

Individual Best Times (All Time)

Jared Cross - (1310556) - Preston Swimming Club - 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 |
|---------|--------|-------|----------|---|-----------|-----------------|-------|
| 4:32.91 | 524 | H | 02/04/23 | Derventio eXcel Spring Qualifier Meet 2023 | Sheffield | Preston | 1 |
| 4:33.66 | 520 | H | 29/01/23 | Lancashire County Age Groups & Championships 2023 | Liverpool | Preston | 1 |
| 4:37.56 | 498 | H | 25/03/23 | SE North West Regional Summer Championships 2023 | Liverpool | Preston | 1 |
| 4:43.67 | 466 | H | 26/03/22 | SE North West Summer Regional Swimming Champs | Liverpool | Preston | 1 |

Swims in Date Order

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