

Individual Best Times (All Time)

Louise McDonald - (306280) - Aberdeen Dolphins ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.14	33.50	330	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
100 Freestyle	1:12.43	1:11.30	363	17/05/14	Dyce Hunting Trophy Meet	Aberdeen	SCO841	2
50 Breaststroke	48.55	47.90	216	17/05/14	Dyce Hunting Trophy Meet	Aberdeen	SCO841	2
50 Butterfly	35.07	34.50	338	17/05/14	Dyce Hunting Trophy Meet	Aberdeen	SCO841	2
100 Backstroke	1:24.99	1:24.00	306	17/05/14	Dyce Hunting Trophy Meet	Aberdeen	SCO841	2
200 Backstroke	3:00.51	2:58.60	317	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	31.44	32.10	387	04/10/14	SASA North District Open Meet	Inverness	SCO881	1
100 Freestyle	1:09.81	1:11.00	372	07/02/15	PASC Graded Age Group Meet 2015	Peterhead	SCO935	2
200 Freestyle	2:35.84	2:38.10	354	07/02/15	PASC Graded Age Group Meet 2015	Peterhead	SCO935	2
400 Freestyle	5:46.69	5:50.70	296	25/06/11	North District Development Meet	Banff	SCO534	1
50 Breaststroke	44.83	45.50	253	26/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
100 Breaststroke	1:40.98	1:42.20	235	12/05/12	Ythan ASC Annual Meet	Ellon	SCO614	2
200 Breaststroke	3:35.93	3:38.40	242	08/09/12	Garioch 200 Open Meet 2012	Aberdeenshire	SCO641	2
50 Butterfly	33.76	34.30	376	25/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
100 Butterfly	1:19.03	1:20.00	319	07/02/15	PASC Graded Age Group Meet 2015	Peterhead	SCO935	2
50 Backstroke	37.33	37.90	309	04/05/13	Westhill Invitational Meet 2013	Westhill	SCO723	2
100 Backstroke	1:18.49	1:19.50	342	07/02/15	PASC Graded Age Group Meet 2015	Peterhead	SCO935	2
200 Backstroke	2:51.97	2:53.90	330	01/06/13	SASA North District Development Meet	Westhill	SCO732	1
200 Individual Medley	2:56.91	2:59.10	326	28/09/14	Aberdeen Dolphins Level 3 Meet	Aberdeen	SCO879	3
400 Individual Medley	6:33.97	6:38.40	283	26/06/11	North District Development Meet	Banff	SCO534	1
100 Individual Medley	1:19.93	1:19.90	353	21/03/15	Deveron Age Group Sprints	Banff	SCO958	2