

# Individual Best Times (All Time)

Lucy Couch - (90021738) - Kinross Otters ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.11	31.50	397	30/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
100 Freestyle	1:07.77	1:06.50	444	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
200 Freestyle	2:31.41	2:29.10	414	17/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
400 Freestyle	5:30.81	5:26.50	360	30/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
50 Breaststroke	42.11	41.40	332	03/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
100 Breaststroke	1:32.34	1:31.00	334	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
200 Breaststroke	3:16.74	3:14.00	341	17/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
50 Butterfly	37.46	36.90	277	30/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
100 Butterfly	1:25.10	1:24.20	277	02/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
50 Backstroke	37.55	37.00	366	02/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
100 Backstroke	1:23.36	1:22.40	325	29/03/23	East District Age Groups	Edinburgh	SCO2015	1
200 Individual Medley	2:54.80	2:52.50	375	17/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
400 Individual Medley	6:15.73	6:11.00	354	02/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.54	31.20	423	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
100 Freestyle	1:06.59	1:07.80	429	17/02/24	Glenrothes Spring meet 2024	Glenrothes	SCO2145	2
200 Freestyle	2:29.15	2:31.50	404	26/11/23	SASA Midland District Age group Championships	Forfar	SCO2102	2
400 Freestyle	5:23.32	5:27.60	366	28/10/23	Warrender Annual Open Meet 2023	Michael Woods Centre	SCO2109	2
50 Breaststroke	41.65	42.40	316	09/09/23	SASA Midland District Sprints 2023	Arbroath	SCO2060	2
100 Breaststroke	1:27.62	1:29.00	360	17/02/24	Glenrothes Spring meet 2024	Glenrothes	SCO2145	2
200 Breaststroke	3:11.11	3:13.90	349	26/11/23	SASA Midland District Age group Championships	Forfar	SCO2102	2
50 Butterfly	35.67	36.20	319	10/09/23	SASA Midland District Sprints 2023	Arbroath	SCO2060	2
100 Butterfly	1:21.72	1:22.60	289	17/02/24	Glenrothes Spring meet 2024	Glenrothes	SCO2145	2
50 Backstroke	36.77	37.30	323	09/09/23	SASA Midland District Sprints 2023	Arbroath	SCO2060	2
100 Backstroke	1:19.58	1:20.60	328	03/06/23	Fife Novice & Leagues round 3	Fife	SCO2041	2
200 Backstroke	3:07.94	3:09.70	253	05/11/22	Aquanauts Graded Meet 2022	Linlithgow	SCO1950	2
200 Individual Medley	2:49.25	2:51.60	373	25/11/23	SASA Midland District Age group Championships	Forfar	SCO2102	2
400 Individual Medley	6:03.78	6:08.60	360	24/11/23	SASA Midland District Age group Championships	Forfar	SCO2102	2
100 Individual Medley	1:17.90	1:17.90	381	09/09/23	SASA Midland District Sprints 2023	Arbroath	SCO2060	2