

# Individual Best Times (All Time)

Mhairi Stewart - (948492) - Cumbernauld ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.98	29.30	488	05/02/17	2017 SASA West District Championships	East Kilbride	SCO1235	1
100 Freestyle	1:05.92	1:04.60	482	14/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
200 Freestyle	2:25.77	2:23.40	463	05/03/17	2017 SASA West District LC AG R3 Championship	East Kilbride	SCO1257	1
400 Freestyle	5:10.88	5:06.30	434	15/01/17	2017 SASA West District LC AG R1 Championship	East Kilbride	SCO1223	1
50 Backstroke	33.91	33.30	496	12/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
100 Backstroke	1:14.16	1:13.10	461	04/03/17	2017 SASA West District LC AG R3 Championship	East Kilbride	SCO1257	1
200 Backstroke	2:38.89	2:36.80	465	05/02/17	2017 SASA West District Championships	East Kilbride	SCO1235	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.63	29.30	513	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
100 Freestyle	1:03.32	1:04.60	499	22/04/17	SAST Open Age Group Meet 2017	South Ayrshire	SCO1278	2
200 Freestyle	2:18.28	2:20.80	507	23/04/17	SAST Open Age Group Meet 2017	South Ayrshire	SCO1278	2
400 Freestyle	4:55.49	5:00.20	479	03/09/17	North Ayrshire Distance Meet	Portal	SCO1328	2
800 Freestyle	10:23.12	10:32.30	449	03/09/17	North Ayrshire Distance Meet	Portal	SCO1328	2
50 Breaststroke	43.24	44.00	282	29/08/15	SASA West District SR Championships	Ayr	SCO1012	1
100 Breaststroke	1:37.93	1:39.20	258	15/03/15	Cumbernauld Spring Graded Meet	Cumbernauld	SCO952	2
50 Butterfly	34.73	35.30	345	11/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Butterfly	1:16.81	1:17.80	348	17/12/16	Cumbernauld Xmas Sprints	Cumbernauld	SCO1218	2
50 Backstroke	32.71	33.30	459	09/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
100 Backstroke	1:11.50	1:12.60	452	17/12/16	Cumbernauld Xmas Sprints	Cumbernauld	SCO1218	2
200 Backstroke	2:32.53	2:34.70	474	27/11/16	Dumfries Advent Open 2016	Bellshill	SCO1205	2
200 Individual Medley	2:40.44	2:42.90	438	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
100 Individual Medley	1:15.00	1:15.00	427	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1