

Individual Best Times (All Time)

Emma Watson - (861374) - Alloa ASC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.31	34.90	298	06/09/14	2014 SASA West District SC SR Championships	Bellshill	SCO878	2
100 Freestyle	1:17.28	1:18.40	274	31/08/14	SASA Central Swimming Championships	Grangemouth	SCO874	2
200 Freestyle	2:48.31	2:50.40	281	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
400 Freestyle	5:45.09	5:49.10	301	20/09/14	Stirling Autumn Meet	Stirling	SCO898	2
50 Breaststroke	49.85	50.50	184	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Breaststroke	1:46.33	1:47.50	201	15/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
50 Butterfly	38.82	39.30	247	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Butterfly	1:32.97	1:33.80	196	15/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
200 Butterfly	3:40.15	3:41.60	160	25/05/14	Alloa ASC Open Meet	Alloa	SCO850	2
50 Backstroke	39.21	39.70	267	06/09/14	2014 SASA West District SC SR Championships	Bellshill	SCO878	2
100 Backstroke	1:25.38	1:26.30	265	31/08/14	SASA Central Swimming Championships	Grangemouth	SCO874	2
200 Individual Medley	3:06.51	3:08.60	278	20/09/14	Stirling Autumn Meet	Stirling	SCO898	2
100 Individual Medley	1:28.88	1:28.90	257	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2