

Individual Best Times (All Time)

Sarah Dryden - (90015014) - Milngavie & Bearsden

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	46.05	45.60	134	06/04/19	COGST Graded Meet 2019	Tollcross	SCO1635	2
50 Breaststroke	1:12.09	1:11.60	66	06/04/19	COGST Graded Meet 2019	Tollcross	SCO1635	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.50	33.10	351	22/10/23	2023 SS West District SC Champs WE1	Glasgow	SCO2080	2
100 Freestyle	1:11.89	1:13.00	341	01/10/23	South Ayrshire ST Sue McClure Graded Meet 2023	Ayr	SCO2172	3
50 Butterfly	36.20	36.70	305	22/06/24	Ren 96 Development Meet 2024	Linwood	SCO2212	2
100 Butterfly	1:25.01	1:25.90	257	22/10/23	2023 SS West District SC Champs WE1	Glasgow	SCO2080	2
50 Backstroke	39.67	40.20	257	19/11/22	Bellshill Winter Meet 2022	Bellshill	SCO1944	3
100 Backstroke	1:21.29	1:22.30	307	22/06/24	Ren 96 Development Meet 2024	Linwood	SCO2212	2
200 Backstroke	2:51.78	2:53.70	331	22/10/23	2023 SS West District SC Champs WE1	Glasgow	SCO2080	2
200 Individual Medley	3:12.89	3:14.90	252	14/01/23	2023 WD January Pentaqua	Tollcross	SCO1974	2