

Individual Best Times (All Time)

Sarah Ali - (90008686) - Kingston ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	45.84	45.10	257	06/04/19	COGST Graded Meet 2019	Tollcross	SCO1635	2
200 Breaststroke	3:29.24	3:26.70	284	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
50 Backstroke	40.16	39.70	299	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.33	34.00	325	18/01/20	2020 Stirling Winter Graded Meet	Stirling	SCO1781	2
50 Breaststroke	44.27	45.00	263	08/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Breaststroke	1:40.68	1:41.90	237	16/03/19	REN96 Graded Meet	Linwood	SCO1628	2
200 Breaststroke	3:50.16	3:52.50	199	17/02/19	North Ayrshire 200 Meet 2019	Stevenston	SCO1603	2
50 Butterfly	47.12	47.50	138	15/12/18	Cumbernauld Christmas Sprints 2018	Tryst Sports Centre	SCO1574	2
50 Backstroke	39.78	40.30	255	07/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
200 Individual Medley	3:09.98	3:12.10	263	18/01/20	2020 Stirling Winter Graded Meet	Stirling	SCO1781	2
100 Individual Medley	1:27.36	1:27.40	270	15/09/19	Stirling Autumn Meet	Stirling	SCO1718	2