

# Individual Best Times (All Time)

Iona Hamilton - (496783) - University of Stirling Water Pol

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:06.83	1:05.60	463	06/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Breaststroke	35.41	34.50	558	03/06/12	SASA East District Open Championships	Edinburgh	SCO627	1
100 Breaststroke	1:18.72	1:17.10	540	02/06/12	SASA East District Open Championships	Edinburgh	SCO627	1
200 Breaststroke	2:57.38	2:54.40	466	02/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Butterfly	34.04	33.50	369	18/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1
100 Butterfly	1:19.53	1:18.60	339	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
100 Backstroke	1:21.03	1:20.00	354	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Individual Medley	2:46.42	2:44.00	435	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.01	30.70	446	15/06/14	Cumbernauld Summer Open 2014	Cumbernauld	SCO861	2
100 Freestyle	1:05.24	1:06.50	456	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2
200 Freestyle	2:25.61	2:28.00	434	25/05/14	Warrender Baths SNAGS TT	Edinburgh	SCO863	2
400 Freestyle	6:13.55	6:17.30	237	20/06/09	Aquanuts Livingston Meet	Prestonpans	SCO367	2
50 Breaststroke	35.13	36.00	526	16/12/11	Scottish Gas National Short Course Open	Inverness	SCO574	1
100 Breaststroke	1:15.26	1:16.90	568	05/02/12	East District Age Group Championships	Bathgate	SCO583	1
200 Breaststroke	2:49.21	2:52.30	502	12/11/11	Aberdeen Mitchell Trophy 2011	Inverness	SCO561	2
50 Butterfly	33.68	34.20	379	15/02/14	Belshill Sharks Open Meet 2014	Belshill	SCO811	2
100 Butterfly	1:16.00	1:17.00	359	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2
200 Butterfly	3:12.86	3:14.50	238	21/09/14	Warrender 200's Championships	Edinburgh	SCO888	2
50 Backstroke	35.24	35.80	367	14/06/14	Cumbernauld Summer Open 2014	Cumbernauld	SCO861	2
100 Backstroke	1:15.66	1:16.70	381	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2
200 Backstroke	2:48.98	2:50.90	348	04/12/12	SASA East Dist Age Groups Round 2	Bathgate	SCO677	2
200 Individual Medley	2:38.92	2:41.40	450	12/11/11	Aberdeen Mitchell Trophy 2011	Inverness	SCO561	2
100 Individual Medley	1:15.17	1:15.20	424	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2