

Individual Best Times (All Time)

Neil MacCuish - (512092) - Ren 96

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
400 Freestyle	4:32.84	4:27.70	524	29/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
100 Breaststroke	1:34.78	1:33.40	216	27/05/12	SASA West District Group 4 Championship	East Kilbride	SCO626	1
200 Breaststroke	3:12.88	3:10.10	275	01/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1
100 Butterfly	1:16.78	1:15.80	267	27/05/12	SASA West District Group 4 Championship	East Kilbride	SCO626	1
200 Butterfly	2:39.98	2:38.00	328	28/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
100 Backstroke	1:14.01	1:12.90	338	30/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
400 Individual Medley	5:42.61	5:37.40	354	01/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.21	28.90	364	09/11/14	Ren 96 Open Meet	Renfrew	SCO906	2
100 Freestyle	59.73	1:01.10	423	09/11/14	Ren 96 Open Meet	Renfrew	SCO906	2
200 Freestyle	2:10.08	2:12.70	445	09/11/14	Ren 96 Open Meet	Renfrew	SCO906	2
400 Freestyle	4:26.93	4:32.10	502	03/11/18	REN 96 Open Meet	Linwood	SCO1556	2
800 Freestyle	9:45.01	9:54.80	435	30/08/14	North Ayrshire Distance Meet	Auchenharvie	SCO871	2
50 Breaststroke	38.15	39.00	279	31/08/13	2013 SAS West District SC SR Champs	South Ayrshire	SCO750	1
100 Breaststroke	1:21.35	1:22.90	313	09/11/14	Ren 96 Open Meet	Renfrew	SCO906	2
200 Breaststroke	2:58.65	3:01.60	304	31/01/15	North Ayrshire 200 Meet	Auchenharvie	SCO933	2
50 Butterfly	29.45	30.10	402	10/06/17	Cumbernauld Age Group & Senior Meet	Cumbernauld	SCO1315	2
100 Butterfly	1:06.36	1:07.50	373	20/01/18	SAST Open Age Group Meet 2018	Ayr	SCO1401	2
200 Butterfly	2:32.22	2:34.30	345	08/11/15	Ren 96 Open Meet	Linwood	SCO1049	2
50 Backstroke	33.21	33.80	295	29/08/15	SASA West District SR Championships	Ayr	SCO1012	1
100 Backstroke	1:10.63	1:11.80	320	07/11/15	Ren 96 Open Meet	Linwood	SCO1049	2
200 Individual Medley	2:29.59	2:32.20	393	12/03/16	North Ayrshire 200 Meet	Auchenharvie	SCO1097	2
100 Individual Medley	1:10.12	1:10.10	347	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1