

# Individual Best Times (All Time)

Shannon Stott - (558830) - City of Sheffield Swim Squad Ltd - 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 |
|---------|--------|-------|----------|---|----------------------|-----------------|-------|
| 4:07.64 | 814    | F     | 09/12/23 | Scottish National Short Course Championships 2023 | Edinburgh            |                 | 2     |
| 4:09.16 | 800    | H     | 24/06/23 | Hatfield SC Summer Meet 2023                      | Hatfield             | Hatfield        | 2     |
| 4:11.36 | 779    | F     | 22/10/23 | Loughborough Swimming International SC Meet 2023  | Moorways SV          | Hatfield        | 2     |
| 4:13.62 | 758    | H     | 09/12/23 | Scottish National Short Course Championships 2023 | Edinburgh            |                 | 2     |
| 4:13.84 | 756    | H     | 20/06/21 | Hatfield  | Hertfordshire Sports | Hatfield        | 0     |
| 4:15.51 | 741    | H     | 22/10/23 | Loughborough Swimming International SC Meet 2023  | Moorways SV          | Hatfield        | 2     |
| 4:18.78 | 714    | H     | 05/11/23 | NE Regional Open Championships (25m) 2023         | Sheffield            | Co Sheffield    | 2     |
| 4:19.56 | 707    | F     | 05/11/23 | NE Regional Open Championships (25m) 2023         | Sheffield            | Co Sheffield    | 2     |
| 4:22.44 | 684    | H     | 29/06/19 | Hatfield Summer Meet 2019                         | Herts Sports Village | Hatfield        | 2     |
| 4:24.92 | 665    | F     | 25/11/17 | Watford November 2017 County Qualifier            | Garston              | Hatfield        | 3     |
| 4:29.59 | 631    | F     | 04/02/17 | Herts County Champs & Age Group Champs            | Borehamwood          | Co St Albans    | 2     |
| 4:30.85 | 622    | H     | 25/09/16 | Team Luton September Short Course Meet            | Luton                | Co St Albans    | 2     |
| 4:31.39 | 619    | H     | 06/11/16 | East Swimming 2016 SC Championships               | Luton                | Co St Albans    | 2     |
| 4:32.21 | 613    | H     | 08/11/15 | ASA East Region Winter Championships 2015         | Luton                |                 | 2     |
| 4:32.63 | 610    | F     | 21/03/15 | Hertfordshire County Championships                | Borehamwood          | Co St Albans    | 2     |
| 4:32.79 | 609    | F     | 06/02/16 | Hertfordshire County Championships                | Borehamwood          | Co St Albans    | 2     |
| 4:34.22 | 600    | F     | 02/07/16 | City of St Albans Club Championships              | St Albans            | Co St Albans    | 4     |
| 4:34.59 | 597    | H     | 27/09/15 | Basildon & Phoenix Season Opener Meet             | Basildon             |                 | 2     |
| 4:35.67 | 590    | H     | 01/11/14 | Cheshunt 10th Annual Open Meet                    | Harlow               |                 | 3     |
| 4:45.40 | 532    | F     | 15/03/14 | Hertfordshire County Championships                | Borehamwood          | Co St Albans    | 2     |
| 4:51.38 | 500    | F     | 24/11/13 | Watford Middle Distance & 50m Sprint Open         | Watford              | Co St Albans    | 3     |
| 5:02.89 | 445    | H     | 28/04/13 | Team Luton Spring Open Meet 2013                  | Luton                | Co St Albans    | 3     |
| 5:18.09 | 384    | F     | 28/04/12 | City of Milton Keynes Spring Open Meet            | Bletchley            | Co St Albans    | 2     |
| 5:29.49 | 345    | F     | 10/07/11 | Watford SC Alternative Nationals Open             | Watford              | Co St Albans    | 3     |
| 5:31.79 | 338    | F     | 21/01/12 | Biggleswade Open Meet                             | Biggleswade          | Co St Albans    | 3     |
| 5:32.61 | 336    | F     | 19/03/11 | Hertfordshire County Championships                | Borehamwood          | Co St Albans    | 2     |
| 5:35.08 | 326    | F     | 16/07/11 | Plumpton Leader Meet National Qualifier O         | Plumpton             | Co St Albans    | 2     |

|         |     |   |          |  |          |              |   |
|---------|-----|---|----------|--|----------|--------------|---|
| 5:33.96 | 320 | F | 10/07/11 | Plymouth Leander Non National Qualifiers O | Plymouth | Co St Albans | 3 |
| 5:50.47 | 287 |   | 30/10/10 | Edmonton Phoenix Meet                      | Enfield  | Co St Albans | 2 |

## Swims in Date Order

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