

Individual Best Times (All Time)

Sophie Steele - (1112810) - East Kilbride ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.40	29.70	468	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Freestyle	1:05.15	1:03.90	500	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
200 Freestyle	2:23.53	2:21.10	486	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
400 Freestyle	5:01.03	4:56.30	478	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
800 Freestyle	10:38.22	10:29.10	438	13/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
50 Breaststroke	41.03	40.30	358	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Breaststroke	1:29.72	1:28.30	365	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
200 Breaststroke	3:21.19	3:18.50	319	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Butterfly	35.51	35.00	325	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Butterfly	1:19.62	1:18.70	338	03/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
50 Backstroke	33.92	33.30	496	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
100 Backstroke	1:13.19	1:12.10	480	13/01/18	2018 SS West District LC January Age Group Meet	East Kilbride	SCO1400	1
200 Backstroke	2:39.86	2:37.80	457	13/01/18	2018 SS West District LC January Age Group Meet	East Kilbride	SCO1400	1
200 Individual Medley	2:44.14	2:41.70	453	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
400 Individual Medley	6:01.32	5:56.40	398	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.40	31.10	429	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Freestyle	1:04.29	1:05.60	477	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Freestyle	2:19.49	2:22.00	494	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
400 Freestyle	4:54.17	4:58.90	486	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
800 Freestyle	10:04.57	10:14.10	492	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
50 Breaststroke	40.56	41.30	342	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Breaststroke	1:26.03	1:27.50	380	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
200 Breaststroke	3:15.04	3:17.70	328	13/03/16	North Ayrshire 200 Meet	Auchenharvie	SCO1097	2
50 Butterfly	35.23	35.80	331	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Butterfly	1:18.08	1:19.00	331	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Butterfly	3:16.31	3:17.90	226	28/11/15	Dumfries Advent Meet	Bellshill	SCO1052	2
50 Backstroke	34.45	35.00	393	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Backstroke	1:11.29	1:12.40	456	08/11/17	South Lanarkshire Schools 2017	Larkhill LC	SCO1372	2
200 Backstroke	2:33.62	2:35.80	464	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Individual Medley	2:39.61	2:42.10	445	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
100 Individual Medley	1:17.83	1:17.80	382	26/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1