

Individual Best Times (All Time)

Milly Low - (1191459) - Bridge of Don ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.81	30.10	450	30/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
100 Freestyle	1:07.25	1:06.00	454	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
200 Freestyle	2:23.83	2:21.40	483	06/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
400 Freestyle	5:05.53	5:00.90	457	28/04/18	University of Aberdeen International Open	Aberdeen	SCO1452	1
50 Breaststroke	40.55	39.80	371	28/04/18	University of Aberdeen International Open	Aberdeen	SCO1452	1
100 Breaststroke	1:26.64	1:25.20	405	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Breaststroke	3:01.59	2:58.70	434	30/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
50 Butterfly	34.65	34.10	350	03/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
100 Butterfly	1:19.28	1:18.30	342	05/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
200 Butterfly	2:56.91	2:55.10	326	29/04/18	University of Aberdeen International Open	Aberdeen	SCO1452	1
50 Backstroke	35.00	34.40	451	31/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
100 Backstroke	1:13.29	1:12.20	478	06/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
200 Backstroke	2:32.54	2:30.30	526	28/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Individual Medley	2:38.28	2:35.80	505	31/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.54	31.20	423	26/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
100 Freestyle	1:06.00	1:07.30	441	25/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
200 Freestyle	2:22.87	2:25.30	460	26/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
400 Freestyle	5:14.92	5:19.40	396	15/01/17	SAS Junior Meet 2017	Westhill	SCO1225	2
50 Breaststroke	40.55	41.30	342	26/11/16	North District Age Group Meet 2016	Inverness	SCO1207	2
100 Breaststroke	1:26.57	1:28.00	373	26/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
200 Breaststroke	3:00.58	3:03.50	413	25/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
50 Butterfly	34.34	34.90	357	26/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
100 Butterfly	1:20.70	1:21.60	300	16/12/17	Bridge of Don ASC Club Championships 2017	Bridge of Don	SCO1390	2
200 Butterfly	2:56.82	2:58.60	309	26/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
50 Backstroke	34.64	35.20	387	25/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
100 Backstroke	1:11.36	1:12.50	455	21/11/17	Scottish Schools Heats	Aberdeen	SCO1382	2
200 Backstroke	2:32.92	2:35.10	470	21/11/17	Scottish Schools Heats	Aberdeen	SCO1382	2
200 Individual Medley	2:39.66	2:42.10	444	25/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
100 Individual Medley	1:22.48	1:22.50	321	23/04/16	Bridge of Don 4th Springtime Banded Meet	Bridge of Don	SCO1112	2