

# Individual Best Times (All Time)

Robyn Morrison - (844727) - Cumbernauld ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.26	29.60	474	10/05/14	2014 SASA West District LC OAG Championship	East Kilbride	SCO838	1
100 Freestyle	1:04.93	1:03.60	505	25/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
200 Freestyle	2:20.82	2:18.30	514	28/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
50 Backstroke	32.33	31.70	573	06/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
100 Backstroke	1:11.39	1:10.30	517	05/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
200 Backstroke	2:35.60	2:33.40	495	29/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
400 Individual Medley	6:26.27	6:21.70	326	10/05/13	Celtic Tri Nations 2013	East Kilbride	INT281	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.37	30.10	475	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Freestyle	1:02.95	1:04.30	508	30/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Freestyle	2:17.58	2:20.10	515	11/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
400 Freestyle	5:25.12	5:29.40	360	04/05/13	Carnegie So Long Meet	Dunfermline	SCO724	2
50 Breaststroke	41.50	42.30	319	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Breaststroke	1:28.91	1:30.30	345	15/03/15	Cumbernauld Spring Graded Meet	Cumbernauld	SCO952	2
50 Butterfly	34.42	35.00	355	07/09/14	2014 SASA West District SC SR Championships	Bellshill	SCO878	2
100 Butterfly	1:21.49	1:22.40	291	26/04/15	South Ayrshire Open Meet	South Ayrshire	SCO968	2
50 Backstroke	31.90	32.50	495	14/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
100 Backstroke	1:06.91	1:08.10	552	30/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Backstroke	2:26.91	2:29.20	530	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Individual Medley	2:48.44	2:50.80	378	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
100 Individual Medley	1:14.95	1:15.00	428	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2