Individual Best Times (All Time)

Nicholas Grant - (1629902) - Salisbury Stingrays SC - 400 Individual Medley - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level	
6:57.59	195	F	16/07/23	City Of Bristol Summer Festival 2023	Hengrove Park		3	

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level	
6:57.59	195	F	16/07/23	City Of Bristol Summer Festival 2023	Hengrove Park		3	