

Individual Best Times (All Time)

Paige Benzie - (90027325) - Dyce (Aberdeen) ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:18.55	1:17.50	285	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
50 Breaststroke	44.96	44.30	272	03/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
100 Breaststroke	1:35.48	1:34.10	303	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
200 Breaststroke	3:41.29	3:38.90	240	02/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
100 Butterfly	1:49.18	1:48.50	131	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
100 Backstroke	1:33.58	1:32.70	229	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
200 Individual Medley	3:22.92	3:21.00	240	11/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.50	35.10	293	30/03/24	Dyce Mini Meet 2024	Aberdeen	SCO2178	3
100 Freestyle	1:19.81	1:20.90	249	28/10/23	Warrender Annual Open Meet 2023	Michael Woods Centre	SCO2109	2
200 Freestyle	2:50.18	2:52.20	272	19/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
50 Breaststroke	41.56	42.30	318	25/05/24	Ythan Junior Age Group Sprint and Relay Meet 2024	Ellon	SCO2197	2
100 Breaststroke	1:34.21	1:35.50	290	19/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
200 Breaststroke	3:35.40	3:37.80	243	14/01/24	Westhill January Meet 2024	Westhill	SCO2132	3
50 Butterfly	43.00	43.40	182	25/05/24	Ythan Junior Age Group Sprint and Relay Meet 2024	Ellon	SCO2197	2
50 Backstroke	41.06	41.50	232	30/03/24	Dyce Mini Meet 2024	Aberdeen	SCO2178	3
100 Backstroke	1:29.79	1:30.70	228	11/05/24	Aberdeen Development Series Round 1 2024	Aberdeen	SCO2192	2
200 Backstroke	3:14.95	3:16.70	227	13/01/24	Westhill January Meet 2024	Westhill	SCO2132	3
200 Individual Medley	3:07.07	3:09.20	276	11/05/24	Aberdeen Development Series Round 1 2024	Aberdeen	SCO2192	2
400 Individual Medley	7:14.12	7:18.20	212	24/06/23	North District Development Meet 2023	Inverness	SCO2053	2
100 Individual Medley	1:25.44	1:25.40	289	25/05/24	Ythan Junior Age Group Sprint and Relay Meet 2024	Ellon	SCO2197	2