

# Individual Best Times (All Time)

## Summer Buckland - (1475551) - Harlow Penguin SC

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.14	29.40	480	14/05/23	Swim England East Region LC Championships 2023	Luton	ER230335	1
100 Freestyle	1:06.37	1:05.10	472	08/05/22	SE East Region Long Course Championships 2022	Luton	ER220678	1
200 Freestyle	2:27.35	2:25.00	449	02/05/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
400 Freestyle	5:10.65	5:06.10	435	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Breaststroke	38.46	37.60	435	23/04/23	Swim England East Region LC Championships 2023	Norwich	ER230333	1
100 Breaststroke	1:23.44	1:21.90	454	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Breaststroke	2:58.98	2:56.00	453	16/12/23	Northampton SC Winter Festival 2023	Corby	EM232024	1
50 Butterfly	35.40	34.90	328	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
50 Backstroke	38.56	38.00	337	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
200 Individual Medley	2:40.92	2:38.40	481	16/12/23	Northampton SC Winter Festival 2023	Corby	EM232024	1
400 Individual Medley	5:56.48	5:51.50	414	21/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.35	30.10	476	25/03/23	Hatfield SC Regional Qualifier 2023	Hatfield	ER230287	3
100 Freestyle	1:03.97	1:05.30	484	21/10/23	Cheshunt SC 18th Annual Autumn Open Meet 2023	Harlow	ER230464	3
200 Freestyle	2:19.80	2:22.30	491	04/02/23	Essex Age Group County Championships 2023	Basildon	ER230022	2
400 Freestyle	4:51.86	4:56.60	497	25/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
800 Freestyle	10:12.52	10:21.90	473	24/02/23	SE Essex Age Group County Championships 2023	Saphire I&L	ER230219	2
1500 Freestyle	19:31.66	19:49.20	465	14/10/23	Romford TSC Long Distance County Qualifier Meet	Romford	LR232109	3
50 Breaststroke	36.78	37.60	458	24/09/23	Epping Forest DSC Early County Qualifier 2023	Loughton	ER231402	4
100 Breaststroke	1:19.71	1:21.30	478	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
200 Breaststroke	2:51.63	2:54.70	482	22/05/22	Basildon & Phoenix Spring SC Open Meet 2022	Basildon	ER220571	3
50 Butterfly	33.49	34.10	385	22/10/22	Cheshunt SC 17th Annual Autumn Open Meet	Harlow	ER220028	3
100 Butterfly	1:15.24	1:16.20	370	03/06/23	Harlow Penguins 2023 10th Eric Shepherd Open Meet	Harlow	ER230775	3
50 Backstroke	34.51	35.10	391	15/06/24	Harlow Penguins 11th Eric Shepherd Meet 2024	Harlow	ER240914	3
100 Backstroke	1:18.17	1:19.20	346	09/07/22	Romford Town SC End of Season Meet July 2022	Essex	LR220859	3
200 Backstroke	2:42.53	2:44.60	391	26/11/22	Enfield SS County Qualifier Open Meet 2022	Enfield	LR221493	3
200 Individual Medley	2:35.09	2:37.60	485	24/09/23	Epping Forest DSC Early County Qualifier 2023	Loughton	ER231402	4
400 Individual Medley	5:29.01	5:34.30	487	05/02/23	Essex Age Group County Championships 2023	Basildon	ER230022	2
100 Individual Medley	1:11.69	1:11.70	489	21/10/23	Cheshunt SC 18th Annual Autumn Open Meet 2023	Harlow	ER230464	3