

Individual Best Times (All Time)

Sophie McCallum - (491672) - City of Swansea Aquatics Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.73	32.10	375	21/09/13	British Gas Swim Wales Legends Meet	Swansea	WAL515	3
100 Freestyle	1:06.13	1:04.90	478	06/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Freestyle	2:17.24	2:14.70	555	18/04/15	Swim Wales Long Course Closed Meet	Swansea	WL150977	1
400 Freestyle	4:42.05	4:37.00	581	17/05/15	Swim Swansea Open Meet	Swansea	WL150504	1
800 Freestyle	9:33.25	9:23.10	604	25/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
50 Breaststroke	34.95	34.00	580	25/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
100 Breaststroke	1:16.60	1:14.90	586	02/08/14	BG ASA National Age Groups Champs 2014	Sheffield	ASA134	1
200 Breaststroke	2:44.66	2:41.40	582	07/06/14	Cardiff International Open Meet	Cardiff	WAL573	1
50 Butterfly	32.74	32.20	415	20/12/13	BG Swim Wales National Championships	Swansea	WAL539	1
100 Butterfly	1:14.01	1:13.00	421	22/09/13	British Gas Swim Wales Legends Meet	Swansea	WAL515	3
50 Backstroke	38.93	38.40	328	21/01/12	Exeter City Level 1 Open Meet	Cardiff	SW2054	1
100 Backstroke	1:16.02	1:15.00	428	20/12/13	BG Swim Wales National Championships	Swansea	WAL539	1
200 Backstroke	2:39.81	2:37.70	457	14/12/12	BG Swim Wales National Champs & Disability	Swansea	WAL468	1
200 Individual Medley	2:31.22	2:28.60	580	17/05/15	Swim Swansea Open Meet	Swansea	WL150504	1
400 Individual Medley	5:32.71	5:27.40	510	13/05/12	Swim Swansea Long Course Meet	Swansea	WAL428	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.94	29.70	497	05/02/15	SWWR Regional Championships	Haverford West	WL150524	2
100 Freestyle	1:03.11	1:04.40	504	18/10/15	Swim Swansea Club Championships	Swansea	WL151626	3
200 Freestyle	2:12.11	2:14.70	582	31/01/15	SWWR Regional Championships	Haverford West	WL150523	2
400 Freestyle	4:32.47	4:37.60	611	17/10/15	Swim Swansea Club Championships	Swansea	WL151626	3
800 Freestyle	9:24.80	9:34.90	603	30/01/15	SWWR Regional Championships	Haverford West	WL150523	2
50 Breaststroke	34.37	35.30	562	20/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
100 Breaststroke	1:14.03	1:15.70	597	19/10/14	BG ASA National County Team Division 2	Sheffield	ASA138	2
200 Breaststroke	2:42.45	2:45.70	568	19/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
50 Butterfly	31.44	32.00	466	21/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
100 Butterfly	1:10.99	1:12.10	441	01/03/15	Llanelli Open Meet 2015	Llanelli	WL150527	2
50 Backstroke	36.07	36.60	343	06/10/12	Llanelli ASC Autumn Meet 2012	Llanelli	WAL449	4
100 Backstroke	1:13.14	1:14.20	422	01/02/14	West Wales Regional Championships	Haverfordwest	WAL546	2
200 Backstroke	2:35.40	2:37.50	448	20/10/13	Swim Swansea Club Championships	Penlan	WAL527	4
200 Individual Medley	2:25.93	2:28.60	582	17/10/15	Swim Swansea Club Championships	Swansea	WL151626	3
400 Individual Medley	5:14.88	5:20.40	556	08/02/14	West Wales Regional Championships	Haverfordwest	WAL547	2
100 Individual Medley	1:22.52	1:22.50	321	11/06/11	Amman Valley Open Meet	Llanelli	WAL366	4