

Individual Best Times (All Time)

Sam Glass - (924462) - Warrender Baths Club - 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
4:32.76	471	H	05/10/19	LVSC Short Course Meet 2019	Sheffield	Scot East	2
4:33.41	467	F	19/05/18	Swim West Lothian IM Tough	Xcite Leisure Centre	Warrender Ba	2
4:34.53	462	F	23/11/19	East District Age Groups round 2	Michael Woods Centre	Warrender Ba	2
4:36.14	454	F	25/11/17	EDAG 17 Round 1	Michael Woods Centre	Warrender Ba	2
4:37.33	448	F	27/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	Warrender Ba	2
4:44.26	416	F	21/10/17	Carnegie 140th Anniversary Meet	Dunfermline	Warrender Ba	2
4:48.12	399	F	14/05/17	InCAS Distance Meet	Michael Woods Centre	Warrender Ba	2
4:50.14	391	F	20/05/17	Swim West Lothian IM Tough 2017	West Lothian	Warrender Ba	2
4:53.85	376	F	18/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	Warrender Ba	2
4:57.33	363	F	26/11/16	East District Age Groups Championships	Glenrothes	Warrender Ba	1
4:58.52	359	F	07/10/17	WBC Championships 2017	Michael Woods Centre	Warrender Ba	2
4:59.41	356	F	29/10/16	Carnegie Winter Open Meet	Glenrothes	Warrender Ba	2
5:04.14	339	F	21/05/16	Swim West Lothian IM Tough Meet	Livingston	Warrender Ba	2
5:10.65	318	F	12/06/16	ELST Distance Meet 2016	Mercat Gait	Warrender Ba	2
5:12.63	312	F	17/09/16	Warrender Championships	Glenrothes	Warrender Ba	2
5:21.58	287		09/01/16	FIRST Open Meet 2016	Bathgate	Warrender Ba	2
5:25.75	276	F	13/02/16	ELST Anniversary Meet	Prestonpans	Warrender Ba	2
5:27.93	271	F	10/10/15	WBC Club Championships 2015 Weekend	Glenrothes	Warrender Ba	2

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