

Individual Best Times (All Time)

Rosie Smith-Macaulay - (1137620) - Nairn ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.06	29.40	484	25/05/19	North District Long Course Time Trials 2019	Aberdeen	SCO1664	1
100 Freestyle	1:05.11	1:03.80	500	26/05/19	North District Long Course Time Trials 2019	Aberdeen	SCO1664	1
200 Freestyle	2:23.53	2:21.10	486	25/05/19	North District Long Course Time Trials 2019	Aberdeen	SCO1664	1
400 Freestyle	5:04.36	4:59.70	462	26/05/19	North District Long Course Time Trials 2019	Aberdeen	SCO1664	1
100 Breaststroke	1:31.55	1:30.20	343	03/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
50 Butterfly	33.77	33.20	378	03/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
100 Butterfly	1:22.39	1:21.50	305	26/05/18	North District Long Course Time Trials 2018	Aberdeen	SCO1472	1
50 Backstroke	36.23	35.70	407	25/05/19	North District Long Course Time Trials 2019	Aberdeen	SCO1664	1
100 Backstroke	1:16.85	1:15.80	415	01/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
200 Backstroke	2:44.97	2:42.90	415	04/03/19	ND Age Group Championships 2019 R2	Aberdeen	SCO1618	1
200 Individual Medley	2:51.19	2:48.90	399	26/05/19	North District Long Course Time Trials 2019	Aberdeen	SCO1664	1
400 Individual Medley	6:03.43	5:58.60	391	03/02/19	ND Age Group Championships 2019 R1	Aberdeen	SCO1594	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.49	30.20	470	16/02/20	Elgin ASC Spring Meet 2020	Elgin	SCO1790	2
100 Freestyle	1:03.85	1:05.10	487	31/08/19	HST End of Summer Meet 2019	Inverness	SCO1695	2
200 Freestyle	2:17.31	2:19.80	518	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
400 Freestyle	4:50.29	4:55.10	505	22/06/19	ND Development Meet 2019	Inverness	SCO1685	2
800 Freestyle	10:44.72	10:53.60	406	06/10/18	ND Distance Meet	Fraserburgh	SCO1520	2
50 Breaststroke	38.82	39.60	390	16/02/20	Elgin ASC Spring Meet 2020	Elgin	SCO1790	2
100 Breaststroke	1:26.22	1:27.70	378	01/09/19	HST End of Summer Meet 2019	Inverness	SCO1695	2
200 Breaststroke	3:15.87	3:18.60	324	31/08/19	HST End of Summer Meet 2019	Inverness	SCO1695	2
50 Butterfly	32.81	33.40	410	15/02/20	Elgin ASC Spring Meet 2020	Elgin	SCO1790	2
100 Butterfly	1:15.00	1:16.00	374	14/04/19	Buckie Age Groups 2019	Buckie	SCO1638	2
200 Butterfly	2:56.59	2:58.40	310	17/03/18	Elgin ASC Spring Meet 2018	Buckie	SCO1439	2
50 Backstroke	35.41	36.00	362	17/03/18	Elgin ASC Spring Meet 2018	Buckie	SCO1439	2
100 Backstroke	1:13.84	1:14.90	410	10/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
200 Backstroke	2:37.36	2:39.50	431	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
200 Individual Medley	2:43.23	2:45.60	416	23/06/19	ND Development Meet 2019	Inverness	SCO1685	2
400 Individual Medley	5:43.04	5:48.10	430	23/06/19	ND Development Meet 2019	Inverness	SCO1685	2
100 Individual Medley	1:17.72	1:17.70	384	08/06/19	Nairn IM Challenge Meet	Nairn	SCO1675	2