

Individual Best Times (All Time)

Connie Baird - (90024167) - Carnoustie Claymores

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:14.08	1:12.90	340	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
200 Freestyle	2:45.77	2:43.70	315	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
400 Freestyle	6:14.69	6:10.90	247	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
50 Breaststroke	43.28	42.50	305	27/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
100 Breaststroke	1:40.56	1:39.30	259	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
100 Backstroke	1:35.47	1:34.60	216	17/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.94	33.60	337	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Freestyle	1:11.95	1:13.10	340	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
200 Freestyle	2:51.28	2:53.30	267	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
400 Freestyle	6:07.99	6:11.80	248	03/12/23	St Thomas ASC Winter Graded Meet 2023	Arbroath	SCO2104	3
800 Freestyle	12:40.33	12:47.90	247	04/02/24	Long Distance Time trial 2024 v	Dundee	SCO2150	2
50 Breaststroke	44.37	45.10	261	09/09/23	SASA Midland District Sprints 2023	Arbroath	SCO2060	2
100 Breaststroke	1:34.50	1:35.80	287	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
200 Breaststroke	3:30.18	3:32.70	262	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
50 Butterfly	47.67	48.10	133	10/06/23	Warrender End of Season SC Meet	Glenrothes	SCO2045	2
100 Butterfly	1:47.07	1:47.80	128	17/02/24	Glenrothes Spring meet 2024	Glenrothes	SCO2145	2
50 Backstroke	42.20	42.70	214	26/02/23	Angus Pentaqua Round 1 2023	Montrose	SCO1990	3
100 Backstroke	1:30.53	1:31.40	222	11/06/23	Warrender End of Season SC Meet	Glenrothes	SCO2045	2
200 Backstroke	3:15.07	3:16.80	226	26/11/23	SASA Midland District Graded Meet	Forfar	SCO2101	2
200 Individual Medley	3:16.06	3:18.10	240	17/02/24	Glenrothes Spring meet 2024	Glenrothes	SCO2145	2
100 Individual Medley	1:28.48	1:28.50	260	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2