

# Individual Best Times (All Time)

Elizabeth Cowie - (1130674) - Huntly ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.56	29.90	461	06/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
100 Freestyle	1:08.00	1:06.80	439	04/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
200 Freestyle	2:32.54	2:30.20	404	06/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
50 Breaststroke	40.44	39.70	374	04/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
100 Breaststroke	1:31.64	1:30.30	342	10/06/18	Dyce LC Meet 2018	Aberdeen	SCO1484	2
50 Butterfly	35.75	35.20	319	03/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
100 Backstroke	1:29.32	1:28.40	264	12/06/16	Hunting Trophy Meet 2016	Aberdeen	SCO1143	2

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.90	30.60	451	19/05/18	Neasca Age Groups 2018	Fraserburgh	SCO1469	2
100 Freestyle	1:08.56	1:09.80	393	10/02/18	PASC GRADED AGE GROUP MEET 2018	Peterhead	SCO1412	2
200 Freestyle	2:34.07	2:36.30	367	16/10/16	Garioch 200 Meet 2016	Inverurie	SCO1181	2
400 Freestyle	5:56.37	6:00.30	273	16/04/16	Buckie Age Group Meet	Buckie	SCO1110	2
50 Breaststroke	39.20	40.00	379	10/03/18	Deveron Age Group Sprints 2018	Banff	SCO1435	2
100 Breaststroke	1:31.34	1:32.70	318	11/11/17	Alford Otters 8th 100 Meet	Fraserburgh	SCO1364	2
50 Butterfly	34.05	34.60	367	21/04/18	BODASC 6th Springtime Banded Meet	Bridge of Don	SCO1447	2
50 Backstroke	35.25	35.80	367	21/04/18	BODASC 6th Springtime Banded Meet	Bridge of Don	SCO1447	2
100 Backstroke	1:17.61	1:18.60	353	26/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
200 Backstroke	2:58.93	3:00.80	293	26/11/16	North District Age Group Meet 2016	Inverness	SCO1207	2
200 Individual Medley	2:59.16	3:01.40	314	16/04/17	Buckie Age Groups 2017	Buckie	SCO1271	2
100 Individual Medley	1:16.63	1:16.60	401	10/03/18	Deveron Age Group Sprints 2018	Banff	SCO1435	2