

Individual Best Times (All Time)

Heather Barnes - (1130575) - Glasgow University Swim Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.10	30.40	437	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Freestyle	1:06.92	1:05.70	461	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
200 Freestyle	2:23.72	2:21.30	484	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	NE200500	1
400 Freestyle	5:01.84	4:57.20	474	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
800 Freestyle	10:28.87	10:19.60	458	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	NE200500	1
1500 Freestyle	19:24.30	19:06.40	494	14/01/18	2018 SS West District LC January Age Group Meet	East Kilbride	SCO1400	1
100 Breaststroke	1:40.87	1:39.60	256	07/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
200 Breaststroke	3:29.56	3:27.00	282	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
50 Butterfly	33.54	33.00	386	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Butterfly	1:14.81	1:13.80	407	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
200 Butterfly	2:40.79	2:38.80	434	14/01/18	2018 SS West District LC January Age Group Meet	East Kilbride	SCO1400	1
100 Backstroke	1:23.17	1:22.20	327	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
200 Backstroke	3:14.10	3:12.40	255	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
200 Individual Medley	2:50.15	2:47.80	407	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
400 Individual Medley	5:45.57	5:40.40	455	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	31.76	32.40	376	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Freestyle	1:12.41	1:13.60	334	26/04/15	Dumfries Spring Splash Graded Meet	Dumfries	SCO976	2
200 Freestyle	2:19.66	2:22.10	492	02/11/18	Renfrewshire Heats for Scottish Schools	On-X Sports Centre	SCO1542	2
400 Freestyle	4:54.70	4:59.40	483	02/11/18	Renfrewshire Heats for Scottish Schools	On-X Sports Centre	SCO1542	2
800 Freestyle	10:14.35	10:23.70	469	26/02/17	EKASC Accredited Time Trial 2017	Larkhall LC	SCO1249	2
1500 Freestyle	20:54.59	21:11.00	379	28/02/16	EKASC Accredited Time Trial 2016	Larkhall	SCO1091	2
50 Breaststroke	42.64	43.40	294	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Breaststroke	1:37.20	1:38.50	264	29/11/15	Dumfries Advent Meet	Bellshill	SCO1052	2
200 Breaststroke	3:09.77	3:12.50	356	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
50 Butterfly	34.70	35.20	346	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Butterfly	1:14.47	1:15.50	382	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
200 Butterfly	2:43.47	2:45.40	391	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
50 Backstroke	37.47	38.00	306	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Backstroke	1:20.47	1:21.50	317	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
200 Backstroke	2:56.31	2:58.20	307	26/04/15	Dumfries Spring Splash Graded Meet	Dumfries	SCO976	2
200 Individual Medley	2:41.33	2:43.80	430	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
400 Individual Medley	5:33.79	5:39.00	466	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
100 Individual Medley	1:19.21	1:19.20	363	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1