

Individual Best Times (All Time)

Beth Constance - (371694) - Dundee City Aquatics SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.76	29.10	499	02/03/14	SASA Midland District Open Age Group Champ	Dundee	SCO813	1
100 Freestyle	1:05.10	1:03.80	501	10/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
200 Freestyle	2:20.85	2:18.40	514	13/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
400 Freestyle	4:53.95	4:49.10	513	12/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
800 Freestyle	10:05.95	9:56.30	512	11/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
100 Breaststroke	1:30.34	1:28.90	357	02/02/13	East District Age Group Meet	Edinburgh	SCO693	1
100 Butterfly	1:24.35	1:23.40	284	02/02/13	East District Age Group Meet	Edinburgh	SCO693	1
50 Backstroke	34.06	33.50	490	02/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
100 Backstroke	1:13.28	1:12.20	478	31/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
200 Backstroke	2:36.92	2:34.80	483	26/01/13	Scottish Schools Swimming Championships	East Kilbride	SCO689	1
200 Individual Medley	2:44.34	2:41.90	451	29/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
400 Individual Medley	5:58.11	5:53.20	409	28/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.22	29.90	483	26/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
100 Freestyle	1:02.42	1:03.70	521	12/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
200 Freestyle	2:13.26	2:15.80	567	16/11/14	COAST Grand Prix	Aberdeen	SCO907	1
400 Freestyle	4:41.08	4:46.00	557	08/11/14	SASA Midland District Graded & Dist Gala	Dundee	SCO903	1
800 Freestyle	9:48.91	9:58.60	532	13/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
1500 Freestyle	18:53.57	19:11.60	514	18/05/14	SASA Midland District Distance Meet 2014	Dundee	SCO843	1
50 Breaststroke	39.89	40.70	359	06/09/14	SASA Midland District Sprint Championships	Dundee	SCO873	1
100 Breaststroke	1:28.46	1:29.90	350	30/06/13	Cumbernauld Summer Graded Meet 2013	Cumbernauld	SCO796	2
200 Breaststroke	3:03.67	3:06.50	393	25/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
50 Butterfly	36.39	36.90	300	07/09/13	Midland District Sprint Championships	Dundee	SCO751	1
100 Butterfly	1:19.55	1:20.50	313	30/06/13	Cumbernauld Summer Graded Meet 2013	Cumbernauld	SCO796	2
50 Backstroke	33.30	33.90	435	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Backstroke	1:15.05	1:16.10	391	01/09/12	Dunedin Swim Team Challenge Meet	Glenrothes	SCO644	2
200 Backstroke	2:30.57	2:32.80	492	16/11/14	COAST Grand Prix	Aberdeen	SCO907	1
200 Individual Medley	2:38.44	2:40.90	454	17/05/14	SASA Midland District Distance Meet 2014	Dundee	SCO843	1
400 Individual Medley	5:45.52	5:50.60	420	03/11/12	East District Age Group Championships	Bathgate	SCO660	1
100 Individual Medley	1:15.17	1:15.20	424	07/09/13	Midland District Sprint Championships	Dundee	SCO751	1