

# Individual Best Times (All Time)

Jack Shillinglaw - (505896) - Loughborough University Swimming - 400 Individual Medley - 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
4:36.14	677	H	24/03/18	City of Sunderland National Qualifier	Sunderland	Ellesmere Co	1
4:39.46	653	H	26/07/18	British Summer Championships	Sheffield	Ellesmere Co	1
4:50.33	582	F	01/08/16	ASA Summer Nationals 2016	Sheffield	Wirral Metro	1
4:50.35	582	H	01/08/16	ASA Summer Nationals 2016	Sheffield	Wirral Metro	1
4:51.13	577	H	28/07/15	British Summer Championships	Sheffield	Wirral Metro	1
4:51.39	576	F	08/04/16	Swim Ulster AG & Yth Long Course Championships	Leinster, NI	Wirral Metro	1
4:52.13	572	H	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Wirral Metro	1
4:54.64	557	F	02/05/15	Manchester Open Meet 2015	Manchester	Wirral Metro	1
4:55.82	550	H	23/05/15	ASA 2015 North West Regional Championships	Liverpool	Wirral Metro	1
4:56.99	544	F	13/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Wirral Metro	1
5:05.71	499	H	18/01/14	City of Liverpool Winter Meet Plus	Liverpool	Garston	1
5:10.52	476	H	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	Wirral Metro	1
5:12.96	465	H	06/04/14	Derventio Excel 8th LC Open Meet	Sheffield	Garston	1
5:19.08	438	H	08/06/13	BG NWR 2013 Age Group Championships	Manchester	Garston	1
5:22.50	425	H	19/01/13	City of Liverpool SC L1 Winter Open Meet	Liverpool	Garston	1
5:38.32	368	F	12/05/12	City of Manchester Aquatics Swim Team Open	Manchester	Garston	1
5:39.40	364	H	09/06/12	North West Region Age Group Championships	Manchester	Garston	1
5:44.99	347	H	14/04/12	City of Leeds SC National Qualifying Meet	Leeds	Garston	1
5:50.19	332	F	21/01/12	City of Liverpool Winter Open Distance Mee	Liverpool	Garston	1
6:28.69	242	F	22/01/11	City of Liverpool Winter Distance Meet	Liverpool	Garston	1

## Swims in Date Order

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4:39.46	653	H	26/07/18	British Summer Championships	Sheffield	Ellesmere Co	1
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4:50.35	582	H	01/08/16	ASA Summer Nationals 2016	Sheffield	Wirral Metro	1
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5:10.52	476	H	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	Wirral Metro	1
4:56.99	544	F	13/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Wirral Metro	1
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