

Individual Best Times (All Time)

Kate McDonald - (796065) - Grangemouth ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.82	31.20	408	31/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
100 Freestyle	1:14.08	1:12.90	340	09/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
50 Butterfly	32.93	32.30	408	05/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
100 Butterfly	1:15.89	1:14.90	390	04/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
100 Backstroke	1:25.14	1:24.20	305	09/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
200 Backstroke	3:07.31	3:05.50	284	09/02/13	2013 SASA District JAG LC Championships	East Kilbride	SCO696	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.56	31.20	422	15/02/15	Sharks Open Meet	Bellshill	SCO955	2
100 Freestyle	1:07.50	1:08.70	412	26/04/15	Dumfries Spring Splash Graded Meet	Dumfries	SCO976	2
200 Freestyle	2:29.73	2:32.00	399	03/05/15	Carnegie So Long Meet	Glenrothes	SCO982	2
400 Freestyle	5:18.45	5:22.80	383	26/04/15	Dumfries Spring Splash Graded Meet	Dumfries	SCO976	2
800 Freestyle	11:00.18	11:08.90	378	03/05/15	Carnegie So Long Meet	Glenrothes	SCO982	2
50 Breaststroke	43.22	43.90	282	26/04/15	Dumfries Spring Splash Graded Meet	Dumfries	SCO976	2
100 Breaststroke	1:30.88	1:32.30	323	06/09/15	Central Swimming Championships	Grangemouth	SCO1015	2
200 Breaststroke	3:21.43	3:24.00	298	30/11/14	Cumbernauld Winter Open Meet	Cumbernauld	SCO915	2
50 Butterfly	32.69	33.30	414	24/01/15	FIRST Open Meet	Bathgate	SCO928	2
100 Butterfly	1:13.97	1:15.00	390	31/01/15	Mags 2015	Grangemouth	SCO944	2
200 Butterfly	3:06.09	3:07.80	265	24/01/15	FIRST Open Meet	Bathgate	SCO928	2
50 Backstroke	35.36	35.90	364	25/04/15	Dumfries Spring Splash Graded Meet	Dumfries	SCO976	2
100 Backstroke	1:17.35	1:18.40	357	31/01/15	Mags 2015	Grangemouth	SCO944	2
200 Backstroke	2:47.14	2:49.10	360	13/06/15	ELST Distance Meet 2015	Mercat Gait	SCO998	2
200 Individual Medley	2:46.38	2:48.70	392	24/10/15	DCA Autumn Open Meet	Dundee	SCO1030	2
400 Individual Medley	6:00.81	6:05.70	369	03/05/15	Carnegie So Long Meet	Glenrothes	SCO982	2
100 Individual Medley	1:21.96	1:22.00	327	19/04/14	FIRST Open Meet 2014	Bathgate	SCO828	2