

Individual Best Times (All Time)

Jay Snowden - (1110615) - Cardiff Metropolitan University - 400 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:13.15	656	H	05/05/18	ASA SWR Summer Championships	Plymouth	Plymouth Lea	1
4:13.66	653	F	02/04/18	Millfield Super Series	Millfield	Plymouth Lea	1
4:13.94	650	H	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Plymouth Lea	1
4:15.46	639	F	28/05/17	The Plymouth Leander 2017	Plymouth	Plymouth Lea	1
4:15.51	638	F	28/05/18	Plymouth Leander Level 1 National Qualifier	Plymouth	Plymouth Lea	1
4:16.81	629	H	26/03/17	City of Sheffield Premier Meet	Sheffield	Plymouth Lea	1
4:16.86	628	H	05/11/17	ASA SWR LC Winter Championships	Millfield	Plymouth Lea	1
4:16.98	628	H	04/08/18	Swim England National Summer Meet	Sheffield	Plymouth Lea	1
4:18.77	615	F	18/11/17	Plymouth Leander Winter National Qualifier Open	Plymouth	Plymouth Lea	1
4:20.41	603	F	28/10/17	Millfield Super Series	Millfield	Plymouth Lea	1
4:21.23	597	H	29/04/17	ASA SWR Summer Championships	Plymouth	Plymouth Lea	1
4:21.55	595	F	23/04/16	Millfield & Taunton Super Series	Millfield	Plymouth Lea	1
4:21.92	593	H	17/02/19	BUCS Long Course Swimming Championships 2019	Sheffield	Cardiff Met	1
4:22.12	591	F	28/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth	Plymouth Lea	1
4:22.78	587	H	30/04/16	ASA SWR Summer Championships	Plymouth	Plymouth Lea	1
4:24.92	573	H	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Plymouth Lea	1
4:26.34	564	H	29/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Plymouth Lea	1
4:26.75	561	F	23/05/15	Plymouth Level 1 Long Course Open Meet	Plymouth	Plymouth Lea	1
4:31.58	532	F	13/07/14	The Plymouth Summer Level 3 Long Course Meet	Plymouth	Newquay	3
4:31.65	531	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Newquay	1
4:38.75	492	H	15/06/14	ASA South West Region AG Championships	Bristol	Newquay	1
4:44.72	461	F	17/05/14	Millfield Last Chance Swim Meet	Millfield	Newquay	1
4:56.97	406	F	17/11/13	Aquae Sulis Grand Prix	Bristol	Newquay	1
5:19.35	327	F	14/07/13	Plymouth Leander Non-National Qualifiers Meet	Plymouth	Newquay	3

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