

# Individual Best Times (All Time)

Grace Renfrew - (90014173) - Perth City Swim Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.08	29.40	483	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
100 Freestyle	1:05.27	1:04.00	497	27/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
200 Freestyle	2:21.30	2:18.80	509	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
400 Freestyle	4:57.74	4:53.00	494	12/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Breaststroke	1:39.76	1:38.50	265	04/02/23	ND Age Group Championships 2023 R1	Aberdeen	SCO1977	1
50 Butterfly	33.43	32.90	390	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
100 Butterfly	1:14.72	1:13.70	409	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
50 Backstroke	36.18	35.60	409	27/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
100 Backstroke	1:19.44	1:18.40	375	10/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
200 Individual Medley	2:51.15	2:48.80	400	11/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.65	30.30	462	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Freestyle	1:03.05	1:04.40	506	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
200 Freestyle	2:19.24	2:21.70	497	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
400 Freestyle	4:51.97	4:56.70	497	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
800 Freestyle	10:28.85	10:38.00	437	04/02/24	Long Distance Time trial 2024 v	Dundee	SCO2150	2
50 Breaststroke	48.92	49.60	195	06/02/22	SASA Midland District Open Championships '22	Montrose Sports	SCO1856	2
100 Breaststroke	1:32.77	1:34.10	303	19/11/23	Perth City Swim Club Championships 2023	Perth	SCO2097	2
50 Butterfly	34.02	34.60	368	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Butterfly	1:14.11	1:15.10	387	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
50 Backstroke	37.94	38.50	294	09/09/23	SASA Midland District Sprints 2023	Arbroath	SCO2060	2
100 Backstroke	1:14.76	1:15.80	395	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
200 Individual Medley	2:45.34	2:47.70	400	25/11/23	SASA Midland District Age group Championships	Forfar	SCO2102	2
100 Individual Medley	1:18.90	1:18.90	367	09/09/23	SASA Midland District Sprints 2023	Arbroath	SCO2060	2