

Individual Best Times (All Time)

Jenna Gilmore - (906357) - Hamilton Baths ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.97	28.20	541	03/02/19	2019 SS West District LC Senior Age Group Champs	Glasgow	SCO1590	1
100 Freestyle	1:02.40	1:01.00	569	27/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
200 Freestyle	2:17.37	2:14.80	554	02/02/19	2019 SS West District LC Senior Age Group Champs	Glasgow	SCO1590	1
400 Freestyle	4:56.47	4:51.70	500	31/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
50 Breaststroke	41.50	40.70	346	03/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
100 Breaststroke	1:28.44	1:27.00	381	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
200 Breaststroke	3:07.16	3:04.30	396	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Butterfly	30.78	30.20	499	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
100 Butterfly	1:08.85	1:07.70	523	28/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
200 Butterfly	2:37.24	2:35.20	464	01/07/18	Scottish National Open Championships	Tollcross	SCO1495	1
50 Backstroke	36.14	35.60	410	02/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
100 Backstroke	1:16.57	1:15.50	419	04/03/17	2017 SASA West District LC AG R3 Championship	East Kilbride	SCO1257	1
200 Backstroke	2:48.14	2:46.10	392	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
200 Individual Medley	2:38.50	2:36.00	503	05/02/17	2017 SASA West District Championships	East Kilbride	SCO1235	1
400 Individual Medley	5:35.25	5:30.00	498	30/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.25	29.00	534	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Freestyle	59.67	1:01.10	597	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Freestyle	2:09.55	2:12.20	617	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
400 Freestyle	4:36.90	4:41.90	582	10/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
800 Freestyle	9:40.23	9:50.10	557	27/10/18	2018 WD SC Senior Age Group Championships	Tollcross	SCO1534	2
1500 Freestyle	19:32.00	19:49.50	465	02/09/17	North Ayrshire Distance Meet	Portal	SCO1328	2
50 Breaststroke	39.11	39.90	381	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Breaststroke	1:26.62	1:28.10	373	19/12/15	Cumbernauld Christmas Sprints 2015	Cumbernauld	SCO1064	3
200 Breaststroke	3:01.84	3:04.70	405	29/05/16	Rutherglen Rascals Graded Meet	Bellshill	SCO1136	2
50 Butterfly	29.73	30.40	551	01/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Butterfly	1:05.83	1:07.00	553	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Butterfly	2:27.79	2:29.90	530	28/10/18	2018 WD SC Senior Age Group Championships	Tollcross	SCO1534	2
50 Backstroke	32.33	32.90	476	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Backstroke	1:10.98	1:12.10	462	12/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
200 Backstroke	2:36.69	2:38.80	437	05/11/16	Ren 96 Open Meet	Linwood	SCO1212	2
200 Individual Medley	2:33.15	2:35.70	503	16/09/18	Stirling Autumn Meet	Stirling	SCO1517	2
400 Individual Medley	5:22.86	5:28.30	515	27/11/16	Dumfries Advent Open 2016	Dumfries	SCO1208	2
100 Individual Medley	1:11.92	1:11.90	485	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1