

# Individual Best Times (All Time)

Poppy Shaw - (1303121) - Eyemouth & District ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.87	29.20	493	26/01/24	Reykjavik International Games - Swim Meet 2024	Reykjavik, Iceland	GBR2248	1
100 Freestyle	1:02.97	1:01.60	553	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Freestyle	2:18.30	2:15.80	543	14/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
400 Freestyle	5:10.69	5:06.10	434	13/05/23	2023 SS West District LC May AG Meet	Glasgow	SCO2027	1
100 Breaststroke	1:39.43	1:38.20	268	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
50 Butterfly	32.38	31.80	429	04/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Butterfly	1:12.55	1:11.50	447	16/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Butterfly	2:44.91	2:43.00	403	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
50 Backstroke	34.66	34.10	465	23/01/23	East District Age Groups	Scotland	SCO1979	1
100 Backstroke	1:13.39	1:12.30	476	16/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Backstroke	2:37.59	2:35.50	477	04/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
200 Individual Medley	2:39.69	2:37.20	492	16/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
400 Individual Medley	5:43.34	5:38.20	464	11/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.42	31.10	428	07/10/23	Hearts Premier Age Group Meet 2023	Michael Woods Centre	SCO2077	3
100 Freestyle	1:02.65	1:04.00	515	14/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2
200 Freestyle	2:15.20	2:17.70	543	04/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
400 Freestyle	4:46.93	4:51.80	523	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
50 Breaststroke	43.61	44.30	275	28/05/23	Haddington Total Swimmer Meet 2023	Mercat Gait Centre	SCO2042	3
100 Breaststroke	1:36.36	1:37.70	271	25/09/21	East District Time Trials	RCP, Edinburgh	SCO1824	2
200 Breaststroke	3:50.28	3:52.60	199	25/05/19	InCAS Distance Meet	Michael Woods Centre	SCO1671	2
50 Butterfly	31.97	32.60	443	04/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
100 Butterfly	1:11.42	1:12.50	433	21/01/24	Border Championships 2024	Galashiels	SCO2137	2
200 Butterfly	2:38.54	2:40.50	429	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
50 Backstroke	34.03	34.60	408	02/12/23	Tranent Xmas Gala 2023	Mercat Gait Centre	SCO2108	3
100 Backstroke	1:11.65	1:12.80	449	04/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
200 Backstroke	2:29.38	2:31.60	504	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
200 Individual Medley	2:34.97	2:37.50	486	04/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
400 Individual Medley	5:25.41	5:30.80	503	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
100 Individual Medley	1:15.84	1:15.80	413	28/05/23	Haddington Total Swimmer Meet 2023	Mercat Gait Centre	SCO2042	3