	2:32.30	2:34.50	476	09/02/19	Bellshill Sharks Open Meet 2019	Bellshill	SCO1605	2
200 Individual Medley	2:31.89	2:34.50	516	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
400 Individual Medley	5:24.14	5:29.50	509	09/02/19	Bellshill Sharks Open Meet 2019	Bellshill	SCO1605	2
100 Individual Medley	1:16.76	1:16.80	398	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1