

Individual Best Times (All Time)

Verity Nicholas - (1381006) - Dover Lifeguard Swimming Club - 400 Individual Medley - 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
6:09.11	345	H	04/06/23	Dover Lifeguard Club Club Championships 2023	Dover	Dover Life	4
6:22.34	310	H	03/12/22	Thanet Swim Club Speedo Festive Meet	Dover	Dover Life	3
6:36.74	278	H	29/10/22	East Invicta ASA Championships	Dover	Dover Life	2
7:03.27	228	H	03/07/22	Dover Lifeguard SC Club Champs 2022	Dover	Dover Life	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:09.11	345	H	04/06/23	Dover Lifeguard Club Club Championships 2023	Dover	Dover Life	4
6:22.34	310	H	03/12/22	Thanet Swim Club Speedo Festive Meet	Dover	Dover Life	3
6:36.74	278	H	29/10/22	East Invicta ASA Championships	Dover	Dover Life	2
7:03.27	228	H	03/07/22	Dover Lifeguard SC Club Champs 2022	Dover	Dover Life	4