

Individual Best Times (All Time)

Sophie Jackson - (1383932) - City of Bristol SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.84	31.20	407	15/06/24	City of Wells Open Meet 2024	Millfield	SW240551	3
100 Freestyle	1:09.23	1:08.00	416	15/06/24	City of Wells Open Meet 2024	Millfield	SW240551	3
200 Freestyle	2:31.85	2:29.50	410	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
50 Breaststroke	41.70	40.90	341	24/04/22	Swim England South West Region Championships 2022	Millfield	SW220567	1
100 Breaststroke	1:31.23	1:29.80	347	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Breaststroke	3:22.45	3:19.80	313	03/04/22	City of Bristol L1 International Open Meet	Hengrove	SW220210	1
50 Butterfly	33.94	33.40	372	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Butterfly	1:19.09	1:18.10	345	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
50 Backstroke	38.59	38.10	337	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
100 Backstroke	1:28.33	1:27.40	273	16/07/22	City of Bristol Summer Festival	Hengrove	SW220765	3
200 Individual Medley	2:57.62	2:55.40	357	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.88	32.50	372	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
100 Freestyle	1:06.34	1:07.60	434	09/12/23	National Arena Swimming League Western 2023 Gala 1	Plymouth	SW232342	4
200 Freestyle	2:28.46	2:30.80	410	19/03/23	Street, Millfield & TDSC Regional Qualifier 2023	Millfield	SW230531	3
400 Freestyle	5:55.09	5:59.00	276	18/12/21	City of Bristol Christmas Cracker	Bristol	SW210897	3
800 Freestyle	11:13.90	11:22.40	355	13/11/22	Gloucester County ASA Distance Meet 2022	Bristol	SW222111	3
50 Breaststroke	41.26	42.00	325	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
100 Breaststroke	1:29.83	1:31.20	334	15/10/22	The Winchester Autumn Qualifier	Winchester	SE221723	2
200 Breaststroke	3:27.70	3:30.20	271	19/12/21	City of Bristol Christmas Cracker	Bristol	SW210897	3
50 Butterfly	33.29	33.90	392	16/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
100 Butterfly	1:16.98	1:18.00	346	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
50 Backstroke	37.35	37.90	308	29/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
100 Backstroke	1:24.12	1:25.10	277	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
200 Backstroke	3:20.13	3:21.80	209	17/06/21	City of Bristol	Hengrove	LEX2286	0
200 Individual Medley	2:50.60	2:52.90	364	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
400 Individual Medley	7:00.15	7:04.30	234	19/06/21	City of Bristol	Hengrove	LEX2373	0
100 Individual Medley	1:20.05	1:20.10	351	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3