

# Individual Best Times (All Time)

Emma Imrie - (1310961) - South Ayrshire ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.47	33.90	321	02/07/23	Scottish National Open Championships	Tollcross	SCO2054	1
100 Freestyle	1:16.32	1:15.20	311	30/06/23	Scottish National Open Championships	Tollcross	SCO2054	1
200 Freestyle	2:48.63	2:46.60	299	03/02/24	British Para Swimming International Winter	Aberdeen	DIS139	1
400 Freestyle	5:59.01	5:55.10	281	02/07/23	Scottish National Open Championships	Tollcross	SCO2054	1
100 Breaststroke	1:49.16	1:48.00	202	02/02/24	British Para Swimming International Winter	Aberdeen	DIS139	1
50 Butterfly	48.00	47.60	131	13/05/23	2023 SS West District LC May AG Meet	Glasgow	SCO2027	1
100 Butterfly	1:39.29	1:38.50	174	30/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
50 Backstroke	39.13	38.60	323	02/02/24	British Para Swimming International Winter	Aberdeen	DIS139	1
100 Backstroke	1:25.28	1:24.30	303	24/07/23	British Summer Championships	Sheffield	BSW025	1
200 Individual Medley	3:18.19	3:16.20	257	17/02/24	2024 SS West District LC Champs WE2	East Kilbride	SCO2147	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.39	35.00	296	17/06/23	National Junior Para Swimming 2023	Coventry	DIS137	2
100 Freestyle	1:15.82	1:16.90	291	28/11/23	Ayrshire Schools Meet 2023	Ayr	SCO2126	3
400 Freestyle	5:37.83	5:42.00	320	25/02/24	North Ayrshire 200 Meet	Irvine	SCO2166	2
50 Breaststroke	48.80	49.40	196	17/12/23	SAST Xmas Sprints 2023	Ayr	SCO2138	2
100 Breaststroke	1:48.04	1:49.20	192	17/06/23	National Junior Para Swimming 2023	Coventry	DIS137	2
50 Butterfly	42.05	42.50	194	17/12/23	SAST Xmas Sprints 2023	Ayr	SCO2138	2
100 Butterfly	1:38.97	1:39.70	162	22/10/23	2023 SS West District SC Champs WE1	Glasgow	SCO2080	2
50 Backstroke	41.37	41.90	227	17/12/23	SAST Xmas Sprints 2023	Ayr	SCO2138	2
100 Backstroke	1:23.84	1:24.80	280	28/11/23	Ayrshire Schools Meet 2023	Ayr	SCO2126	3
200 Individual Medley	3:15.71	3:17.70	241	08/06/24	British Junior Para Swimming Chmapionships	Coventry	DIS144	2