

# Individual Best Times (All Time)

Sophie Jones - (1196730) - Eastleigh SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.20	31.50	394	19/12/21	Winchester Winter Sparkler	Winchester	SE211474	3
100 Freestyle	1:11.13	1:09.90	384	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
200 Freestyle	2:29.82	2:27.50	427	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
400 Freestyle	5:24.68	5:20.30	381	15/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
50 Breaststroke	37.58	36.70	467	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
100 Breaststroke	1:23.27	1:21.70	456	19/12/21	Winchester Winter Sparkler	Winchester	SE211474	3
200 Breaststroke	3:03.58	3:00.70	420	18/12/21	Winchester Winter Sparkler	Winchester	SE211474	3
50 Butterfly	34.32	33.80	360	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
100 Butterfly	1:18.28	1:17.30	356	16/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
200 Butterfly	2:55.54	2:53.70	334	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
50 Backstroke	37.93	37.40	355	07/05/17	Portsmouth Northsea LC Sprint Meet	Portsmouth	SE170211	3
100 Backstroke	1:25.44	1:24.50	302	14/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
200 Individual Medley	2:46.94	2:44.60	431	24/07/21	South East Festival of Swimming 2021	Wycombe	SE210358	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.59	31.30	421	06/03/22	City of Southampton SC 20th Spring Meet	Southampton	SE220440	3
100 Freestyle	1:06.38	1:07.60	433	01/03/20	19th City of Southampton Open Meet	Southampton	SE200358	3
200 Freestyle	2:21.26	2:23.70	476	05/03/22	City of Southampton SC 20th Spring Meet	Southampton	SE220440	3
400 Freestyle	5:03.00	5:07.60	444	22/05/21	Eastleigh	Places Leisure	LEX1320	0
800 Freestyle	10:45.05	10:54.00	405	11/11/18	Solent Network Long Distance Meet	Mountbatten SC	SE182336	3
50 Breaststroke	36.12	37.00	484	28/05/21	Eastleigh	Places Leisure	LEX1453	0
100 Breaststroke	1:19.27	1:20.80	486	31/05/21	Eastleigh	Places Leisure	LEX1455	0
200 Breaststroke	2:49.59	2:52.70	499	24/05/21	Eastleigh	Places Leisure	LEX1312	0
50 Butterfly	32.61	33.20	417	19/11/22	Swim Bournemouth Winter Meet 2022	Littledown	SW221934	2
100 Butterfly	1:13.41	1:14.40	399	17/02/19	Fareham Nomads Valentines Meet 2019	Waterlooville	SE190109	3
200 Butterfly	2:40.10	2:42.10	416	02/07/21	Eastleigh SC Closed Club Championships	Eastleigh	SE210222	4
50 Backstroke	34.34	34.90	397	21/05/21	Eastleigh	Places Leisure	LEX1322	0
100 Backstroke	1:15.06	1:16.10	391	28/05/21	Eastleigh	Places Leisure	LEX1453	0
200 Backstroke	2:43.31	2:45.30	386	10/03/19	Hart Sprint Level 3 Open Meet 2019	Hart LC	SE190319	3
200 Individual Medley	2:35.56	2:38.10	480	13/11/21	National Arena Swimming League South - Round Two	Southampton	SE211359	3
400 Individual Medley	5:32.50	5:37.70	472	13/12/21	Eastleigh SC Closed Club Championships	Eastleigh	SE211428	4
100 Individual Medley	1:14.20	1:14.20	441	02/04/22	Tigersharks Spring L3 Meet	Swindon	SW220141	3