

Individual Best Times (All Time)

Sophie Barr - (1444945) - Prescot Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.42	30.70	424	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
100 Freestyle	1:08.25	1:07.00	434	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Freestyle	2:28.67	2:26.30	437	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
400 Freestyle	5:21.48	5:17.10	392	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Breaststroke	42.13	41.40	331	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Breaststroke	1:37.42	1:36.10	285	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
50 Butterfly	35.59	35.10	323	31/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
100 Butterfly	1:24.53	1:23.60	282	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
50 Backstroke	38.66	38.10	335	30/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
100 Backstroke	1:25.16	1:24.20	305	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Backstroke	2:49.18	2:47.20	385	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
200 Individual Medley	2:55.20	2:52.90	373	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.54	34.20	319	25/11/23	Warriors of Warrington Percy Mason Memorial Meet	Warrington	NW231116	3
100 Freestyle	1:07.72	1:08.90	408	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
200 Freestyle	2:24.43	2:26.80	445	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
400 Freestyle	5:07.26	5:11.80	426	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
50 Breaststroke	42.44	43.20	298	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Breaststroke	1:38.28	1:39.60	255	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
50 Butterfly	34.62	35.20	349	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Butterfly	1:24.73	1:25.60	259	26/11/23	Warriors of Warrington Percy Mason Memorial Meet	Warrington	NW231116	3
50 Backstroke	36.51	37.10	330	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Backstroke	1:17.33	1:18.40	357	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
200 Backstroke	2:49.52	2:51.50	345	25/11/23	Warriors of Warrington Percy Mason Memorial Meet	Warrington	NW231116	3
200 Individual Medley	2:47.73	2:50.10	383	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
400 Individual Medley	6:23.53	6:28.10	307	18/06/23	Prescot Club Championships 2023	Knowsley	NW231334	4
100 Individual Medley	1:26.00	1:26.00	283	25/06/23	Prescot Club Championships 2023	Knowsley	NW231335	4