

Individual Best Times (All Time)

Keira Foong - (90044012) - Dyce (Aberdeen) ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:26.57	1:25.60	213	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
100 Breaststroke	1:50.77	1:49.60	194	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
100 Backstroke	1:37.58	1:36.70	202	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.76	40.30	191	19/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
100 Freestyle	1:26.56	1:27.50	195	01/06/24	Aberdeen Development Series round 3 2024	Aberdeen	SCO2199	2
200 Freestyle	3:29.71	3:31.40	145	11/05/24	Aberdeen Development Series Round 1 2024	Aberdeen	SCO2192	2
50 Breaststroke	50.75	51.40	174	21/04/24	Bridge of Don ASC Mini Meet 2024	Aberdeen	SCO2183	2
100 Breaststroke	1:50.31	1:51.50	180	16/03/24	Aberdeen Development Series round 2 2024	Aberdeen	SCO2163	2
50 Butterfly	48.79	49.20	124	21/04/24	Bridge of Don ASC Mini Meet 2024	Aberdeen	SCO2183	2
50 Backstroke	45.78	46.20	167	21/04/24	Bridge of Don ASC Mini Meet 2024	Aberdeen	SCO2183	2
100 Backstroke	1:42.80	1:43.60	152	11/05/24	Aberdeen Development Series Round 1 2024	Aberdeen	SCO2192	2
200 Individual Medley	3:53.98	3:55.70	141	11/05/24	Aberdeen Development Series Round 1 2024	Aberdeen	SCO2192	2
100 Individual Medley	1:46.22	1:46.20	150	21/04/24	Bridge of Don ASC Mini Meet 2024	Aberdeen	SCO2183	2