

# Individual Best Times (All Time)

Emily Milne - (948491) - Cumbernauld ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.77	30.10	451	05/02/17	2017 SASA West District Championships	East Kilbride	SCO1235	1
100 Freestyle	1:14.17	1:13.00	338	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
100 Breaststroke	1:41.18	1:39.90	254	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Butterfly	34.88	34.30	343	04/03/17	2017 SASA West District LC AG R3 Championship	East Kilbride	SCO1257	1
200 Butterfly	3:19.54	3:17.90	227	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.84	30.50	453	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
100 Freestyle	1:04.80	1:06.10	466	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
200 Freestyle	2:38.07	2:40.30	339	24/04/16	SAST Open Age Group Meet	Ayr	SCO1114	2
50 Breaststroke	43.21	43.90	283	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Breaststroke	1:33.20	1:34.50	299	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
50 Butterfly	34.15	34.70	363	11/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Butterfly	1:15.30	1:16.30	369	23/04/17	SAST Open Age Group Meet 2017	South Ayrshire	SCO1278	2
200 Butterfly	3:14.42	3:16.00	232	30/05/15	Rascals Graded Meet 2015	Bellshill	SCO983	2
50 Backstroke	36.88	37.40	320	19/12/15	Cumbernauld Christmas Sprints 2015	Cumbernauld	SCO1064	3
100 Backstroke	1:17.74	1:18.80	352	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
200 Backstroke	3:02.60	3:04.40	276	30/05/15	Rascals Graded Meet 2015	Bellshill	SCO983	2
200 Individual Medley	3:04.25	3:06.40	289	14/03/15	Cumbernauld Spring Graded Meet	Cumbernauld	SCO952	2
100 Individual Medley	1:29.69	1:29.70	250	29/08/15	SASA West District SR Championships	Ayr	SCO1012	1