

Individual Best Times (All Time)

Abby Rogerson - (933824) - Cumbernauld ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.41	29.70	467	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
100 Freestyle	1:05.52	1:04.20	491	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
200 Freestyle	2:24.57	2:22.10	475	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
400 Freestyle	5:01.84	4:57.20	474	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
800 Freestyle	11:23.53	11:15.00	356	08/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
100 Breaststroke	1:33.13	1:31.80	326	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
200 Breaststroke	3:40.99	3:38.60	241	09/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
50 Butterfly	32.10	31.50	440	02/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
100 Butterfly	1:14.71	1:13.70	409	02/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
200 Butterfly	3:10.85	3:09.20	259	11/05/14	2014 SASA West District LC OAG Championship	East Kilbride	SCO838	1
50 Backstroke	36.54	36.00	397	12/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
100 Backstroke	1:19.20	1:18.20	379	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
200 Backstroke	3:08.70	3:06.90	277	08/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
200 Individual Medley	2:42.95	2:40.50	463	04/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
400 Individual Medley	6:28.24	6:23.70	321	09/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.14	29.80	487	05/11/17	REN96 Open Meet	Linwood	SCO1380	2
100 Freestyle	1:03.70	1:05.00	490	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Freestyle	2:15.76	2:18.30	536	11/02/18	Bellshill Sharks Open Meet	Sir Matt Busby Pool	SCO1528	2
400 Freestyle	4:48.11	4:52.90	517	04/11/17	REN96 Open Meet	Linwood	SCO1380	2
800 Freestyle	9:47.35	9:57.10	537	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
50 Breaststroke	40.15	40.90	352	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Breaststroke	1:28.05	1:29.50	355	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
200 Breaststroke	3:22.92	3:25.50	291	26/10/14	Alloa Graded Meet 2014	Stirling	SCO891	2
50 Butterfly	31.17	31.80	478	10/06/17	Cumbernauld Age Group & Senior Meet	Cumbernauld	SCO1315	2
100 Butterfly	1:12.30	1:13.30	417	24/04/16	SAST Open Age Group Meet	Ayr	SCO1114	2
200 Butterfly	3:05.25	3:07.00	269	16/02/14	Belshill Sharks Open Meet 2014	Belshill	SCO811	2
50 Backstroke	34.47	35.00	393	22/10/16	Alloa Graded Meet	Stirling	SCO1192	2
100 Backstroke	1:17.09	1:18.10	360	15/03/15	Cumbernauld Spring Graded Meet	Cumbernauld	SCO952	2
200 Backstroke	3:02.55	3:04.40	276	30/11/13	Cumbernauld Open Age Group Meet	Cumbernauld	SCO798	2
200 Individual Medley	2:35.95	2:38.50	477	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
400 Individual Medley	6:16.60	6:21.20	325	17/11/13	SASA West District JAG SC Champs	Cumbernauld	SCO781	1
100 Individual Medley	1:14.83	1:14.80	430	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1