

Individual Best Times (All Time)

Luca Staines - (1109963) - Swansea University SC - 400 Freestyle - Short 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
3:58.87	701	F	05/11/23	SE South East Regional Winter Championships 2023	Winchester		2
3:59.41	696	F	19/11/22	Cardiff International Open Meet 2022	Cardiff		2
3:59.81	693	H	04/12/22	National Winter Championships 2022	Sheffield	Swansea Uni	2
4:00.16	690	F	15/12/23	Swim Wales Winter Championships 2023	Swansea		2
4:01.72	677	F	04/12/22	National Winter Championships 2022	Sheffield	Swansea Uni	2
4:01.99	674	F	28/10/23	Neath ASC Open Meet	Swansea		2
4:03.39	663	F	16/12/22	Swim Wales Winter Championships 2022	Swansea		2
4:05.00	650	F	16/10/21	Team Bath AS TYR Super Series	Millfield		2
4:06.03	642	H	03/12/21	Swim England National Winter Championships (25m)	Sheffield	Wycombe Dist	2
4:09.05	618	F	03/10/21	Maxwell October Meet 2021	Aylesbury		3
4:11.12	603	F	02/10/22	Swansea Aquatics Club Championships 2022	Swansea		3
4:22.59	528	H	03/06/21	Wycombe	Wycombe		0
4:27.56	499	H	02/11/20	Wycombe District SC	Wycombe LC		0
4:29.43	488	F	24/11/19	2019 Wycombe County & Regional Qualifier	Wycombe	Wycombe Dist	3
4:29.61	487	F	15/09/19	BBATT Autumn Distance Meet	Aylesbury	Bourne End	4
4:34.72	461	F	23/06/19	Maxwell June Meet	Aylesbury	Bourne End	3
4:36.35	453	H	15/12/18	Hatfield Xmas Meet Meet 2018	Hertfordshire	Wycombe Dist	3
4:37.77	446	F	16/09/18	BBATT Autumn Distance Meet 2018	Aylesbury	Bourne End	4
4:40.75	432	F	03/03/18	Watford Regional Qualifier	Watford	Bourne End	3
4:47.27	403	H	03/12/17	Windsor L3 County Chaser Meet	Maidenhead	Bourne End	3
4:48.16	399	H	15/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	Wycombe Dist	2
4:49.46	394	F	25/11/18	WDSC Short Course (L3) County & Regional Qualifier	Wycombe LC	Wycombe Dist	3
4:50.38	390	F	15/10/16	Wycombe District Inaugural Premier Meet	Wycombe	Wycombe Dist	2
4:50.99	388	F	02/07/17	Bourne End Freestyle & IM Challenge	Wycombe	Bourne End	4
4:51.34	386	F	26/11/17	Wycombe County & Regional Qualifier	Wycombe	Wycombe Dist	3
4:52.93	380	F	17/09/17	BBATT Autumn Meet	Aylesbury	Bourne End	4
4:57.48	382	F	06/02/16	Borough of Harrow Regional Qualifier 2016	Barnet	Wycombe Dist	3

4:37.46	353	F	06/03/16	Borough of Harrow Regional Qualifier 2016	Barnet	Wycombe Dist	
4:58.62	359	H	06/02/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	Wycombe Dist	2
5:01.18	349	F	19/06/16	Bourne End Freestyle & IM Challenge	Wycombe	Bourne End	4
5:06.75	331	H	05/12/15	Windsor Open Meet	Maidenhead		3
5:16.85	300	F	21/04/15	Bourne End IM Challenge	High Wycombe	Bourne End	4
5:20.06	291	F	04/10/15	Maxwell Swim Club October 2015 L2 Meet	Aylesbury	Wycombe Dist	2
5:37.53	248	F	05/10/14	Maxwell Autumn Meet	Aylesbury	Bourne End	3
5:38.45	246	F	22/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	Bourne End	3
5:43.28	236	H	19/07/14	City of Oxford L3 Meet	Oxford		3
5:50.53	222	H	12/04/14	South Tyneside Spring Meet	South Shields	Bourne End	3
5:50.59	221	H	26/04/14	Team Luton 2014 Short Course Open Meet	Luton	Bourne End	3
5:56.71	210	F	19/01/14	Maxwell Swim Club January Meet	Aylesbury	Bourne End	2

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