

Individual Best Times (All Time)

Jack Harrison - (742641) - Fins CSC - 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 |
|---------|--------|-------|----------|--|--------------|-----------------|-------|
| 4:05.82 | 643 | H | 12/12/14 | Scottish National Short Course Champs | Edinburgh | Warrender Ba | 1 |
| 4:06.61 | 637 | H | 11/12/15 | Scottish National Short Course Meet | Edinburgh | Warrender Ba | 1 |
| 4:08.83 | 620 | F | 01/11/14 | East District Age Group Championships | Fife | Warrender Ba | 2 |
| 4:10.87 | 605 | H | 16/11/14 | COAST Grand Prix | Aberdeen | | 1 |
| 4:11.31 | 602 | F | 13/12/13 | Scottish National Short Course Open Meet | Edinburgh | Warrender Ba | 1 |
| 4:13.34 | 588 | F | 14/06/14 | Cumbernauld Summer Open 2014 | Cumbernauld | Warrender Ba | 2 |
| 4:17.76 | 558 | | 09/06/13 | InCas Distance Meet | Dunfermline | Warrender Ba | 2 |
| 4:18.69 | 552 | | 02/11/13 | East District Age Group Championships | Glenrothes | Warrender Ba | 1 |
| 4:19.76 | 545 | F | 16/02/14 | Belshill Sharks Open Meet 2014 | Belshill | Warrender Ba | 2 |
| 4:22.88 | 526 | H | 17/11/13 | SASA North District Open & Grand Prix | Inverness | Warrender Ba | 1 |
| 4:26.36 | 505 | F | 11/10/14 | Warrender Championships | Glenrothes | Warrender Ba | 2 |
| 4:27.62 | 498 | F | 14/12/12 | Scottish Gas National SC Championships | Edinburgh | Warrender Ba | 1 |
| 4:30.85 | 481 | | 03/11/12 | East District Age Group Championships | Bathgate | Warrender Ba | 1 |
| 4:36.66 | 451 | | 27/05/12 | Incas Distance Gala 2012 | Glenrothes | Warrender Ba | 2 |
| 4:45.43 | 411 | F | 11/02/12 | North Ayrshire 200 Meet | Auchenharvie | Warrender Ba | 2 |
| 4:53.88 | 376 | | 05/11/11 | SASA East District Age Groups November Leg | Glenrothes | Warrender Ba | 1 |
| 5:01.40 | 349 | | 12/06/11 | Incas Distance Meet | Glenrothes | Warrender Ba | 2 |
| 5:22.17 | 285 | | 05/03/11 | East District Age Groups | Glenrothes | Warrender Ba | 1 |
| 5:55.14 | 213 | F | 02/10/10 | East District Time Trial | Glenrothes | Warrender Ba | 1 |

Swims in Date Order

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