

Individual Best Times (All Time)

Poppy Shaw - (1303121) - Eyemouth & District ASC - 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
4:46.93	523	F	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood		2
4:50.01	507	F	14/01/24	SWL Open Meet 2024	Bathgate, Scotland		2
4:53.86	487	F	26/11/23	East District Age Groups 2023	Glenrothes		2
4:58.73	464	F	21/01/24	Border Championships 2024	Galashiels		2
5:08.28	422	F	04/03/23	FIRST Open Meet 2023	Grangemouth		2
5:13.84	400	F	02/04/23	Border Championships 2023	Galashiels		2
5:23.73	364	H	31/10/21	City of Sunderland Spooktacular 2021	Sunderland	Eyemouth	3
5:39.61	315	F	08/03/20	Borders Championships 2020	Galashiels Swimming	Eyemouth	2
5:46.74	296	F	24/11/19	East District Age Groups round 2	Michael Woods Centre	Eyemouth	2
5:51.67	284	F	04/01/20	SWL Open Meet Bathgate	Bathgate	Eyemouth	2
5:52.69	282	F	20/10/19	East District Short Course Time Trials	Bathgate	Eyemouth	2
5:59.15	267	F	15/09/19	Haddington 100s Meet	Mercat Gait	Eyemouth	2
6:02.32	260	F	26/05/19	InCAS Distance Meet	Michael Woods Centre	Eyemouth	2

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