

Individual Best Times (All Time)

Amy Innes - (1170829) - C.O.A.S.T.

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	59.52	59.00	117	25/05/14	Aberdeen Dolphin Commonwealth Gala	Aberdeen	SCO854	1
50 Backstroke	51.77	51.40	139	25/05/14	Aberdeen Dolphin Commonwealth Gala	Aberdeen	SCO854	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.56	39.10	210	17/04/16	COAST Development Round 2	Aberdeen	SCO1109	2
100 Freestyle	1:27.19	1:28.10	191	20/12/15	ADASC Club Championships 2015	Northfield	SCO1059	3
200 Freestyle	3:20.04	3:21.80	167	21/02/16	COAST Development R1 Meet	Aberdeen	SCO1087	2
400 Freestyle	6:54.42	6:57.80	173	19/04/15	COAST Development Meet Round 2	Aberdeen	SCO964	2
50 Breaststroke	50.24	50.90	180	17/04/16	COAST Development Round 2	Aberdeen	SCO1109	2
100 Breaststroke	1:50.00	1:51.10	182	20/12/15	ADASC Club Championships 2015	Northfield	SCO1059	3
200 Breaststroke	4:00.35	4:02.50	175	21/02/16	COAST Development R1 Meet	Aberdeen	SCO1087	2
50 Butterfly	47.44	47.80	135	21/02/16	COAST Development R1 Meet	Aberdeen	SCO1087	2
100 Butterfly	1:56.19	1:56.80	100	20/12/15	ADASC Club Championships 2015	Northfield	SCO1059	3
50 Backstroke	46.17	46.60	163	21/02/16	COAST Development R1 Meet	Aberdeen	SCO1087	2
100 Backstroke	1:36.75	1:37.60	182	20/12/15	ADASC Club Championships 2015	Northfield	SCO1059	3
200 Individual Medley	3:37.42	3:39.20	176	17/04/16	COAST Development Round 2	Aberdeen	SCO1109	2
100 Individual Medley	1:36.81	1:36.80	198	20/12/15	ADASC Club Championships 2015	Northfield	SCO1059	3