

Individual Best Times (All Time)

Meg Ramsay - (859382) - East Kilbride ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.36	30.70	426	03/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
100 Freestyle	1:08.45	1:07.20	431	04/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
200 Freestyle	2:28.69	2:26.30	437	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
200 Breaststroke	3:30.08	3:27.50	280	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
50 Butterfly	33.82	33.30	376	03/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
100 Butterfly	1:13.90	1:12.90	423	04/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
200 Butterfly	2:44.92	2:43.00	402	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
50 Backstroke	34.72	34.10	462	06/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
100 Backstroke	1:15.85	1:14.80	431	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
200 Backstroke	2:51.90	2:49.90	367	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
200 Individual Medley	2:50.86	2:48.50	402	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
400 Individual Medley	5:52.44	5:47.40	429	04/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.21	30.90	437	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Freestyle	1:06.52	1:07.80	431	11/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
200 Freestyle	2:24.29	2:26.70	446	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
400 Freestyle	5:06.30	5:10.90	430	13/03/16	North Ayrshire 200 Meet	Auchenharvie	SCO1097	2
50 Breaststroke	41.10	41.90	328	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Breaststroke	1:30.89	1:32.30	322	26/11/16	Dumfries Advent Open 2016	Bellshill	SCO1205	2
200 Breaststroke	3:16.45	3:19.10	321	13/03/16	North Ayrshire 200 Meet	Auchenharvie	SCO1097	2
50 Butterfly	33.22	33.80	395	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Butterfly	1:13.57	1:14.60	396	26/11/16	Dumfries Advent Open 2016	Bellshill	SCO1205	2
200 Butterfly	2:45.01	2:46.90	380	09/11/16	South Lanarkshire Schools Swimming Championships	South Lanarkshire	SCO1203	2
50 Backstroke	33.15	33.80	441	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Backstroke	1:11.90	1:13.00	444	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
200 Backstroke	2:35.08	2:37.20	451	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Individual Medley	2:42.94	2:45.30	418	12/03/16	North Ayrshire 200 Meet	Auchenharvie	SCO1097	2
400 Individual Medley	5:42.08	5:47.20	433	30/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
100 Individual Medley	1:15.80	1:15.80	414	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1