

Individual Best Times (All Time)

Lucy Ross - (834679) - Edinburgh University

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.32	26.50	645	31/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
100 Freestyle	59.54	58.10	655	27/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
200 Freestyle	2:11.53	2:08.90	631	27/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
400 Freestyle	4:35.80	4:30.70	621	31/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
800 Freestyle	9:48.85	9:39.00	558	05/02/16	Derwentio Excel February Festival 2016	Sheffield	EM160047	1
50 Breaststroke	33.11	32.10	683	23/07/19	British Summer Championships	Glasgow	BSW011	1
100 Breaststroke	1:12.93	1:11.20	679	31/07/16	British Summer Championships	Sheffield	ASA148	1
200 Breaststroke	2:35.62	2:32.20	690	19/04/17	British Swimming Championships 2017	Sheffield	BSW001	1
50 Butterfly	28.91	28.20	603	29/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
100 Butterfly	1:04.68	1:03.50	631	28/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
200 Butterfly	2:41.36	2:39.40	430	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	EM171188	1
50 Backstroke	30.82	30.20	661	31/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
100 Backstroke	1:09.52	1:08.40	560	30/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Backstroke	2:30.52	2:28.30	547	05/02/17	2017 SASA West District Championships	East Kilbride	SCO1235	1
200 Individual Medley	2:22.31	2:19.50	696	29/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
400 Individual Medley	5:17.79	5:12.20	585	29/06/17	Scottish National Open Championships	Aberdeen	SCO1320	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.89	27.70	620	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Freestyle	58.74	1:00.10	626	08/10/17	Swim England National County Team Div 1 Champs	Sheffield	ENG003	2
200 Freestyle	2:09.15	2:11.80	623	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
400 Freestyle	4:37.92	4:42.90	576	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	EM180707	2
800 Freestyle	9:36.04	9:46.00	569	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
50 Breaststroke	32.48	33.40	666	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Breaststroke	1:10.56	1:12.30	690	24/09/16	Scottish National Teams	Glasgow	SCO1175	1
200 Breaststroke	2:31.83	2:35.30	696	11/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
50 Butterfly	28.88	29.50	601	01/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Butterfly	1:07.90	1:09.00	504	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
50 Backstroke	30.78	31.40	552	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Backstroke	1:06.81	1:08.00	554	30/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Backstroke	2:26.00	2:28.30	540	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	EM180707	2
200 Individual Medley	2:21.48	2:24.20	638	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
400 Individual Medley	5:05.33	5:11.00	609	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
100 Individual Medley	1:05.27	1:05.30	648	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2