

Individual Best Times (All Time)

Shawney Millar - (739006) - Stirling Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.35	32.70	354	12/05/13	Celtic Tri Nations 2013	East Kilbride	INT281	1
100 Freestyle	1:09.74	1:08.50	407	10/05/13	Celtic Tri Nations 2013	East Kilbride	INT281	1
200 Freestyle	2:40.25	2:38.10	349	11/05/13	Celtic Tri Nations 2013	East Kilbride	INT281	1
400 Freestyle	6:14.69	6:10.90	247	01/05/11	City of Glasgow Open Age Group Meet	Glasgow	SCO517	1
50 Breaststroke	50.80	50.20	189	30/04/11	City of Glasgow Open Age Group Meet	Glasgow	SCO517	1
100 Breaststroke	1:50.19	1:49.00	197	30/04/11	City of Glasgow Open Age Group Meet	Glasgow	SCO517	1
100 Butterfly	1:43.59	1:42.90	153	30/04/11	City of Glasgow Open Age Group Meet	Glasgow	SCO517	1
200 Butterfly	3:16.73	3:15.10	237	08/03/15	SASA West District SAG Championship	East Kilbride	SCO949	1
100 Backstroke	1:38.13	1:37.30	199	01/05/11	City of Glasgow Open Age Group Meet	Glasgow	SCO517	1
200 Individual Medley	3:06.10	3:04.00	311	12/05/13	Celtic Tri Nations 2013	East Kilbride	INT281	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.79	33.40	341	25/10/14	Alloa Graded Meet 2014	Stirling	SCO891	2
100 Freestyle	1:10.47	1:11.60	362	31/08/14	SASA Central Swimming Championships	Grangemouth	SCO874	2
200 Freestyle	2:29.97	2:32.30	397	22/09/13	2013 Stirling Autumn Meet	Stirling	SCO758	2
400 Freestyle	5:15.73	5:20.20	393	22/09/13	2013 Stirling Autumn Meet	Stirling	SCO758	2
50 Breaststroke	44.52	45.20	258	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Breaststroke	1:35.76	1:37.10	276	31/08/14	SASA Central Swimming Championships	Grangemouth	SCO874	2
200 Breaststroke	3:27.22	3:29.80	273	28/04/13	Aquanauts Livingston 12th Annual Meet	Livingston	SCO719	2
50 Butterfly	36.53	37.00	297	30/11/14	Cumbernauld Winter Open Meet	Cumbernauld	SCO915	2
100 Butterfly	1:21.24	1:22.20	294	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
200 Butterfly	3:05.50	3:07.20	268	24/01/15	FIRST Open Meet	Bathgate	SCO928	2
50 Backstroke	39.78	40.30	255	23/03/13	Cumbernauld Age Group Open & Senior Meet	Cumbernauld	SCO709	2
100 Backstroke	1:23.10	1:24.10	288	31/08/14	SASA Central Swimming Championships	Grangemouth	SCO874	2
200 Backstroke	2:54.48	2:56.40	316	26/05/13	Alloa ASC Open Meet	Alloa	SCO730	2
200 Individual Medley	2:54.24	2:56.50	342	26/10/13	Alloa Graded Meet	Alloa	SCO777	2
400 Individual Medley	6:13.14	6:17.80	334	03/11/13	SASA West District SC SAG	Dumfries	SCO774	1
100 Individual Medley	1:22.03	1:22.00	326	26/10/14	Alloa Graded Meet 2014	Stirling	SCO891	2