

Individual Best Times (All Time)

Rosie Stanger - (834491) - Stirling Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.53	27.80	566	11/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1
100 Freestyle	1:02.16	1:00.80	575	29/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
200 Freestyle	2:26.24	2:23.80	459	14/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
50 Breaststroke	43.89	43.20	293	12/05/13	Celtic Tri Nations 2013	East Kilbride	INT281	1
100 Breaststroke	1:33.71	1:32.40	320	02/03/13	2013 SASA West District SAG LC Champs	East Kilbride	SCO701	1
200 Breaststroke	3:32.30	3:29.80	271	03/03/13	2013 SASA West District SAG LC Champs	East Kilbride	SCO701	1
50 Butterfly	30.28	29.60	525	26/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
100 Butterfly	1:07.82	1:06.70	547	11/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1
200 Butterfly	2:36.10	2:34.10	475	31/05/14	North District SASA Grand Prix	Aberdeen	SCO851	1
200 Individual Medley	2:53.26	2:51.00	385	02/03/13	2013 SASA West District SAG LC Champs	East Kilbride	SCO701	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.37	29.10	528	10/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
100 Freestyle	1:02.08	1:03.40	530	08/06/14	Stirling Junior Open Meet	Stirling	SCO860	2
200 Freestyle	2:25.21	2:27.60	438	02/11/13	SASA West District SC SAG	Dumfries	SCO774	1
400 Freestyle	5:18.25	5:22.60	383	24/11/12	Falkirk Otter FIRST Graded Meet 2012	Falkirk	SCO668	2
50 Breaststroke	41.58	42.30	317	19/05/13	Swim West Lothian IM Tough 2013	Bathgate	SCO727	2
100 Breaststroke	1:33.93	1:35.30	292	05/02/12	West District Group 1 Championships	Cumbernauld	SCO582	1
200 Breaststroke	3:32.00	3:34.50	255	13/05/12	SASA West District Group 3 Championships	Dumfries	SCO618	1
50 Butterfly	30.31	30.90	520	13/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
100 Butterfly	1:07.54	1:08.70	512	21/02/16	FIRST Inter-Club Time Trial	Grangemouth	SCO1096	2
200 Butterfly	2:29.39	2:31.50	513	15/11/14	COAST Grand Prix	Aberdeen	SCO907	1
100 Backstroke	1:18.72	1:19.70	339	31/08/14	SASA Central Swimming Championships	Grangemouth	SCO874	2
200 Backstroke	2:50.10	2:52.10	341	28/10/12	Alloa Graded Meet	Alloa	SCO665	2
200 Individual Medley	2:53.27	2:55.50	347	04/02/12	West District Group 1 Championships	Cumbernauld	SCO582	1
400 Individual Medley	5:48.50	5:53.50	410	08/06/14	Stirling Junior Open Meet	Stirling	SCO860	2
100 Individual Medley	1:15.30	1:15.30	422	07/06/14	Stirling Junior Open Meet	Stirling	SCO860	2