

Individual Best Times (All Time)

Jay Snowden - (1110615) - Cardiff Metropolitan University - 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
4:12.29	595	H	06/11/16	ASA SWR Winter Championships	Millfield	Plymouth Lea	2
4:12.56	593	F	04/11/18	City of Cardiff Capital Open Meet	Cardiff	Cardiff Met	2
4:14.10	582	F	14/01/18	Devon County Championships and Age Groups 2018	Plymouth	Plymouth Lea	2
4:14.48	580		11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	Cardiff Met	2
4:14.48	580	H	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	Cardiff Met	2
4:18.64	552	F	17/01/16	Devon County Championships & Age Groups 2016	Plymouth	Plymouth Lea	2
4:22.39	529	H	08/11/15	ASA South West Short Course Championships	Millfield	Plymouth Lea	2
4:23.72	521	H	07/12/14	ASA South West Region Short Course Champs	Millfield		2
4:44.73	414	F	02/03/14	CCASA Champs & Age Groups Distance Comp	Bodmin	Newquay	2
5:27.44	272	F	03/03/13	Cornwall County Championships	Bodmin	Newquay	2
5:43.25	236	F	26/01/13	Carn Brea & Helston SC Winter Invitational	Carn Brea	Newquay	3

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