

# Individual Best Times (All Time)

Tom McCabe - (958561) - Stockport Metro 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
4:12.67	660	H	25/03/23	SE North West Regional Summer Championships 2023	Liverpool	Stockport Mo	1
4:13.93	650	F	06/05/23	Swansea Aquatic May LC Meet	Swansea		1
4:14.03	650	H	11/03/23	Stockport Metro Spring Long Course Open Meet 2023	Stockport	Stockport Mo	1
4:15.65	637	H	16/04/22	City of Leeds SC National Qualifier 2022	John Charles AC	Stockport Mo	1
4:17.72	622	F	09/08/22	Swim England National Summer Meet 2022	Sheffield	Stockport Mo	1
4:17.97	620	H	09/08/22	Swim England National Summer Meet 2022	Sheffield	Stockport Mo	1
4:18.94	613	H	10/02/23	Middle East Junior and Open Championships 2023	Hamdan		1
4:21.30	597	H	12/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	Stockport Mo	1
4:22.43	589	H	20/03/22	Derventio eXcel March Open Meet	Sheffield	Stockport Mo	1
4:22.80	587	F	16/04/22	City of Leeds SC National Qualifier 2022	John Charles AC	Stockport Mo	1
4:23.89	579	H	22/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	Stockport Mo	1
4:26.32	564	H	26/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	Stockport Mo	1
4:26.49	563	H	14/03/20	Stockport Metro Qualifying Open Meet	Grand Central Pools	Stockport Mo	1
4:28.19	552	H	25/07/21	North West Summer Festival of Swimming	Manchester	Stockport Mo	1
4:32.04	529	H	20/07/19	City of Sheffield Swim Squad Summer Meet	Sheffield	Stockport Mo	3
4:32.58	526	H	25/05/19	2019 SENW Summer Championships	Manchester	Stockport Mo	1
4:32.70	525	H	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	Stockport Mo	1
4:34.47	515	H	06/04/19	Manchester Open 2019	Manchester	Stockport Mo	1
4:59.88	395	H	21/07/18	City of Sheffield Summer Meet 2018	Sheffield	Stockport Mo	3

## Swims in Date Order

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4:13.93	650	F	06/05/23	Swansea Aquatic May LC Meet	Swansea		1
4:12.67	660	H	25/03/23	SE North West Regional Summer Championships 2023	Liverpool	Stockport Mo	1
4:14.03	650	H	11/03/23	Stockport Metro Spring Long Course Open Meet 2023	Stockport	Stockport Mo	1
4:18.94	613	H	10/02/23	Middle East Junior and Open Championships 2023	Hamdan		1

4:17.72	622	F	09/08/22	Swim England National Summer Meet 2022	Sheffield	Stockport Mo	1
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