

# Individual Best Times (All Time)

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## Short Course

| Stroke           | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                | Venue   | License | Level |
|------------------|---------|-----------------|-----------|----------|-------------------------------------|---------|---------|-------|
| 50 Freestyle     | 39.25   | 39.80           | 199       | 15/03/14 | Cumbernauld Spring Graded Meet 2014 | Tryst   | SCO821  | 2     |
| 100 Freestyle    | 1:35.52 | 1:36.40         | 145       | 15/03/14 | Cumbernauld Spring Graded Meet 2014 | Tryst   | SCO821  | 2     |
| 50 Breaststroke  | 46.97   | 47.60           | 220       | 27/08/16 | 2016 SASA West District SR Champs   | Glasgow | SCO1161 | 1     |
| 100 Breaststroke | 1:51.95 | 1:53.10         | 172       | 15/03/14 | Cumbernauld Spring Graded Meet 2014 | Tryst   | SCO821  | 2     |