

Individual Best Times (All Time)

Sophie Dixon - (1394422) - Blackpool Aquatics ASC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 200 Freestyle | 2:40.27 | 2:38.10 | 349 | 24/04/22 | SE North West Summer Regional Swimming Champs | Liverpool | NW220369 | 1 |
| 50 Breaststroke | 34.89 | 34.00 | 583 | 14/04/24 | City of Leeds National Qualifier 2024 | Leeds | NE240117 | 1 |
| 100 Breaststroke | 1:16.19 | 1:14.50 | 596 | 17/03/24 | City of Manchester International Swim Meet 2024 | Manchester | NW240474 | 1 |
| 200 Breaststroke | 2:51.74 | 2:48.60 | 513 | 04/05/24 | SENW Regional Summer Championships 2024 | Manchester | NW240306 | 1 |
| 50 Butterfly | 32.12 | 31.50 | 439 | 04/02/23 | Lancashire County Age Groups & Championships 2023 | Liverpool | NW230072 | 1 |
| 100 Butterfly | 1:15.49 | 1:14.50 | 396 | 25/03/23 | City of Sheffield SS Premier Open Meet 2023 | Sheffield | NE230254 | 1 |
| 200 Individual Medley | 2:41.91 | 2:39.50 | 472 | 28/01/24 | Lancashire County Championships 2024 | Manchester | NW240296 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|--------------|----------|-------|
| 50 Freestyle | 29.88 | 30.60 | 451 | 26/05/24 | Blackpool Rocks 2024 | Blackpool | NW240523 | 3 |
| 100 Freestyle | 1:03.56 | 1:04.90 | 494 | 26/05/24 | Blackpool Rocks 2024 | Blackpool | NW240523 | 3 |
| 200 Freestyle | 2:21.00 | 2:23.40 | 478 | 25/05/24 | Blackpool Rocks 2024 | Blackpool | NW240523 | 3 |
| 800 Freestyle | 11:14.65 | 11:23.20 | 354 | 10/11/22 | Blackpool Aquatics SC Club Championships 2022 | Blackpool | NW222177 | 4 |
| 50 Breaststroke | 35.65 | 36.50 | 503 | 27/05/23 | Blackpool Rocks Meet 2023 | Blackpool | NW230130 | 3 |
| 100 Breaststroke | 1:17.84 | 1:19.40 | 514 | 09/12/23 | Arena League North West B Final 2023 | Macclesfield | NW232594 | 3 |
| 200 Breaststroke | 2:46.80 | 2:49.90 | 525 | 06/06/24 | Blackpool Aquatics Form Time Trial 2024 | Blackpool | NW241307 | 3 |
| 50 Butterfly | 31.21 | 31.80 | 476 | 26/05/24 | Blackpool Rocks 2024 | Blackpool | NW240523 | 3 |
| 100 Butterfly | 1:16.81 | 1:17.80 | 348 | 26/05/24 | Blackpool Rocks 2024 | Blackpool | NW240523 | 3 |
| 50 Backstroke | 35.05 | 35.60 | 373 | 25/05/24 | Blackpool Rocks 2024 | Blackpool | NW240523 | 3 |
| 100 Backstroke | 1:15.80 | 1:16.90 | 379 | 25/05/24 | Blackpool Rocks 2024 | Blackpool | NW240523 | 3 |
| 200 Individual Medley | 2:40.58 | 2:43.00 | 437 | 28/05/23 | Blackpool Rocks Meet 2023 | Blackpool | NW230130 | 3 |
| 400 Individual Medley | 5:32.29 | 5:37.50 | 473 | 18/04/24 | Blackpool Level 4 IM Time Trial 2024 | Blackpool | NW240847 | 4 |
| 100 Individual Medley | 1:15.00 | 1:15.00 | 427 | 04/12/22 | Blackpool Aquatics SC Club Championships 2022 | Blackpool | NW222179 | 4 |