

# Individual Best Times (All Time)

Aila Wilson - (90032063) - Kinross Otters ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.46	30.80	422	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
100 Freestyle	1:08.95	1:07.70	421	03/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
200 Freestyle	2:31.27	2:29.00	415	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
400 Freestyle	5:20.45	5:16.00	396	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
800 Freestyle	11:04.69	10:55.90	387	26/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
50 Breaststroke	49.50	48.90	204	24/06/23	East District Summer Sizzler	Edinburgh	SCO2052	1
100 Breaststroke	1:45.90	1:44.70	222	24/06/23	East District Summer Sizzler	Edinburgh	SCO2052	1
50 Butterfly	38.09	37.60	263	11/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
100 Butterfly	1:36.38	1:35.60	190	02/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
50 Backstroke	39.46	38.90	315	02/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
100 Backstroke	1:21.67	1:20.70	345	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
200 Backstroke	2:55.03	2:53.10	348	03/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
200 Individual Medley	2:57.86	2:55.60	356	17/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
400 Individual Medley	6:22.03	6:17.40	337	27/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.70	31.40	416	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Freestyle	1:07.10	1:08.30	419	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
200 Freestyle	2:29.93	2:32.20	398	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
400 Freestyle	5:19.87	5:24.20	378	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
800 Freestyle	11:17.53	11:26.00	349	04/02/24	Long Distance Time trial 2024 v	Dundee	SCO2150	2
50 Breaststroke	44.15	44.90	265	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Breaststroke	1:35.84	1:37.10	275	25/11/23	SASA Midland District Age group Championships	Forfar	SCO2102	2
200 Breaststroke	3:25.80	3:28.40	279	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
50 Butterfly	38.74	39.20	249	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Butterfly	1:32.46	1:33.30	199	16/09/23	SASA Midland District League One 2023	Perth	SCO2066	2
50 Backstroke	37.24	37.80	311	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Backstroke	1:22.47	1:23.40	294	26/11/23	SASA Midland District Age group Championships	Forfar	SCO2102	2
200 Backstroke	2:52.29	2:54.20	329	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
200 Individual Medley	2:55.84	2:58.10	332	17/02/24	Glenrothes Spring meet 2024	Glenrothes	SCO2145	2
400 Individual Medley	6:16.38	6:21.00	325	25/02/24	Midlothian Spring Meet 2024	East Lothian	SCO2154	2
100 Individual Medley	1:20.80	1:20.80	342	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2