

Individual Best Times (All Time)

Kirsty Griffiths - (752275) - City Of Glasgow Swim Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.88	28.10	546	26/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
100 Freestyle	1:01.61	1:00.20	591	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
200 Freestyle	2:09.78	2:07.10	657	15/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
400 Freestyle	4:31.62	4:26.40	650	14/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
800 Freestyle	9:26.69	9:16.40	626	13/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
100 Breaststroke	1:31.52	1:30.10	344	08/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
200 Breaststroke	3:04.40	3:01.50	415	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
50 Butterfly	34.24	33.70	363	05/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
100 Butterfly	1:11.80	1:10.70	461	03/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
200 Butterfly	2:36.14	2:34.10	474	01/07/18	Scottish National Open Championships	Tollcross	SCO1495	1
50 Backstroke	33.27	32.70	526	30/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
100 Backstroke	1:08.34	1:07.20	590	29/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Backstroke	2:24.36	2:22.00	620	14/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
200 Individual Medley	2:27.78	2:25.10	621	13/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
400 Individual Medley	5:16.82	5:11.20	590	09/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.92	28.70	553	23/09/17	Scottish National Team Champs 2017	Aberdeen	SCO1347	1
100 Freestyle	59.48	1:00.90	602	23/09/17	Scottish National Team Champs 2017	Aberdeen	SCO1347	1
200 Freestyle	2:09.32	2:12.00	620	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
400 Freestyle	4:34.18	4:39.20	600	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
800 Freestyle	9:23.94	9:34.10	606	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
1500 Freestyle	18:42.20	19:00.40	530	10/02/18	North Ayrshire's 200 Meet	Auchenharvie	SCO1411	2
50 Breaststroke	39.24	40.00	377	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Breaststroke	1:20.65	1:22.20	462	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Breaststroke	2:52.91	2:55.90	471	07/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
50 Butterfly	32.90	33.50	406	30/08/15	SASA West District SR Championships	Ayr	SCO1012	1
100 Butterfly	1:11.11	1:12.20	439	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Butterfly	2:35.26	2:37.30	457	05/09/15	North Ayrshire Distance Meet	Stevenston	SCO1010	2
50 Backstroke	31.70	32.30	505	30/08/15	SASA West District SR Championships	Ayr	SCO1012	1
100 Backstroke	1:07.50	1:08.70	537	11/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
200 Backstroke	2:21.84	2:24.20	589	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Individual Medley	2:26.07	2:28.70	580	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
400 Individual Medley	5:13.54	5:19.10	563	05/11/17	North District Open Championships 2017	Inverness	SCO1360	1
100 Individual Medley	1:09.34	1:09.30	541	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2