

Individual Best Times (All Time)

Katy Ironside - (885415) - Stonehaven ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.97	34.40	307	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
50 Butterfly	40.69	40.20	216	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.68	35.30	289	22/11/14	Upper Deeside Challenge	Aboyne	SCO909	2
100 Freestyle	1:18.46	1:19.50	262	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
200 Freestyle	2:53.70	2:55.70	256	22/11/14	Upper Deeside Challenge	Aboyne	SCO909	2
50 Breaststroke	46.45	47.10	227	22/11/14	Upper Deeside Challenge	Aboyne	SCO909	2
100 Breaststroke	1:43.01	1:44.20	221	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
200 Breaststroke	3:49.88	3:52.20	200	22/11/14	Upper Deeside Challenge	Aboyne	SCO909	2
50 Butterfly	44.16	44.60	168	17/09/11	Westhill District ASC Minnows Meet	Westhill	SCO546	2
100 Butterfly	1:40.46	1:41.20	155	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
50 Backstroke	43.29	43.80	198	27/10/12	Alloa Graded Meet	Alloa	SCO665	2
100 Backstroke	1:32.94	1:33.80	206	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
200 Individual Medley	3:20.93	3:22.90	223	22/06/13	South Aberdeenshire 1st Annual Champs	Westhill	SCO743	2
100 Individual Medley	1:35.54	1:35.50	206	15/04/12	Alford Otters 3rd 100 Meet	Aberdeen	SCO605	2