

Individual Best Times (All Time)

Kirsty McNair - (937432) - Milngavie & Bearsden

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.53	26.80	630	02/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
100 Freestyle	1:01.12	59.70	605	26/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
200 Freestyle	2:21.60	2:19.10	506	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
50 Breaststroke	41.15	40.40	355	12/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
50 Butterfly	30.31	29.70	523	14/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
100 Butterfly	1:12.62	1:11.60	445	19/05/19	East Kilbride Long Course Age Group Meet 2019	Dollan Aqua Centre	SCO1663	1
50 Backstroke	33.53	32.90	514	28/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
100 Backstroke	1:14.36	1:13.30	458	01/07/17	Scottish National Open Championships	Aberdeen	SCO1320	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.80	27.60	626	08/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Freestyle	1:00.03	1:01.40	586	08/06/19	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1678	2
200 Freestyle	2:17.39	2:19.90	517	09/06/18	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1487	2
400 Freestyle	4:57.09	5:01.80	471	25/03/17	Falkirk Extended Mini Meet Gala	Falkirk	SCO1267	2
800 Freestyle	10:44.10	10:53.00	407	27/11/16	Dumfries Advent Open 2016	Bellshill	SCO1205	2
50 Breaststroke	38.19	39.00	409	10/06/18	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1487	2
100 Breaststroke	1:22.97	1:24.50	424	08/06/19	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1678	2
200 Breaststroke	3:32.25	3:34.70	254	21/03/15	REN96 Graded Meet	Linwood	SCO966	2
50 Butterfly	29.94	30.60	539	07/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Butterfly	1:08.13	1:09.20	499	16/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
50 Backstroke	31.50	32.10	515	08/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Backstroke	1:09.33	1:10.50	496	17/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
200 Backstroke	3:08.59	3:10.40	250	24/05/14	Alloa ASC Open Meet	Alloa	SCO850	2
200 Individual Medley	2:42.35	2:44.80	422	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
100 Individual Medley	1:16.65	1:16.70	400	18/09/16	Stirling Autumn Meet	Stirling	SCO1173	2