

# Individual Best Times (All Time)

Nicole Flynn - (948473) - Cumbernauld ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:07.06	1:05.80	458	13/01/19	2019 SS West District LC Senior Age Group Champs	Glasgow	SCO1587	1
200 Freestyle	2:22.45	2:20.00	497	02/02/19	2019 SS West District LC Senior Age Group Champs	Glasgow	SCO1590	1
400 Freestyle	5:00.78	4:56.10	479	02/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
800 Freestyle	10:53.03	10:44.10	409	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
50 Breaststroke	42.36	41.60	326	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Breaststroke	1:39.89	1:38.60	264	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
200 Breaststroke	3:21.08	3:18.40	320	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
50 Butterfly	31.59	31.00	462	14/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
100 Butterfly	1:09.73	1:08.60	503	26/01/19	Brodies Schools Swimming Championships	Tollcross	SCO1592	1
200 Butterfly	2:35.89	2:33.80	477	26/01/19	Brodies Schools Swimming Championships	Tollcross	SCO1592	1
50 Backstroke	44.94	44.50	213	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
100 Backstroke	1:19.21	1:18.20	379	29/02/20	2020 SS West District LC AG Pre-SNAG Meet	Glasgow	SCO1800	2
200 Individual Medley	2:46.71	2:44.30	432	19/05/19	East Kilbride Long Course Age Group Meet 2019	Dollan Aqua Centre	SCO1663	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.12	29.80	488	14/11/20	Tighinn Comhla	Various - Round 1	LXX005	0
100 Freestyle	1:03.57	1:04.90	493	14/11/20	Tighinn Comhla	Various - Round 1	LXX005	0
200 Freestyle	2:18.73	2:21.20	502	08/06/19	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1678	2
400 Freestyle	4:51.42	4:56.20	499	18/11/18	2018 SS West District SC Junior Age Group Champs	Glasgow	SCO1554	2
800 Freestyle	10:09.99	10:19.40	479	17/11/18	2018 SS West District SC Junior Age Group Champs	Glasgow	SCO1554	2
50 Breaststroke	39.41	40.20	373	01/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Breaststroke	1:25.95	1:27.40	381	08/03/20	Cumbernauld Spring Graded Meet 2020	Tryst Sports Centre	SCO1814	2
200 Breaststroke	3:21.18	3:23.80	299	02/09/17	North Ayrshire Distance Meet	Portal	SCO1328	2
50 Butterfly	31.12	31.70	480	28/11/20	Tighinn Comhla	Various - Round 2	LXX006	0
100 Butterfly	1:08.87	1:10.00	483	08/06/19	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1678	2
200 Butterfly	2:31.56	2:33.60	491	03/11/19	REN96 Open Meet	Linwood	SCO1742	2
50 Backstroke	36.66	37.20	326	22/06/19	Bellshill Sharks Summer Splash 2019	Sir Matt Busby,	SCO1687	2
100 Backstroke	1:15.88	1:16.90	378	08/03/20	Cumbernauld Spring Graded Meet 2020	Tryst Sports Centre	SCO1814	2
200 Individual Medley	2:39.33	2:41.80	447	16/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
100 Individual Medley	1:15.18	1:15.20	424	28/11/20	Tighinn Comhla	Various - Round 2	LXX006	0