

# Individual Best Times (All Time)

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## Short Course

| Stroke           | SC Time | Converted to LC | SC WA Pts | Date     | Meet                      | Venue    | License | Level |
|------------------|---------|-----------------|-----------|----------|---------------------------|----------|---------|-------|
| 50 Freestyle     | 44.29   | 44.80           | 94        | 12/05/24 | Orkney Open Meet 2024     | Kirkwal  | SCO2191 | 2     |
| 50 Breaststroke  | 57.57   | 58.10           | 81        | 11/05/24 | Orkney Open Meet 2024     | Kirkwal  | SCO2191 | 2     |
| 100 Breaststroke | 2:06.24 | 2:07.20         | 83        | 11/05/24 | Orkney Open Meet 2024     | Kirkwal  | SCO2191 | 2     |
| 50 Butterfly     | 55.12   | 55.50           | 61        | 11/05/24 | Orkney Open Meet 2024     | Kirkwal  | SCO2191 | 2     |
| 50 Backstroke    | 1:06.27 | 1:06.60         | 37        | 08/12/23 | Orkney Winter Time Trials | Kirkwall | SCO2125 | 2     |