

Individual Best Times (All Time)

Morven Lister - (810260) - Carnegie ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.31	28.60	522	04/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Freestyle	1:02.95	1:01.60	554	03/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
200 Freestyle	2:13.71	2:11.10	601	28/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
50 Breaststroke	39.99	39.20	387	03/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Breaststroke	1:28.12	1:26.70	385	04/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
200 Breaststroke	3:01.59	2:58.70	434	29/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
50 Butterfly	29.79	29.10	551	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
100 Butterfly	1:05.66	1:04.50	603	25/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
200 Butterfly	2:25.17	2:23.00	590	29/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
50 Backstroke	30.74	30.10	667	30/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
100 Backstroke	1:05.50	1:04.30	670	29/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Backstroke	2:20.28	2:17.90	676	27/07/18	British Summer Championships	Sheffield	BSW006	1
200 Individual Medley	2:25.30	2:22.60	653	25/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
400 Individual Medley	5:15.09	5:09.50	600	29/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.49	29.20	521	26/10/19	Carnegie Winter Open Meet 2019	Michael Woods	SCO1726	2
100 Freestyle	1:02.00	1:03.30	532	27/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
200 Freestyle	2:09.14	2:11.80	623	13/01/18	EDAG Round 2 2018	Michael Woods Centre	SCO1432	2
400 Freestyle	4:38.97	4:44.00	569	25/11/18	East District Age Group Championships round 1	Michael Woods Centre	SCO1567	2
800 Freestyle	9:33.83	9:43.80	575	23/11/19	East District Age Groups round 2	Michael Woods Centre	SCO1754	2
50 Breaststroke	39.40	40.20	373	22/12/18	East District Age Groups 2018 Round 2	Edinburgh	SCO1578	2
100 Breaststroke	1:22.22	1:23.70	436	27/10/19	Carnegie Winter Open Meet 2019	Michael Woods	SCO1726	2
200 Breaststroke	2:50.11	2:53.20	495	13/01/19	East District Age Group Championships Round 3	Michael Woods Centre	SCO1580	1
50 Butterfly	29.99	30.60	537	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Butterfly	1:05.95	1:07.10	550	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Butterfly	2:26.42	2:28.60	545	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	EM180707	2
50 Backstroke	30.23	30.90	582	02/11/19	East District Age Group Championships	Michael Wood Centre	SCO1739	2
100 Backstroke	1:04.81	1:06.00	607	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Backstroke	2:18.64	2:21.00	631	10/03/19	Fife Leagues March 19	Michael Woods Centre	SCO1623	2
200 Individual Medley	2:26.00	2:28.70	581	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
400 Individual Medley	5:06.04	5:11.70	605	24/11/18	East District Age Group Championships round 1	Michael Woods Centre	SCO1567	2
100 Individual Medley	1:07.34	1:07.30	590	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2