

Individual Best Times (All Time)

Ava Marko - (90002596) - Musselburgh ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.73	29.00	500	14/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
100 Freestyle	1:04.85	1:03.50	506	16/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
200 Freestyle	2:30.02	2:27.70	425	17/04/22	Scottish National Age Groups	Tollcross	SCO1877	1
400 Freestyle	5:14.84	5:10.30	417	14/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
50 Breaststroke	46.27	45.60	250	04/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Breaststroke	1:43.09	1:41.90	240	27/03/22	East District Age Group Champs	East District	SCO1869	1
50 Butterfly	31.47	30.90	467	04/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Butterfly	1:09.09	1:08.00	517	15/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
200 Butterfly	3:42.15	3:40.70	164	15/04/22	Scottish National Age Groups	Tollcross	SCO1877	1
50 Backstroke	35.06	34.50	449	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Backstroke	1:15.02	1:13.90	446	15/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
200 Backstroke	2:48.33	2:46.30	391	23/01/23	East District Age Groups	Scotland	SCO1979	1
200 Individual Medley	2:47.02	2:44.60	430	30/03/23	East District Age Groups	Edinburgh	SCO2015	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.27	30.00	480	04/11/23	SASA North District Open Championships 2023	Aberdeen	SCO2083	2
100 Freestyle	1:03.82	1:05.10	488	07/10/23	Hearts Premier Age Group Meet 2023	Michael Woods Centre	SCO2077	3
200 Freestyle	2:26.10	2:28.50	430	10/06/23	Warrender End of Season SC Meet	Glenrothes	SCO2045	2
400 Freestyle	5:05.12	5:09.70	435	04/03/23	East District Chillli Challenge	Bathgate	SCO2013	2
800 Freestyle	10:41.22	10:50.20	412	18/06/23	Lothian Region Distance Meet additional 1	Mercat Cait	SCO2051	2
50 Breaststroke	41.72	42.50	314	07/10/23	Hearts Premier Age Group Meet 2023	Michael Woods Centre	SCO2077	3
100 Breaststroke	1:38.88	1:40.20	250	12/11/22	Lothian Graded Meet 2022	Mercat Gait Centre	SCO1952	2
200 Breaststroke	3:34.37	3:36.80	247	13/11/21	East District Time Trials	Xcite Bathgate	SCO1837	2
50 Butterfly	31.16	31.80	478	05/11/23	SASA North District Open Championships 2023	Aberdeen	SCO2083	2
100 Butterfly	1:09.79	1:10.90	464	16/12/23	Scottish National League Finals	Glenrothes	SCO2128	1
200 Butterfly	2:51.90	2:53.70	336	28/01/24	ELST Age Group Meet 2024	Prestonpans	SCO2139	2
50 Backstroke	34.82	35.40	381	02/03/24	Bellshill Sharks Winter Meet 2024	Bellshill	SCO2162	2
100 Backstroke	1:13.93	1:15.00	409	07/10/23	Hearts Premier Age Group Meet 2023	Michael Woods Centre	SCO2077	3
200 Backstroke	2:47.70	2:49.70	356	20/02/22	East District Round 2	Xcite Bathgate	SCO1850	2
200 Individual Medley	2:44.64	2:47.00	405	04/11/23	SASA North District Open Championships 2023	Aberdeen	SCO2083	2
400 Individual Medley	6:04.64	6:09.40	358	04/02/23	ELST Age Group Meet 2023	Prestonpans	SCO1978	2
100 Individual Medley	1:24.90	1:24.90	294	29/02/20	Midlothian Spring Meet	Prestonpans	SCO1809	1