

Individual Best Times (All Time)

Cerys McDowell - (1128676) - Stranraer Stingrays ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.81	30.10	450	02/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
100 Freestyle	1:08.62	1:07.40	427	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
200 Freestyle	2:31.12	2:28.80	416	04/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
100 Breaststroke	1:33.49	1:32.10	322	04/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
200 Breaststroke	3:22.56	3:19.90	313	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
50 Butterfly	35.28	34.70	332	02/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
100 Butterfly	1:26.91	1:26.00	260	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
100 Backstroke	1:23.78	1:22.80	320	04/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
200 Backstroke	2:56.48	2:54.60	339	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
200 Individual Medley	2:53.07	2:50.80	386	04/06/17	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	30.25	30.90	435	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Freestyle	1:06.89	1:08.10	423	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
200 Freestyle	2:27.25	2:29.60	420	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
50 Breaststroke	40.98	41.70	331	30/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
100 Breaststroke	1:28.09	1:29.50	354	29/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
200 Breaststroke	3:16.91	3:19.60	319	11/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
50 Butterfly	34.87	35.40	341	11/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
100 Butterfly	1:20.56	1:21.50	302	30/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
200 Butterfly	4:06.07	4:07.40	114	05/05/13	North Ayrshire Junior Meet	Auchenharvie	SCO722	2
50 Backstroke	35.47	36.00	360	30/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
100 Backstroke	1:17.45	1:18.50	355	29/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
200 Backstroke	2:47.63	2:49.60	357	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Individual Medley	2:48.95	2:51.30	375	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
100 Individual Medley	1:19.32	1:19.30	361	01/05/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2