

Individual Best Times (All Time)

Emma Sharratt - (148626) - Step Rock ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.20	30.50	433	20/05/12	Rotherham Metro SC Long Course Open Meet	Sheffield	NE2027	1
100 Freestyle	1:07.46	1:06.20	450	03/04/12	SG National Open Age Group Championships	Sunderland	SCO601	1
200 Freestyle	2:27.72	2:25.30	445	01/04/12	SG National Open Age Group Championships	Sunderland	SCO601	1
100 Breaststroke	1:34.46	1:33.10	312	20/05/12	Rotherham Metro SC Long Course Open Meet	Sheffield	NE2027	1
50 Butterfly	39.58	39.10	235	29/01/11	Scottish Schools Swimming Champs	Tolcross	SCO485	1
100 Butterfly	1:21.89	1:21.00	310	02/02/13	East District Age Group Meet	Edinburgh	SCO693	1
100 Backstroke	1:24.47	1:23.50	312	02/02/13	East District Age Group Meet	Edinburgh	SCO693	1
200 Individual Medley	2:58.36	2:56.10	353	02/02/13	East District Age Group Meet	Edinburgh	SCO693	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.55	30.20	467	01/09/13	Dunedin Challenge Meet	Dunfermline	SCO749	2
100 Freestyle	1:05.90	1:07.20	443	04/02/12	East District Age Group Championships	Bathgate	SCO583	1
200 Freestyle	2:23.99	2:26.40	449	11/02/12	North Ayrshire 200 Meet	Auchenharvie	SCO586	2
400 Freestyle	5:15.98	5:20.40	392	27/05/12	Incas Distance Gala 2012	Glenrothes	SCO621	2
800 Freestyle	11:04.87	11:13.50	370	04/03/12	East District Challenge Meet	Glenrothes	SCO591	1
50 Breaststroke	40.22	41.00	350	03/09/11	Dunedin Challenge	Glenrothes	SCO540	2
100 Breaststroke	1:28.70	1:30.10	347	24/03/12	Glenrothes Spring Meet	Glenrothes	SCO600	4
200 Breaststroke	3:21.20	3:23.80	299	06/12/11	SASA East District Age Groups	Glenrothes	SCO568	1
50 Butterfly	33.05	33.60	401	26/10/14	Alloa Graded Meet 2014	Stirling	SCO891	2
100 Butterfly	1:17.40	1:18.40	340	31/08/14	Dunedin Challenge Meet	Dunfermline	SCO870	2
200 Butterfly	3:18.82	3:20.40	217	26/05/12	Incas Distance Gala 2012	Glenrothes	SCO621	2
50 Backstroke	36.31	36.90	336	17/11/12	InCAS Sprints Gala 2012	Dunfermline	SCO666	2
100 Backstroke	1:19.61	1:20.60	327	11/03/12	Fife League Meet	Glenrothes	SCO597	2
200 Backstroke	2:51.22	2:53.20	335	11/03/12	Fife League Meet	Glenrothes	SCO597	2
200 Individual Medley	2:49.16	2:51.50	373	11/02/12	North Ayrshire 200 Meet	Auchenharvie	SCO586	2
100 Individual Medley	1:16.44	1:16.40	404	26/10/14	Alloa Graded Meet 2014	Stirling	SCO891	2