

Individual Best Times (All Time)

Sophie Baker - (1145541) - City of Sheffield Swim Squad Ltd

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.42	27.70	573	12/12/21	Derbyshire ASA LC Competition 2021 - Level 3	Ponds Forge	EM210640	3
100 Freestyle	1:01.93	1:00.60	582	15/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	SW200510	1
200 Freestyle	2:15.99	2:13.40	571	13/05/18	Manchester Open Meet 2018	Manchester	NW180648	1
400 Freestyle	4:43.79	4:38.80	570	12/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
50 Breaststroke	35.05	34.10	575	23/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield	NE240419	1
100 Breaststroke	1:14.50	1:12.80	637	31/07/19	Swim England National Summer Meet	Sheffield	ENG014	1
200 Breaststroke	2:46.05	2:42.80	568	28/01/18	Burns Meet 2018	Sheffield	NE180177	1
50 Butterfly	30.26	29.60	526	21/01/24	Derby Excel New Year Meet 2024	Sheffield	EM240047	1
100 Butterfly	1:08.70	1:07.60	526	08/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
50 Backstroke	41.34	40.90	274	24/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	NE160160	3
100 Backstroke	1:21.47	1:20.50	348	13/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	WL170095	1
200 Backstroke	2:48.03	2:46.00	393	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1
200 Individual Medley	2:28.18	2:25.50	616	06/05/24	SE North East Regional Open/Youth Championships	Sunderland	NE240253	1
400 Individual Medley	5:21.65	5:16.10	564	15/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.48	28.20	580	21/11/21	Team Bath AS November TYR Super Series	Millfield	SW210471	2
100 Freestyle	59.31	1:00.70	608	21/11/21	Team Bath AS November TYR Super Series	Millfield	SW210471	2
200 Freestyle	2:07.93	2:10.60	641	20/11/21	Team Bath AS November TYR Super Series	Millfield	SW210471	2
400 Freestyle	4:52.02	4:56.80	496	05/11/16	Welsh Capital Open Meet	Cardiff	WL161198	2
800 Freestyle	9:49.97	9:59.70	529	20/10/19	Long Eaton Distance Meet	Queens LC	EM192131	3
50 Breaststroke	33.48	34.40	608	20/11/21	Team Bath AS November TYR Super Series	Millfield	SW210471	2
100 Breaststroke	1:13.05	1:14.80	622	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Breaststroke	2:36.49	2:39.80	635	20/11/21	Team Bath AS November TYR Super Series	Millfield	SW210471	2
50 Butterfly	29.96	30.60	538	17/07/22	Chesterfield SC Summer Splash	Matlock	EM221293	3
100 Butterfly	1:06.03	1:07.20	548	16/07/22	Chesterfield SC Summer Splash	Matlock	EM221293	3
200 Butterfly	2:31.27	2:33.30	494	17/07/22	Chesterfield SC Summer Splash	Matlock	EM221293	3
50 Backstroke	34.34	34.90	397	09/05/21	Chesterfield	Queens Park	LEX1035	0
100 Backstroke	1:12.29	1:13.40	437	06/06/21	Chesterfield	Queens Park	LEX1630	0
200 Backstroke	2:36.19	2:38.30	441	16/07/17	Chesterfield Summer Splash	Matlock	EM170473	3
200 Individual Medley	2:24.37	2:27.10	601	17/07/21	Summer Splash 2021	Matlock	EM210273	3
400 Individual Medley	4:58.53	5:04.40	652	20/11/21	Team Bath AS November TYR Super Series	Millfield	SW210471	2
100 Individual Medley	1:07.17	1:07.20	595	04/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2