

Individual Best Times (All Time)

Sophie Taylor - (974459) - East Grinstead Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.61	29.90	458	25/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3
100 Freestyle	1:06.84	1:05.60	463	26/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3
200 Freestyle	2:28.10	2:25.70	442	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
50 Butterfly	34.65	34.10	350	08/03/20	Atlantis Regional Chaser 2020 Level 3 Open Meet	Crawley	SE200111	3
100 Butterfly	1:29.62	1:28.80	237	01/10/16	Lis Hartley LC Opportunity Meet 2016	Crawley	SE160448	3
50 Backstroke	36.50	35.90	398	26/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3
100 Backstroke	1:18.69	1:17.70	386	04/01/20	Crawley Team Finis New Year Gala 2020	K2, Crawley	SE200082	3
200 Backstroke	2:49.50	2:47.50	383	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
200 Individual Medley	3:02.92	3:00.70	327	09/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.99	30.70	446	17/10/21	Sussex County ASA Winter Competition	Crawley	SE211129	2
100 Freestyle	1:06.16	1:07.40	438	09/10/21	National Arena Swimming League South Round One	Tunbridge Wells	SE210738	3
200 Freestyle	2:28.00	2:30.30	414	23/06/19	East Grinstead 2019 Summer Club Championships	East Grinstead	SE191758	4
400 Freestyle	5:08.57	5:13.10	421	21/06/19	East Grinstead 2019 Summer Club Championships	East Grinstead	SE191757	4
800 Freestyle	10:59.77	11:08.50	378	28/06/19	East Grinstead 2019 Summer Club Championships	East Grinstead	SE191759	4
50 Breaststroke	47.40	48.10	214	22/09/17	East Grinstead Sprint Championships	East Grinstead	SE171691	4
100 Breaststroke	1:42.59	1:43.80	224	15/11/19	EGSC 2019 Winter Club Championships	Kings Centre	SE192919	4
200 Breaststroke	3:44.00	3:46.40	216	13/06/16	East Grinstead Summer Championships	East Grinstead	SE161135	4
50 Butterfly	34.94	35.50	339	23/06/19	East Grinstead 2019 Summer Club Championships	East Grinstead	SE191758	4
100 Butterfly	1:23.55	1:24.50	270	12/10/19	NASL South League Round One	Horsham	SE192937	3
50 Backstroke	35.81	36.40	350	05/12/21	East Grinstead 2021 Winter Championships	East Grinstead	SE211225	4
100 Backstroke	1:15.89	1:16.90	378	09/10/21	National Arena Swimming League South Round One	Tunbridge Wells	SE210738	3
200 Backstroke	2:47.28	2:49.30	359	22/06/21	East Grinstead	Kings Centre	LEX2196	0
200 Individual Medley	2:54.03	2:56.30	343	16/11/18	East Grinstead 2018 Winter Swimming Championships	East Grinstead	SE182631	4
400 Individual Medley	6:18.53	6:23.20	320	20/11/18	East Grinstead 2018 Winter Swimming Championships	East Grinstead	SE182613	4
100 Individual Medley	1:20.59	1:20.60	344	17/09/21	East Grinstead Time Trial	East Grinstead	SE210853	4