

Individual Best Times (All Time)

Catherine McDonald - (90022225) - Airdrie and Monkland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.25	31.60	392	05/02/23	2023 WD Long Course Championships - WE1	Glasgow	SCO1976	1
50 Breaststroke	42.68	41.90	318	05/02/23	2023 WD Long Course Championships - WE1	Glasgow	SCO1976	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.79	32.40	375	17/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
100 Freestyle	1:08.73	1:09.90	390	03/12/22	2022 SS West District SC Dec AG Meet	Glasgow	SCO1959	2
50 Breaststroke	41.36	42.10	322	13/11/22	SS West District SC Nov Champs 2022	Glasgow	SCO1939	2
200 Breaststroke	3:24.02	3:26.60	286	22/10/22	2022 SS West District SC Oct Champs	Glasgow	SCO1929	2
50 Butterfly	37.48	38.00	275	22/10/22	2022 SS West District SC Oct Champs	Glasgow	SCO1929	2
50 Backstroke	38.48	39.00	282	22/10/22	2022 SS West District SC Oct Champs	Glasgow	SCO1929	2
200 Individual Medley	2:58.22	3:00.40	319	14/01/23	2023 WD January Pentaqua	Tollcross	SCO1974	2
100 Individual Medley	1:22.67	1:22.70	319	22/10/22	2022 SS West District SC Oct Champs	Glasgow	SCO1929	2