

Individual Best Times (All Time)

Emma Gemmell - (895945) - Cumbernauld ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.18	30.50	434	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
200 Freestyle	2:46.24	2:44.10	312	09/02/13	2013 SASA District JAG LC Championships	East Kilbride	SCO696	1
800 Freestyle	11:47.93	11:39.70	321	09/02/13	2013 SASA District JAG LC Championships	East Kilbride	SCO696	1
50 Butterfly	34.07	33.50	368	05/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
100 Butterfly	1:14.45	1:13.40	413	29/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
200 Butterfly	3:22.15	3:20.60	218	20/01/13	2013 West District Grand Prix	East Kilbride	SCO687	1
50 Backstroke	37.38	36.80	371	07/03/14	Scottish School Swimming Championships	South Lanarkshire	SCO816	1
100 Backstroke	1:17.58	1:16.50	403	28/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
200 Backstroke	2:52.70	2:50.80	362	08/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
200 Individual Medley	2:50.98	2:48.70	401	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.27	31.00	434	24/10/15	Alloa Graded Meet 2015	Alloa	SCO1032	2
100 Freestyle	1:07.02	1:08.30	421	24/10/15	Alloa Graded Meet 2015	Alloa	SCO1032	2
200 Freestyle	2:35.12	2:37.30	359	03/05/14	North Ayrshire Junior Meet	Auchenharvie	SCO834	2
400 Freestyle	5:25.21	5:29.50	359	17/11/13	SASA West District JAG SC Champs	Cumbernauld	SCO781	1
50 Breaststroke	47.46	48.10	213	06/05/12	North Ayrshire Junior Meet	Auchenharvie	SCO613	2
100 Breaststroke	1:33.70	1:35.00	294	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
200 Breaststroke	3:27.38	3:29.90	273	03/02/13	North Ayrshire ASC 200 Meet	Auchenharvie	SCO692	2
50 Butterfly	33.14	33.70	398	13/02/16	Sharks Open Meet	Bellshill	SCO1082	1
100 Butterfly	1:16.46	1:17.40	353	16/11/13	SASA West District JAG SC Champs	Cumbernauld	SCO781	1
200 Butterfly	3:12.28	3:13.90	240	18/11/12	2012 WD Short Course Championships JAG	Cumbernauld	SCO672	1
50 Backstroke	33.54	34.10	426	13/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
100 Backstroke	1:13.42	1:14.50	417	13/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
200 Backstroke	2:41.63	2:43.70	398	14/11/15	SASA West District JAG Championships	Cumbernauld	SCO1041	1
200 Individual Medley	2:51.25	2:53.50	360	16/11/13	SASA West District JAG SC Champs	Cumbernauld	SCO781	1
400 Individual Medley	6:07.35	6:12.10	350	09/06/13	InCas Distance Meet	Dunfermline	SCO735	2
100 Individual Medley	1:23.05	1:23.10	315	01/09/12	West District Group 5 Championships	Ayr	SCO642	1