

Individual Best Times (All Time)

Lucy McLaughlin - (90017021) - Inverclyde ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.23	29.50	476	04/02/24	2024 SS West District LC Champs WE1	East Kilbride	SCO2143	1
100 Freestyle	1:08.68	1:07.40	426	22/04/23	East Kilbride LC Age Group Meet 2023	East Kilbride	SCO2018	1
200 Freestyle	2:29.94	2:27.60	426	19/02/23	2023 SS West District LC Champs WE2	Glasgow	SCO1982	1
50 Breaststroke	46.34	45.70	249	22/04/23	East Kilbride LC Age Group Meet 2023	East Kilbride	SCO2018	1
100 Breaststroke	1:37.64	1:36.30	283	23/04/23	East Kilbride LC Age Group Meet 2023	East Kilbride	SCO2018	1
50 Backstroke	35.38	34.80	437	24/03/24	2024 SS West District LC Pre-SNAG Meet	East Kilbride	SCO2171	1
100 Backstroke	1:17.07	1:16.00	411	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Backstroke	2:45.50	2:43.50	411	10/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Individual Medley	2:55.01	2:52.70	374	26/03/23	2023 WD Long Course Pre-SNAG Meet	Glasgow	SCO2005	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.96	30.60	448	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
100 Freestyle	1:04.97	1:06.20	462	16/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
200 Freestyle	2:22.95	2:25.40	459	22/06/24	Ren 96 Development Meet 2024	Linwood	SCO2212	2
400 Freestyle	5:13.21	5:17.70	402	26/02/23	North Ayrshire 200 Meet	Irvine	SCO1986	2
50 Breaststroke	41.50	42.30	319	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
100 Breaststroke	1:30.79	1:32.20	324	10/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
200 Breaststroke	3:19.24	3:21.90	308	02/09/23	North Ayrshire Age Group Development emo Meet	Irvine	SCO2057	2
100 Butterfly	1:25.29	1:26.20	254	02/09/23	North Ayrshire Age Group Development emo Meet	Irvine	SCO2057	2
50 Backstroke	34.22	34.80	401	10/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
100 Backstroke	1:14.22	1:15.30	404	16/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
200 Backstroke	2:37.11	2:39.20	433	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
200 Individual Medley	2:45.98	2:48.30	395	22/06/24	Ren 96 Development Meet 2024	Linwood	SCO2212	2
400 Individual Medley	6:10.47	6:15.20	341	02/09/23	North Ayrshire Age Group Development emo Meet	Irvine	SCO2057	2
100 Individual Medley	1:18.68	1:18.70	370	10/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2