

Individual Best Times (All Time)

Hamish Coates - (90020908) - Hawick & Teviotdale ASC - 400 Freestyle - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:06.54	331	F	15/10/23	SWL Distance Meet 2023	Xcite Bathgate		2

Swims in Date Order

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