

# Individual Best Times (All Time)

Mhairi Swanson - (554106) - Heart Of Midlothian ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.77	27.00	614	03/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
100 Freestyle	1:00.10	58.70	636	04/03/19	ND Age Group Championships 2019 R2	Aberdeen	SCO1618	1
200 Freestyle	2:07.89	2:05.20	687	14/03/20	Edinburgh International	Edinburgh	SCO1813	1
400 Freestyle	4:46.62	4:41.70	553	17/01/15	SASA West District Grand Prix	Glasgow	SCO930	1
50 Breaststroke	35.94	35.10	534	02/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
100 Breaststroke	1:20.54	1:19.00	504	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
200 Breaststroke	3:36.30	3:33.80	257	26/03/11	City of Sunderland Spring Meet	Sunderland	NE1256	3
50 Butterfly	29.45	28.80	570	29/05/22	Glasgow International Swim Meet	Glasgow	SCO1893	1
100 Butterfly	1:05.99	1:04.80	594	17/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
200 Butterfly	2:32.90	2:30.80	505	06/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
50 Backstroke	30.66	30.00	672	02/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
100 Backstroke	1:06.33	1:05.10	645	01/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
200 Backstroke	2:24.62	2:22.30	617	26/07/19	British Summer Championships	Glasgow	BSW011	1
200 Individual Medley	2:24.10	2:21.30	670	17/03/19	Edinburgh International	Edinburgh	SCO1626	1
400 Individual Medley	5:35.18	5:29.90	499	02/06/13	East District Open & Grand Prix Round 3	Edinburgh	SCO731	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.42	28.20	584	15/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
100 Freestyle	58.59	1:00.00	630	26/06/21	Tighinn Comhla	Various	LXX011	0
200 Freestyle	2:06.64	2:09.30	660	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
400 Freestyle	4:31.93	4:37.00	615	16/01/21	Tighinn Comhla	Various - January R1	LXX010	0
800 Freestyle	9:18.80	9:29.00	623	05/10/19	SASA North District Distance Meet	Fraserburgh	SCO1717	2
1500 Freestyle	17:58.06	18:17.00	597	06/10/19	SASA North District Distance Meet	Fraserburgh	SCO1717	2
50 Breaststroke	34.96	35.80	534	06/11/16	North District Open Championships	Inverness	SCO1193	1
100 Breaststroke	1:20.91	1:22.50	457	18/09/16	Warrender Championships	Glenrothes	SCO1183	2
200 Breaststroke	2:46.60	2:49.70	527	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
50 Butterfly	28.69	29.30	613	26/06/21	Tighinn Comhla	Various	LXX011	0
100 Butterfly	1:03.61	1:04.80	613	16/01/21	Tighinn Comhla	Various - January R1	LXX010	0
200 Butterfly	2:28.19	2:30.30	525	29/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
50 Backstroke	30.06	30.70	592	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
100 Backstroke	1:04.02	1:05.30	630	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
200 Backstroke	2:17.98	2:20.40	640	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
200 Individual Medley	2:20.03	2:22.80	659	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Individual Medley	5:04.90	5:10.60	612	06/10/19	SASA North District Distance Meet	Fraserburgh	SCO1717	2
100 Individual Medley	1:05.39	1:05.40	645	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2