

# Individual Best Times (All Time)

Sophia Hardcastle - (1629423) - Blackpool Aquatics ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.01	33.40	334	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Freestyle	1:19.52	1:18.50	274	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Breaststroke	55.38	54.80	145	16/12/23	City of Leeds Xmas Cracker Meet 2023	John Charles Aqu Cen	NE231008	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.21	35.80	276	02/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
100 Freestyle	1:18.83	1:19.90	259	02/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
200 Freestyle	3:00.06	3:02.00	229	01/10/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
50 Breaststroke	52.27	52.90	159	02/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
100 Breaststroke	1:45.43	1:46.60	206	25/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
50 Backstroke	38.68	39.20	278	25/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
200 Backstroke	3:06.71	3:08.50	258	06/06/24	Blackpool Aquatics Form Time Trial 2024	Blackpool	NW241307	3
200 Individual Medley	3:13.76	3:15.80	248	18/04/24	Blackpool Level 4 IM Time Trial 2024	Blackpool	NW240847	4
100 Individual Medley	1:35.50	1:35.50	207	30/11/23	Blackpool Aquatics Club Championships 2023	Blackpool	NW232379	4