

# Individual Best Times (All Time)

Rachel Calvert - (813813) - Grangemouth ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.87	31.20	406	31/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
200 Freestyle	2:26.17	2:23.80	460	31/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
800 Freestyle	10:30.60	10:21.40	454	09/05/15	SASA West District Championships	East Kilbride	SCO975	1
100 Breaststroke	1:30.38	1:29.00	357	09/05/15	SASA West District Championships	East Kilbride	SCO975	1
200 Breaststroke	3:14.20	3:11.50	355	08/03/15	SASA West District SAG Championship	East Kilbride	SCO949	1
400 Individual Medley	5:58.33	5:53.40	408	08/03/15	SASA West District SAG Championship	East Kilbride	SCO949	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.82	31.50	411	25/04/15	Dumfries Spring Splash Graded Meet	Dumfries	SCO976	2
100 Freestyle	1:06.40	1:07.60	433	04/09/16	Central Swimming Championships 2016	Grangemouth	SCO1167	2
200 Freestyle	2:20.93	2:23.40	479	31/01/15	Mags 2015	Grangemouth	SCO944	2
400 Freestyle	4:55.11	4:59.80	481	25/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
800 Freestyle	10:29.63	10:38.80	435	18/05/18	Swim West Lothian IM Tough	Xcite Leisure Centre	SCO1468	2
50 Breaststroke	39.42	40.20	372	23/10/16	Alloa Graded Meet	Stirling	SCO1192	2
100 Breaststroke	1:25.46	1:26.90	388	04/09/16	Central Swimming Championships 2016	Grangemouth	SCO1167	2
200 Breaststroke	3:01.86	3:04.70	405	23/10/16	Alloa Graded Meet	Stirling	SCO1192	2
50 Butterfly	36.52	37.00	297	23/10/16	Alloa Graded Meet	Stirling	SCO1192	2
100 Butterfly	1:22.87	1:23.80	277	04/09/16	Central Swimming Championships 2016	Grangemouth	SCO1167	2
200 Butterfly	3:07.56	3:09.20	259	24/01/15	FIRST Open Meet	Bathgate	SCO928	2
50 Backstroke	36.88	37.40	320	25/04/15	Dumfries Spring Splash Graded Meet	Dumfries	SCO976	2
100 Backstroke	1:16.92	1:18.00	363	31/01/15	Mags 2015	Grangemouth	SCO944	2
200 Backstroke	2:45.10	2:47.10	373	23/10/16	Alloa Graded Meet	Stirling	SCO1192	2
200 Individual Medley	2:43.53	2:45.90	413	26/09/15	Stirling Autumn Meet	Stirling	SCO1026	2
400 Individual Medley	5:47.39	5:52.40	414	24/01/15	FIRST Open Meet	Bathgate	SCO928	2
100 Individual Medley	1:17.89	1:17.90	381	23/10/16	Alloa Graded Meet	Stirling	SCO1192	2