

Individual Best Times (All Time)

Cameron Polak - (924266) - Tigers SC (Jersey) Ltd - 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 |
|---------|--------|-------|----------|--|----------------|-----------------|-------|
| 4:24.19 | 578 | F | 28/05/17 | Cardiff International Open Meet 2017 | Cardiff | TigersJersey | 1 |
| 4:25.68 | 568 | H | 05/08/17 | Swim England National Summer Meet (50m) | Sheffield | TigersJersey | 1 |
| 4:28.47 | 550 | F | 14/04/17 | PNSC Easter Meet | Portsmouth | TigersJersey | 1 |
| 4:31.45 | 532 | H | 03/02/18 | Hampshire County Championships 2018 | Mountbatten LC | TigersJersey | 1 |
| 4:32.29 | 527 | H | 11/02/17 | Hampshire County Swimming Championships 2017 | Portsmouth | TigersJersey | 1 |
| 4:43.37 | 468 | H | 23/01/16 | Hampshire County Swimming Championships 2016 | Portsmouth | TigersJersey | 1 |

Swims in Date Order

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|---------|--------|-------|----------|--|----------------|-----------------|-------|
| 4:31.45 | 532 | H | 03/02/18 | Hampshire County Championships 2018 | Mountbatten LC | TigersJersey | 1 |
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| 4:43.37 | 468 | H | 23/01/16 | Hampshire County Swimming Championships 2016 | Portsmouth | TigersJersey | 1 |