

Individual Best Times (All Time)

Sophia Avery - (1486147) - City of Southampton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.94	29.20	490	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
100 Freestyle	1:05.31	1:04.00	496	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
200 Freestyle	2:21.80	2:19.30	504	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
400 Freestyle	4:57.76	4:53.00	493	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
800 Freestyle	10:11.14	10:01.60	499	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
1500 Freestyle	19:56.30	19:38.90	455	24/02/24	Hampshire County Swimming Championships 2024	Mountbatten Cen	SE240345	1
50 Breaststroke	42.18	41.40	330	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
100 Breaststroke	1:33.82	1:32.50	319	03/12/22	Portsmouth Northsea SC Christmas Meet 2022	Mountbatten Centre	SE222226	3
200 Breaststroke	3:19.71	3:17.00	326	24/02/24	Hampshire County Swimming Championships 2024	Mountbatten Cen	SE240345	1
50 Butterfly	33.04	32.50	404	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
100 Butterfly	1:22.64	1:21.70	302	21/05/23	Winchester Mad May Sprints 2023	Winchester	SE230653	3
200 Butterfly	3:02.90	3:01.20	295	16/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
50 Backstroke	35.47	34.90	434	17/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
100 Backstroke	1:16.41	1:15.30	422	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
200 Backstroke	2:46.56	2:44.50	404	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
200 Individual Medley	2:46.43	2:44.00	435	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
400 Individual Medley	6:00.67	5:55.80	400	03/12/23	Portsmouth NSC Christmas LC Last Chance Qualifier	Mountbatten Centre	SE232219	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.51	30.20	469	26/05/24	Southampton May Open Meet 2024	Southampton	SE240867	3
100 Freestyle	1:03.92	1:05.20	485	26/05/24	Southampton May Open Meet 2024	Southampton	SE240867	3
200 Freestyle	2:19.29	2:21.80	496	19/11/23	Swim Bournemouth Winter Meet 2023	Littledown	SW231876	2
400 Freestyle	4:53.17	4:57.90	491	25/05/24	Southampton May Open Meet 2024	Southampton	SE240867	3
800 Freestyle	10:25.89	10:35.10	443	25/11/23	City of Southampton SC Time Trial 2023	Southampton	SE231582	4
1500 Freestyle	20:14.15	20:31.00	418	16/12/23	City of Southampton Time Trials 2023	Southampton	SE232586	4
50 Breaststroke	41.54	42.30	318	19/11/22	Guildford City SC Level 2 Winter Open	Guildford	SE220865	2
100 Breaststroke	1:31.26	1:32.60	319	18/12/22	City of Southampton Christmas Open Meet 2022	Southampton	SE222363	3
200 Breaststroke	3:08.47	3:11.30	364	30/11/23	City of Southampton Time Trials 2023	Southampton	SE232585	4
50 Butterfly	32.62	33.20	417	25/05/24	Southampton May Open Meet 2024	Southampton	SE240867	3
100 Butterfly	1:18.80	1:19.80	322	11/11/23	National Arena Swimming League South R2 2023	Amersham	SE232452	3
200 Butterfly	2:54.05	2:55.90	324	18/11/23	Swim Bournemouth Winter Meet 2023	Littledown	SW231876	2
50 Backstroke	36.39	36.90	334	16/10/22	The Winchester Autumn Qualifier	Winchester	SE221723	2
100 Backstroke	1:16.13	1:17.20	374	21/10/23	Rushmoor Royals Autumn L3 SC Open Meet 2023	Aldershot	SE231697	3
200 Backstroke	2:40.70	2:42.80	405	25/05/24	Southampton May Open Meet 2024	Southampton	SE240867	3
200 Individual Medley	2:42.62	2:45.00	420	30/11/23	City of Southampton Time Trials 2023	Southampton	SE232585	4
400 Individual Medley	5:47.39	5:52.40	414	22/10/23	Rushmoor Royals Autumn L3 SC Open Meet 2023	Aldershot	SE231697	3
100 Individual Medley	1:20.10	1:20.10	351	03/06/23	City of Southampton Summer Splash 2023	Southampton	SE230945	3