

Individual Best Times (All Time)

Jared Armstrong - (783740) - Stretford SC - 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
4:08.53	622	H	17/11/18	Wigan BEST Future Stars Open Meet	Wigan	Co Manch Aq	2
4:12.09	596	H	02/12/17	Stretford Club Championships 2017	Stretford	Stretford	4
4:12.57	593	H	05/11/16	ASA North West Region Winter Championships	Manchester	SwimTrafford	2
4:13.78	585	H	21/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	Co Manch Aq	2
4:15.98	570	H	03/10/15	ESSA Inter-Divisional Championships	Leeds		2
4:16.52	566	H	23/11/14	Liverpool & Dist Inter Association Gala	Huyton		2
4:22.63	527	H	25/10/14	City of Leeds Grand Prix	Leeds		2
4:23.06	525	H	28/09/14	Greater Manchester Autumn Meet	Wigan		3
4:24.04	519	H	03/11/18	Swim England NWR Winter Championships	Manchester	Co Manch Aq	2
4:24.70	515	H	07/11/15	ASA North West Region Winter Championships	Liverpool		2
4:29.63	487	H	26/04/14	Satellites of Macclesfield Open Meet	Macclesfield	Stretford	2
4:38.66	441	H	16/11/13	Stafford Apex Open Meet	Stafford	Stretford	2
4:40.41	433	H	01/12/13	Cumbria S & WPA Interassociation	Blackpool	Stretford	2
4:40.96	431	H	23/10/16	Manchester International 2016	Manchester	SwimTrafford	2
4:47.24	403	H	29/09/13	Greater Manchester Autumn Meet 2013	Manchester	Stretford	3
4:56.91	365	H	27/04/13	Satellites of Macclesfield 26th Open Meet	Macclesfield	Stretford	2
5:28.12	270	H	13/01/13	Bolton & Manchester District Age Group	Manchester	Stretford	3

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