

Individual Best Times (All Time)

Beth Templeton - (811597) - Livingston & District Dolphins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.73	32.10	375	07/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
100 Freestyle	1:10.60	1:09.40	392	08/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
200 Freestyle	2:44.16	2:42.00	324	28/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
400 Freestyle	5:38.95	5:34.80	334	27/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
200 Breaststroke	3:36.16	3:33.70	257	24/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
50 Butterfly	35.09	34.50	337	03/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Butterfly	1:23.17	1:22.20	296	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
50 Backstroke	37.55	37.00	366	08/04/18	City of Glasgow graded meet	Glasgow	SCO1442	1
100 Backstroke	1:20.31	1:19.30	363	06/05/18	East District Open Championships	Edinburgh	SCO1461	1
200 Individual Medley	2:51.07	2:48.70	400	02/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.79	32.40	375	17/02/18	Carnegie Open Spring Age Group Meet 2018	Dunfermline	SCO1420	2
100 Freestyle	1:07.54	1:08.80	411	18/02/18	Carnegie Open Spring Age Group Meet 2018	Dunfermline	SCO1420	2
200 Freestyle	2:26.36	2:28.70	428	10/06/17	ELST Distance Meet	Mercat Gait	SCO1313	2
400 Freestyle	5:11.57	5:16.00	409	15/04/17	Stirling Open Meet	Stirling	SCO1272	2
800 Freestyle	10:29.33	10:38.50	436	19/05/17	Swim West Lothian IM Tough 2017	West Lothian	SCO1298	2
50 Breaststroke	43.44	44.20	278	18/02/18	Carnegie Open Spring Age Group Meet 2018	Dunfermline	SCO1420	2
100 Breaststroke	1:32.99	1:34.30	301	15/04/17	Stirling Open Meet	Stirling	SCO1272	2
200 Breaststroke	3:25.79	3:28.30	279	12/06/16	ELST Distance Meet 2016	Mercat Gait	SCO1144	2
50 Butterfly	34.45	35.00	354	19/05/18	Swim West Lothian IM Tough	Xcite Leisure Centre	SCO1468	2
100 Butterfly	1:18.17	1:19.10	330	17/02/18	Carnegie Open Spring Age Group Meet 2018	Dunfermline	SCO1420	2
200 Butterfly	3:03.24	3:05.00	278	14/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
50 Backstroke	36.66	37.20	326	17/02/18	Carnegie Open Spring Age Group Meet 2018	Dunfermline	SCO1420	2
100 Backstroke	1:16.19	1:17.20	373	18/02/18	Carnegie Open Spring Age Group Meet 2018	Dunfermline	SCO1420	2
200 Backstroke	2:40.25	2:42.30	408	20/05/18	Swim West Lothian IM Tough	Xcite Leisure Centre	SCO1468	2
200 Individual Medley	2:54.22	2:56.50	342	21/05/16	Swim West Lothian IM Tough Meet	Livingston	SCO1134	2
400 Individual Medley	5:53.45	5:58.40	393	28/10/17	East District Time Trial	Xcite Leisure Centre	SCO1356	2
100 Individual Medley	1:23.07	1:23.10	314	05/12/15	Bathgate 80th Anniversary 2015	Bathgate	SCO1072	2