

Individual Best Times (All Time)

Jenny Adams - (473084) - Galashiels ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.25	29.60	475	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Freestyle	1:05.86	1:04.60	484	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
200 Freestyle	2:21.76	2:19.30	504	17/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1
400 Freestyle	4:53.51	4:48.70	515	05/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
800 Freestyle	10:11.31	10:01.80	498	17/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1
50 Breaststroke	37.68	36.80	463	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Breaststroke	1:24.14	1:22.60	442	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
200 Breaststroke	3:02.44	2:59.50	428	16/06/13	Scottish Gas National Open Championships	Glasgow	SCO739	1
50 Butterfly	33.18	32.60	399	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Butterfly	1:17.39	1:16.40	368	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
200 Butterfly	2:52.69	2:50.80	350	28/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
50 Backstroke	34.08	33.50	489	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Backstroke	1:11.59	1:10.50	513	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Backstroke	2:34.16	2:32.00	509	26/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
200 Individual Medley	2:38.66	2:36.20	502	03/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
400 Individual Medley	5:37.36	5:32.10	489	03/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.84	31.50	411	12/10/13	Hearts & Best Premier Age Group Meet	Prestonpans	SCO773	2
100 Freestyle	1:04.05	1:05.30	482	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
200 Freestyle	2:15.98	2:18.50	533	01/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
400 Freestyle	4:44.08	4:49.00	539	14/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
800 Freestyle	9:52.19	10:01.90	523	13/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
50 Breaststroke	37.89	38.70	419	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
100 Breaststroke	1:23.25	1:24.80	420	19/04/14	FIRST Open Meet 2014	Bathgate	SCO828	2
200 Breaststroke	2:54.73	2:57.70	456	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
50 Butterfly	31.86	32.40	448	16/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
100 Butterfly	1:17.20	1:18.20	343	14/09/14	Haddington 100's Meet	Mercat Gait	SCO877	2
200 Butterfly	2:46.75	2:48.60	369	01/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
50 Backstroke	32.99	33.60	448	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
100 Backstroke	1:11.82	1:12.90	446	14/09/14	Haddington 100's Meet	Mercat Gait	SCO877	2
200 Backstroke	2:30.65	2:32.80	492	28/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
200 Individual Medley	2:34.52	2:37.10	490	16/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
400 Individual Medley	5:27.03	5:32.40	496	15/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
100 Individual Medley	1:12.38	1:12.40	475	03/12/16	Tranent Christmas Gala	Prestonpans	SCO1211	2