

# Individual Best Times (All Time)

Jessica Riach - (948595) - Ythan ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.39	30.70	425	10/06/18	Dyce LC Meet 2018	Aberdeen	SCO1484	2
100 Freestyle	1:08.50	1:07.30	430	04/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
200 Freestyle	2:28.83	2:26.50	435	26/05/18	North District Long Course Time Trials 2018	Aberdeen	SCO1472	1
400 Freestyle	5:15.45	5:11.00	415	28/04/18	University of Aberdeen International Open	Aberdeen	SCO1452	1
800 Freestyle	10:44.52	10:35.50	425	05/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
1500 Freestyle	20:55.95	20:39.40	393	05/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
50 Breaststroke	38.36	37.50	439	03/02/19	ND Age Group Championships 2019 R1	Aberdeen	SCO1594	1
100 Breaststroke	1:23.75	1:22.20	448	02/02/19	ND Age Group Championships 2019 R1	Aberdeen	SCO1594	1
200 Breaststroke	3:00.23	2:57.30	444	27/04/19	University of Aberdeen LC Age Group Open	Aberdeen	SCO1647	1
50 Butterfly	33.56	33.00	385	02/02/19	ND Age Group Championships 2019 R1	Aberdeen	SCO1594	1
100 Butterfly	1:16.25	1:15.20	385	27/04/19	University of Aberdeen LC Age Group Open	Aberdeen	SCO1647	1
200 Butterfly	2:54.32	2:52.50	341	31/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
50 Backstroke	39.28	38.80	319	10/06/18	Dyce LC Meet 2018	Aberdeen	SCO1484	2
100 Backstroke	1:22.88	1:21.90	330	07/02/17	North District Age Group Championships 2017	Aberdeen	SCO1255	1
200 Backstroke	2:51.69	2:49.70	368	04/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
200 Individual Medley	2:40.14	2:37.70	488	02/02/19	ND Age Group Championships 2019 R1	Aberdeen	SCO1594	1
400 Individual Medley	5:46.16	5:41.00	453	04/03/19	ND Age Group Championships 2019 R2	Aberdeen	SCO1618	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.70	31.40	416	25/11/18	ND Age Group Meet 2018	Inverness	SCO1557	2
100 Freestyle	1:07.32	1:08.60	415	17/11/18	Elgin Club Champs 2018	Moray LC	SCO1564	2
200 Freestyle	2:23.03	2:25.40	458	26/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
400 Freestyle	5:00.85	5:05.50	454	26/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
800 Freestyle	10:26.09	10:35.30	443	07/10/17	SASA ND Meet	Fraserburgh	SCO1346	2
1500 Freestyle	20:49.54	21:06.00	384	08/10/17	SASA ND Meet	Fraserburgh	SCO1346	2
50 Breaststroke	38.27	39.10	407	17/02/19	Elgin ASC Spring Meet 2019	Buckie	SCO1613	2
100 Breaststroke	1:21.97	1:23.50	440	17/02/19	Elgin ASC Spring Meet 2019	Buckie	SCO1613	2
200 Breaststroke	2:53.99	2:57.00	462	24/11/18	ND Age Group Meet 2018	Inverness	SCO1557	2
50 Butterfly	33.10	33.70	399	16/02/19	Elgin ASC Spring Meet 2019	Buckie	SCO1613	2
100 Butterfly	1:13.64	1:14.70	395	27/10/18	Alford Otters 9th 100 Meet	Westhill	SCO1530	2
200 Butterfly	2:45.87	2:47.80	374	10/02/18	PASC GRADED AGE GROUP MEET 2018	Peterhead	SCO1412	2
50 Backstroke	36.08	36.60	342	11/11/18	Aberdeen ASC Nifty 50s + 2018	Aberdeen	SCO1544	2
100 Backstroke	1:17.00	1:18.00	362	17/11/18	Elgin Club Champs 2018	Moray LC	SCO1564	2
200 Backstroke	2:39.69	2:41.80	413	25/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
200 Individual Medley	2:37.66	2:40.10	461	24/11/18	ND Age Group Meet 2018	Inverness	SCO1557	2
400 Individual Medley	5:36.02	5:41.20	457	25/11/17	ND Age Group Meet 2017	Inverness	SCO1383	2
100 Individual Medley	1:14.26	1:14.30	440	27/10/18	Alford Otters 9th 100 Meet	Westhill	SCO1530	2