

# Individual Best Times (All Time)

Jessica Douglas - (863917) - Duns ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.66	30.00	456	30/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
100 Freestyle	1:06.11	1:04.80	478	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
200 Freestyle	2:30.10	2:27.80	424	10/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
50 Breaststroke	38.97	38.20	418	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
100 Breaststroke	1:29.91	1:28.50	362	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
200 Breaststroke	3:12.43	3:09.70	365	09/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
50 Butterfly	36.07	35.50	310	06/05/18	East District Open Championships	Edinburgh	SCO1461	1
100 Butterfly	1:32.62	1:31.80	214	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
50 Backstroke	37.49	36.90	367	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
100 Backstroke	1:22.24	1:21.30	338	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
200 Individual Medley	2:50.15	2:47.80	407	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.97	30.70	447	18/03/18	Portobello Mad March Meet	Mercat Gait Centre	SCO1467	2
100 Freestyle	1:06.74	1:08.00	426	14/02/16	ELST Anniversary Meet	Prestonpans	SCO1081	2
200 Freestyle	2:21.61	2:24.00	472	13/02/16	ELST Anniversary Meet	Prestonpans	SCO1081	2
400 Freestyle	5:01.86	5:06.50	449	29/10/17	East District Time Trial	Xcite Leisure Centre	SCO1356	2
800 Freestyle	10:24.46	10:33.70	446	31/10/15	East District Age Group Championships	Glenrothes	SCO1062	1
50 Breaststroke	38.03	38.80	415	02/12/17	Tranent Christmas Gala	Mercat Gait Centre	SCO1388	2
100 Breaststroke	1:25.73	1:27.20	384	13/02/16	ELST Anniversary Meet	Prestonpans	SCO1081	2
200 Breaststroke	3:00.88	3:03.80	411	28/10/17	East District Time Trial	Xcite Leisure Centre	SCO1356	2
50 Butterfly	34.22	34.80	361	02/12/17	Tranent Christmas Gala	Mercat Gait Centre	SCO1388	2
100 Butterfly	1:23.58	1:24.50	270	22/04/18	Borders Championships 2018	Galashiels	SCO1549	2
50 Backstroke	36.55	37.10	329	02/12/17	Tranent Christmas Gala	Mercat Gait Centre	SCO1388	2
100 Backstroke	1:17.53	1:18.60	354	18/09/16	Haddington 100 Meet	Prestonpans	SCO1172	2
200 Individual Medley	2:45.29	2:47.70	400	12/06/16	ELST Distance Meet 2016	Mercat Gait	SCO1144	2
400 Individual Medley	5:50.15	5:55.10	404	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
100 Individual Medley	1:16.61	1:16.60	401	02/12/17	Tranent Christmas Gala	Mercat Gait Centre	SCO1388	2