

Individual Best Times (All Time)

Ciara Aitken - (948611) - Aberdeen ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.88	31.20	406	30/05/15	North District Junior LC Time Trials 2015	Aberdeen	SCO985	2
100 Freestyle	1:10.43	1:09.20	395	05/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
200 Freestyle	2:42.72	2:40.60	333	08/03/15	North District Age Group Championships	Aberdeen	SCO947	1
400 Freestyle	5:53.81	5:49.80	294	08/03/15	North District Age Group Championships	Aberdeen	SCO947	1
50 Breaststroke	46.04	45.30	254	29/05/16	North District Junior LC Time Trials	Aberdeen	SCO1135	2
100 Breaststroke	1:50.27	1:49.10	196	17/05/14	Dyce Hunting Trophy Meet	Aberdeen	SCO841	2
200 Breaststroke	3:50.03	3:47.70	213	29/05/16	North District Junior LC Time Trials	Aberdeen	SCO1135	2
50 Butterfly	39.89	39.40	229	31/05/15	North District Junior LC Time Trials 2015	Aberdeen	SCO985	2
100 Butterfly	1:36.82	1:36.00	188	30/05/15	North District Junior LC Time Trials 2015	Aberdeen	SCO985	2
50 Backstroke	37.01	36.50	382	05/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
100 Backstroke	1:18.95	1:17.90	382	06/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
200 Backstroke	2:49.51	2:47.50	383	05/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
200 Individual Medley	3:11.32	3:09.20	286	31/05/15	North District Junior LC Time Trials 2015	Aberdeen	SCO985	2
400 Individual Medley	6:56.24	6:52.00	260	31/05/15	North District Junior LC Time Trials 2015	Aberdeen	SCO985	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.38	32.00	390	06/12/15	Aberdeen Accredited Time Trials	Aberdeen	SCO1066	2
100 Freestyle	1:08.30	1:09.50	398	24/11/15	Scottish Schools Heats	Aberdeen	SCO1046	2
200 Freestyle	2:31.75	2:34.00	384	08/05/16	Westhill Invitational Meet	Westhill	SCO1122	2
400 Freestyle	5:13.18	5:17.60	402	03/10/15	North District Distance Meet	Fraserburgh	SCO1025	1
50 Breaststroke	43.52	44.20	277	06/12/15	Aberdeen Accredited Time Trials	Aberdeen	SCO1066	2
100 Breaststroke	1:37.02	1:38.30	265	29/11/15	Aberdeen Club Championships	Aberdeen	SCO1065	2
200 Breaststroke	3:34.26	3:36.70	247	15/06/14	North District Development Meet	Inverness	SCO864	1
50 Butterfly	36.22	36.70	304	19/03/16	Deveron Age Group Sprints 2016	Banff	SCO1101	2
100 Butterfly	1:27.63	1:28.50	234	16/05/15	Ythan ASC - Annual Meet	Ythan	SCO978	2
200 Butterfly	3:34.13	3:35.60	174	26/04/15	Alford Otters 3rd 200 Meet	Fraserburgh	SCO967	2
50 Backstroke	36.87	37.40	321	06/12/15	Aberdeen Accredited Time Trials	Aberdeen	SCO1066	2
100 Backstroke	1:18.54	1:19.60	341	29/11/15	Aberdeen Club Championships	Aberdeen	SCO1065	2
200 Backstroke	2:42.60	2:44.60	391	24/11/15	Scottish Schools Heats	Aberdeen	SCO1046	2
200 Individual Medley	2:56.99	2:59.20	326	08/05/16	Westhill Invitational Meet	Westhill	SCO1122	2
400 Individual Medley	6:15.77	6:20.40	327	04/10/15	North District Distance Meet	Fraserburgh	SCO1025	1
100 Individual Medley	1:20.67	1:20.70	343	29/11/15	Aberdeen Club Championships	Aberdeen	SCO1065	2