

# Individual Best Times (All Time)

jessie norris - (90005469) - Kelso ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.55	28.80	510	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Freestyle	1:04.16	1:02.80	523	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Freestyle	2:21.49	2:19.00	507	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Breaststroke	35.89	35.00	536	10/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Breaststroke	1:20.97	1:19.40	496	14/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Breaststroke	3:02.98	3:00.10	424	13/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
50 Butterfly	31.80	31.20	453	24/06/23	East District Summer Sizzler	Edinburgh	SCO2052	1
100 Butterfly	1:15.62	1:14.60	394	24/06/23	East District Summer Sizzler	Edinburgh	SCO2052	1
200 Butterfly	2:58.96	2:57.20	315	24/01/23	East District Age Groups	Scotland	SCO1979	1
50 Backstroke	33.51	32.90	514	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
100 Backstroke	1:13.15	1:12.00	481	11/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Backstroke	2:40.60	2:38.50	450	04/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
200 Individual Medley	2:38.42	2:35.90	504	28/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
400 Individual Medley	6:10.24	6:05.50	370	16/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.53	30.20	468	14/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2
100 Freestyle	1:03.63	1:04.90	492	25/02/24	Midlothian Spring Meet 2024	East Lothian	SCO2154	2
200 Freestyle	2:18.11	2:20.60	509	14/10/23	SWL Distance Meet 2023	Xcite Bathgate	SCO2074	2
400 Freestyle	4:54.99	4:59.70	482	30/09/23	East District Time Trials 2023	Xcite Bathgate	SCO2076	3
800 Freestyle	10:08.13	10:17.60	483	26/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
1500 Freestyle	19:50.23	20:07.50	444	18/06/23	Lothian Region Distance Meet additional 1	Mercat Cait	SCO2051	2
50 Breaststroke	35.84	36.70	495	08/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
100 Breaststroke	1:19.71	1:21.30	478	25/02/24	Midlothian Spring Meet 2024	East Lothian	SCO2154	2
200 Breaststroke	2:56.04	2:59.00	446	05/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
50 Butterfly	31.96	32.50	443	13/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2
100 Butterfly	1:13.42	1:14.40	398	25/02/24	Midlothian Spring Meet 2024	East Lothian	SCO2154	2
200 Butterfly	2:51.86	2:53.70	337	20/02/22	East District Round 2	Xcite Bathgate	SCO1850	2
50 Backstroke	32.78	33.40	457	05/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
100 Backstroke	1:09.53	1:10.70	491	25/02/24	Midlothian Spring Meet 2024	East Lothian	SCO2154	2
200 Backstroke	2:31.37	2:33.60	485	05/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
200 Individual Medley	2:38.24	2:40.70	456	13/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2
400 Individual Medley	5:29.03	5:34.30	487	25/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
100 Individual Medley	1:09.54	1:09.50	536	10/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2