

Individual Best Times (All Time)

Nina Spirit-Hawthorne - (90018958) - Inverclyde ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.28	31.60	391	23/03/24	2024 SS West District LC Pre-SNAG Meet	East Kilbride	SCO2171	1
50 Breaststroke	42.18	41.40	330	18/02/24	2024 SS West District LC Champs WE2	East Kilbride	SCO2147	1
100 Breaststroke	1:30.80	1:29.40	352	14/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Breaststroke	3:07.46	3:04.60	395	11/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Individual Medley	3:03.76	3:01.60	323	25/03/23	2023 WD Long Course Pre-SNAG Meet	Glasgow	SCO2005	1
400 Individual Medley	6:37.24	6:32.80	299	18/02/24	2024 SS West District LC Champs WE2	East Kilbride	SCO2147	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.00	32.60	367	22/06/24	Ren 96 Development Meet 2024	Linwood	SCO2212	2
100 Freestyle	1:10.64	1:11.80	359	02/03/24	Bellshill Sharks Winter Meet 2024	Bellshill	SCO2162	2
200 Freestyle	2:35.73	2:37.90	355	24/02/24	North Ayrshire 200 Meet	Irvine	SCO2166	2
400 Freestyle	5:28.78	5:33.00	348	25/02/24	North Ayrshire 200 Meet	Irvine	SCO2166	2
50 Breaststroke	39.06	39.90	383	22/06/24	Ren 96 Development Meet 2024	Linwood	SCO2212	2
100 Breaststroke	1:26.37	1:27.80	376	10/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
200 Breaststroke	3:05.89	3:08.70	379	16/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
50 Butterfly	36.17	36.70	306	22/06/24	Ren 96 Development Meet 2024	Linwood	SCO2212	2
100 Butterfly	1:23.21	1:24.10	274	10/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
50 Backstroke	35.96	36.50	346	22/06/24	Ren 96 Development Meet 2024	Linwood	SCO2212	2
100 Backstroke	1:19.10	1:20.10	334	16/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
200 Backstroke	2:52.80	2:54.70	326	25/02/24	North Ayrshire 200 Meet	Irvine	SCO2166	2
200 Individual Medley	2:44.97	2:47.30	403	22/06/24	Ren 96 Development Meet 2024	Linwood	SCO2212	2
400 Individual Medley	6:07.05	6:11.80	351	24/02/24	North Ayrshire 200 Meet	Irvine	SCO2166	2
100 Individual Medley	1:23.24	1:23.20	312	10/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2