

Individual Best Times (All Time)

Jared Armstrong - (783740) - Stretford SC - 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
4:12.18	664	H	16/09/17	The Robin Hood Open Meet 2017	Sheffield	Co Manch Aq	3
4:12.18	664	H	02/03/18	Edinburgh International Inc British Championships	Edinburgh	Co Manch Aq	1
4:12.89	659	H	13/05/18	Manchester Open Meet 2018	Manchester	Co Manch Aq	1
4:13.66	653	H	22/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	Co Manch Aq	1
4:15.27	640	H	04/08/18	Swim England National Summer Meet	Sheffield	Co Manch Aq	1
4:15.47	639	F	11/03/16	Edinburgh International Meet	Edinburgh		1
4:16.11	634	H	17/03/19	Edinburgh International	Edinburgh	Co Manch Aq	1
4:17.06	627	F	14/05/17	Manchester Open Meet 2017	Manchester	Co Manch Aq	1
4:17.10	627	F	22/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	Co Manch Aq	1
4:17.39	625	H	02/08/15	British Summer Championships	Sheffield		1
4:17.99	620	H	30/04/17	ASA North West Region Summer Championships	Manchester	Co Manch Aq	1
4:18.46	617	H	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Co Manch Aq	1
4:18.76	615	H	04/11/17	Swim England Noth West Region Winter Champs	Manchester	Co Manch Aq	1
4:19.18	612	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
4:19.31	611	H	01/05/16	ASA North West Region Summer Championships	Manchester	SwimTrafford	1
4:19.59	609	H	05/02/17	Lancashire County Championships	Manchester	Stretford	1
4:21.50	596	H	26/07/16	British Summer Championships	Sheffield	SwimTrafford	1
4:21.61	595	F	21/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	SwimTrafford	1
4:21.61	595	H	28/01/18	Lancs County WPSA Age Groups & Championships	Manchester	Co Manch Aq	1
4:21.98	592	H	22/03/15	Lancashire County Age Groups & Championships	Manchester		1
4:22.39	589	H	25/03/18	City of Sunderland National Qualifier	Sunderland	Co Manch Aq	1
4:23.65	581	H	27/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	Co Manch Aq	1
4:25.12	571	H	03/08/14	BG ASA National Age Groups Champs 2014	Sheffield		1
4:26.56	562	H	24/01/15	Burns Open Meet 2015	Sheffield		1
4:28.83	548	F	08/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
4:30.38	539	H	08/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
4:30.66	537	H	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield		1

4:30.00	557	H	10/03/14	Rotherham Metro SC Level One Long Course Meet	Sheffield		
4:31.58	532	F	03/08/14	BG ASA National Age Groups Champs 2014	Sheffield		1
4:31.98	529	H	16/03/14	Lancashire County Championships	Manchester	Stretford	1
4:35.03	512	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield		1
4:36.62	503	H	05/04/14	Stockport April Meet 2014	Stockport	Stretford	1
4:41.56	477	F	22/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	Stretford	1
4:45.96	455	H	24/05/15	ASA 2015 North West Regional Championships	Liverpool		1
4:47.40	448	H	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	SwimTrafford	1
4:47.42	448	F	09/06/13	BG NWR 2013 Age Group Championships	Manchester	Stretford	1
4:48.48	443	H	09/06/13	BG NWR 2013 Age Group Championships	Manchester	Stretford	1
4:51.10	432	H	06/12/14	ASA North West Region Winter Championships	Liverpool		1

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