

Individual Best Times (All Time)

Grant Smith - (848217) - Livingston & District Dolphins - 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
4:36.90	450	F	19/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	Livingston	2
4:37.00	449	F	25/11/17	EDAG 17 Round 1	Michael Woods Centre	Livingston	2
4:37.48	447	F	22/10/17	Carnegie 140th Anniversary Meet	Dunfermline	Livingston	2
4:40.98	431	F	07/01/17	FIRST Annual Open Meet 2017	Bathgate	West Lothian	2
4:42.72	423	F	16/04/17	Stirling Open Meet	Stirling	West Lothian	2
4:46.70	405	F	18/02/18	Carnegie Open Spring Age Group Meet 2018	Dunfermline	Livingston	2
4:50.66	389	F	20/05/17	Swim West Lothian IM Tough 2017	West Lothian	West Lothian	2
4:53.78	377	F	29/10/16	Carnegie Winter Open Meet	Glenrothes	Livingston	2
4:55.21	371	F	21/05/16	Swim West Lothian IM Tough Meet	Livingston	West Lothian	2
4:55.23	371	F	12/06/16	ELST Distance Meet 2016	Mercat Gait	Livingston	2
4:59.49	355	F	19/05/18	Swim West Lothian IM Tough	Xcite Leisure Centre	West Lothian	2
5:01.54	348	H	22/10/16	Lincoln Vulcans L2 Short Course Open Meet	Sheffield	West Lothian	2
5:10.53	319	F	31/10/15	East District Age Group Championships	Glenrothes	Livingston	1
5:18.38	296	F	03/10/15	SASA East District SC Time Trial	Prestonpans	Livingston	2
5:45.37	232	F	14/02/15	SASA East District Challenge	Bathgate	Warrender Ba	1
6:24.51	168	F	11/10/14	Warrender Championships	Glenrothes	Warrender Ba	2

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