

Individual Best Times (All Time)

Emily Buist - (939191) - Rushmoor Royals SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.68	26.90	620	15/03/20	2020 London Region Spring Open Meet	London	LR200423	1
100 Freestyle	1:00.71	59.30	617	14/03/20	2020 London Region Spring Open Meet	London	LR200423	1
200 Freestyle	2:15.06	2:12.50	583	23/02/20	Rushmoor Royals L3 Spring Regional Qualifier	Aldershot	SE200611	3
100 Breaststroke	1:47.61	1:46.40	211	13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3
50 Butterfly	30.46	29.80	515	04/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
50 Backstroke	31.63	31.00	612	08/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
100 Backstroke	1:07.60	1:06.40	609	02/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
200 Individual Medley	2:43.90	2:41.50	455	09/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.69	27.50	634	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Freestyle	58.71	1:00.10	627	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Freestyle	2:12.86	2:15.40	572	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181535	4
800 Freestyle	11:01.75	11:10.40	375	12/11/15	Windsor Club Championships	Windsor	SE152298	4
50 Breaststroke	43.25	44.00	282	29/11/15	Windsor Club Championships	Maidenhead	SE152299	4
100 Breaststroke	1:33.28	1:34.60	298	22/11/14	Windsor Club Championships	Windsor	SE14398	4
50 Butterfly	29.30	29.90	576	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Butterfly	1:09.94	1:11.00	461	30/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181536	4
50 Backstroke	30.36	31.00	575	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Backstroke	1:06.81	1:08.00	554	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
200 Individual Medley	2:29.51	2:32.10	541	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
100 Individual Medley	1:11.83	1:11.80	486	16/06/16	Windsor Club Championships	Windsor	SE161462	4