

Individual Best Times (All Time)

Kayleigh Ross - (90011418) - Monifieth ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:16.01	1:14.90	314	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
400 Freestyle	6:00.89	5:57.00	277	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
200 Butterfly	3:47.62	3:46.20	153	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
200 Backstroke	3:15.35	3:13.60	250	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.66	34.30	316	07/02/22	SASA Midland District Open Championships '22	Montrose Sports	SCO1856	2
100 Freestyle	1:12.52	1:13.70	332	26/11/23	SASA Midland District Graded Meet	Forfar	SCO2101	2
200 Freestyle	2:38.20	2:40.40	339	06/11/22	SASA Midland District Age Group Championships 2022	Montrose	SCO1933	2
400 Freestyle	5:49.73	5:53.70	289	03/12/23	St Thomas ASC Winter Graded Meet 2023	Arbroath	SCO2104	3
800 Freestyle	12:11.81	12:19.70	277	04/02/24	Long Distance Time trial 2024 v	Dundee	SCO2150	2
50 Breaststroke	53.94	54.50	145	05/11/23	Angus Pentaqua R1 2023	Montrose	SCO2099	3
100 Breaststroke	1:59.82	2:00.90	140	12/03/23	ANGUS Pentaqua - Round 2	Forfar	SCO1994	2
200 Breaststroke	4:15.47	4:17.50	146	23/04/23	ANGUS Pentaqua Round 3	Arbroath	SCO2020	2
50 Butterfly	39.19	39.70	240	26/02/23	Angus Pentaqua Round 1 2023	Montrose	SCO1990	3
100 Butterfly	1:35.20	1:36.00	183	27/11/23	SASA Midland District Graded Meet	Forfar	SCO2101	2
200 Butterfly	3:40.51	3:41.90	159	18/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
50 Backstroke	38.16	38.70	289	26/02/23	Angus Pentaqua Round 1 2023	Montrose	SCO1990	3
100 Backstroke	1:25.36	1:26.30	265	27/11/23	SASA Midland District Graded Meet	Forfar	SCO2101	2
200 Backstroke	3:03.76	3:05.60	271	06/11/22	SASA Midland District Age Group Championships 2022	Montrose	SCO1933	2
200 Individual Medley	3:14.81	3:16.80	244	26/02/23	Angus Pentaqua Round 1 2023	Montrose	SCO1990	3
400 Individual Medley	8:03.21	8:06.80	153	26/06/21	Tighinn Comhla	Various	LXX011	0
100 Individual Medley	1:30.02	1:30.00	247	08/02/22	SASA Midland District Open Championships '22	Montrose Sports	SCO1856	2