

Individual Best Times (All Time)

Poppy Shaw - (1303121) - Eyemouth & District ASC - 400 Individual Medley - Long Course

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|--|----------|-----------------|-------|
| 5:43.34 | 464 | H | 11/04/24 | 2024 Scottish National Age Group Swimming Champs | Aberdeen | B.E.S.T. | 1 |

Swims in Date Order

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