

Individual Best Times (All Time)

Dominic Cook - (1110706) - Satellite of Macclesfield SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.63	35.00	202	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3
50 Breaststroke	52.16	51.60	123	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3
100 Breaststroke	1:51.06	1:49.90	134	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3
50 Backstroke	41.03	40.50	189	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3
100 Backstroke	1:32.53	1:31.70	173	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3
200 Individual Medley	3:18.85	3:16.90	188	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.67	35.30	196	28/09/13	Satellites Splash & Dash Relay & Sprint	Macclesfield	NW3757	3
100 Freestyle	1:09.73	1:10.90	265	18/01/14	North Midlands ASA Championships 2014	Macclesfield	NW4151	3
200 Freestyle	2:32.78	2:35.00	275	02/07/14	Satellites of Macclesfield Time Trials	Macclesfield	NW4717	4
400 Freestyle	5:13.54	5:18.00	310	06/07/14	Satellites of Macclesfield Time Trials	Macclesfield	NW4718	4
50 Breaststroke	48.43	49.10	136	28/09/13	Satellites Splash & Dash Relay & Sprint	Macclesfield	NW3757	3
100 Breaststroke	1:43.09	1:44.30	154	02/07/14	Satellites of Macclesfield Time Trials	Macclesfield	NW4717	4
200 Breaststroke	3:36.21	3:38.60	171	11/09/13	Satellites of Macclesfield Club Championships	Macclesfield	NW3682	4
50 Butterfly	42.20	42.60	136	28/09/13	Satellites Splash & Dash Relay & Sprint	Macclesfield	NW3757	3
100 Butterfly	1:25.40	1:26.30	175	25/06/14	Satellites of Macclesfield Time Trials	Macclesfield	NW4716	4
200 Butterfly	3:16.32	3:17.90	161	02/07/14	Satellites of Macclesfield Time Trials	Macclesfield	NW4717	4
50 Backstroke	38.97	39.50	182	28/09/13	Satellites Splash & Dash Relay & Sprint	Macclesfield	NW3757	3
100 Backstroke	1:17.89	1:18.90	238	22/06/14	Satellites of Macclesfield Time Trials	Macclesfield	NW4715	4
200 Backstroke	2:49.35	2:51.30	242	25/06/14	Satellites of Macclesfield Time Trials	Macclesfield	NW4716	4
200 Individual Medley	2:47.49	2:49.80	280	19/01/14	North Midlands ASA Championships 2014	Macclesfield	NW4151	3
400 Individual Medley	6:02.25	6:07.10	272	06/07/14	Satellites of Macclesfield Time Trials	Macclesfield	NW4718	4