

Individual Best Times (All Time)

Sophie Smith - (811012) - Edinburgh University

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.80	25.00	766	25/07/19	British Summer Championships	Glasgow	BSW011	1
100 Freestyle	56.52	55.00	765	26/07/19	British Summer Championships	Glasgow	BSW011	1
200 Freestyle	2:01.12	1:58.20	808	23/07/19	British Summer Championships	Glasgow	BSW011	1
400 Freestyle	4:19.99	4:14.50	742	21/07/17	2017 Commonwealth Youth Games	Bahamas	INT347	1
800 Freestyle	8:57.98	8:47.10	731	22/07/17	2017 Commonwealth Youth Games	Bahamas	INT347	1
1500 Freestyle	17:30.49	17:10.70	672	30/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
50 Breaststroke	43.41	42.70	303	08/03/15	SASA Midland District Open & Age Group Champs	Dundee	SCO948	1
100 Breaststroke	1:33.04	1:31.70	327	02/03/14	SASA Midland District Open Age Group Champ	Dundee	SCO813	1
50 Butterfly	28.28	27.60	644	31/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
100 Butterfly	1:02.42	1:01.20	702	13/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
200 Butterfly	2:25.48	2:23.30	587	02/02/19	Midland Age Group Championships	Dundee	SCO1589	1
50 Backstroke	33.06	32.40	536	06/02/16	Midland Age Group Championships	Dundee	SCO1076	1
100 Backstroke	1:11.72	1:10.60	510	13/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1
200 Backstroke	2:32.19	2:30.00	529	31/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
200 Individual Medley	2:25.58	2:22.80	650	28/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
400 Individual Medley	5:30.82	5:25.50	519	25/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.21	26.00	752	14/12/18	Ontario Junior International 2018	Canada	INT361	2
100 Freestyle	54.42	55.90	787	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Freestyle	1:58.14	2:01.00	814	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
400 Freestyle	4:09.03	4:14.60	801	14/12/18	Ontario Junior International 2018	Canada	INT361	2
800 Freestyle	8:44.01	8:54.90	756	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
1500 Freestyle	16:57.61	17:17.70	710	08/11/15	SASA Midland District Graded & Distance Meet	Dundee	SCO1038	1
50 Breaststroke	36.79	37.60	458	02/09/18	Midland District Sprint Championships	Olympia LC	SCO1505	1
100 Breaststroke	1:20.05	1:21.60	472	10/02/19	St Thomas age Group Championships 2018	Arbroath	SCO1598	2
50 Butterfly	27.38	28.10	705	04/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
100 Butterfly	1:00.77	1:02.00	703	14/12/18	Ontario Junior International 2018	Canada	INT361	2
200 Butterfly	2:40.42	2:42.40	414	02/11/13	SASA Midland District Distance & Grade Meet	Dundee	SCO776	1
50 Backstroke	30.85	31.50	548	02/09/18	Midland District Sprint Championships	Olympia LC	SCO1505	1
100 Backstroke	1:07.20	1:08.40	544	14/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
200 Backstroke	2:28.47	2:30.70	514	16/11/14	COAST Grand Prix	Aberdeen	SCO907	1
200 Individual Medley	2:25.36	2:28.00	589	09/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
400 Individual Medley	5:07.41	5:13.10	597	01/05/15	SASA Midland District Distance Meet	Dundee	SCO969	1
100 Individual Medley	1:06.67	1:06.70	608	02/09/18	Midland District Sprint Championships	Olympia LC	SCO1505	1