

Individual Best Times (All Time)

Sally Jack - (923410) - Warrender Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.95	29.20	489	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Freestyle	1:04.81	1:03.50	507	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
200 Freestyle	2:24.14	2:21.70	479	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
100 Butterfly	1:17.57	1:16.60	365	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Backstroke	36.59	36.00	395	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Backstroke	1:20.92	1:19.90	355	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Individual Medley	2:44.49	2:42.10	450	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.26	30.90	435	13/02/16	ELST Anniversary Meet	Prestonpans	SCO1081	2
100 Freestyle	1:05.54	1:06.80	450	19/12/15	Cumbernauld Christmas Sprints 2015	Cumbernauld	SCO1064	3
200 Freestyle	2:21.18	2:23.60	477	06/03/16	Warrender Time Trials	Edinburgh	SCO1156	2
400 Freestyle	4:54.59	4:59.30	484	27/11/16	East District Age Groups Championships	Glenrothes	SCO1206	1
800 Freestyle	10:05.36	10:14.80	490	14/10/16	Warrender Distance Championships	Edinburgh	SCO1184	2
50 Breaststroke	46.47	47.10	227	11/10/14	Warrender Championships	Glenrothes	SCO889	2
100 Breaststroke	1:29.91	1:31.30	333	21/05/16	Swim West Lothian IM Tough Meet	Livingston	SCO1134	2
200 Breaststroke	3:10.96	3:13.70	349	22/05/16	Swim West Lothian IM Tough Meet	Livingston	SCO1134	2
50 Butterfly	33.30	33.90	392	06/03/16	Warrender Time Trials	Edinburgh	SCO1156	2
100 Butterfly	1:17.76	1:18.70	335	19/12/15	Cumbernauld Christmas Sprints 2015	Cumbernauld	SCO1064	3
200 Butterfly	3:00.92	3:02.70	288	29/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
50 Backstroke	35.12	35.70	371	22/05/16	Swim West Lothian IM Tough Meet	Livingston	SCO1134	2
100 Backstroke	1:24.86	1:25.80	270	11/10/14	Warrender Championships	Glenrothes	SCO889	2
200 Backstroke	2:49.34	2:51.30	346	28/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
200 Individual Medley	2:42.90	2:45.30	418	06/03/16	Warrender Time Trials	Edinburgh	SCO1156	2
400 Individual Medley	6:29.25	6:33.70	294	17/05/14	Swim West Lothian IM Tough Meet 2014	Bathgate	SCO842	2
100 Individual Medley	1:24.93	1:24.90	294	21/09/14	Warrender 200's Championships	Edinburgh	SCO888	2