

Individual Best Times (All Time)

Casey Rook - (1144213) - Reading SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.30	25.50	502	02/04/22	Welsh Capital Open Meet	Cardiff	WL220026	1
100 Freestyle	56.76	55.30	562	03/04/22	Welsh Capital Open Meet	Cardiff	WL220026	1
200 Freestyle	2:11.12	2:08.40	470	12/01/20	BSBASA County Championships	Wycombe	SE200053	1
400 Freestyle	4:46.70	4:41.80	452	22/09/18	WDSC Club Championships 2018	Wycombe	SE181863	4
800 Freestyle	9:56.06	9:46.30	436	22/09/18	WDSC Club Championships 2018	Wycombe	SE181863	4
1500 Freestyle	19:04.36	18:46.20	440	23/09/18	WDSC Club Championships 2018	Wycombe	SE181863	4
50 Breaststroke	33.86	32.90	450	03/04/22	Welsh Capital Open Meet	Cardiff	WL220026	1
100 Breaststroke	1:14.32	1:12.60	448	03/04/22	Welsh Capital Open Meet	Cardiff	WL220026	1
200 Breaststroke	2:44.82	2:41.60	441	21/07/19	2019 Wycombe End of Season Long Course Meet	High Wycombe	SE191786	3
50 Butterfly	30.08	29.40	405	11/01/20	BSBASA County Championships	Wycombe	SE200053	1
100 Butterfly	1:13.46	1:12.40	305	26/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190016	1
50 Backstroke	35.84	35.30	283	05/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
100 Backstroke	1:19.65	1:18.60	271	28/04/18	WDSC 2018 Long Course Sprint Meet	Wycombe	SE180758	3
200 Individual Medley	2:31.73	2:29.10	424	13/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190015	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.53	26.30	492	25/07/21	Tilehurst SC Sprint Meet	Reading	SE210218	4
100 Freestyle	56.17	57.60	508	01/03/20	City of Oxford Swimming Club Short Course March	Cambridge	SE200508	3
200 Freestyle	2:05.23	2:08.00	499	29/02/20	City of Oxford Swimming Club Short Course March	Cambridge	SE200508	3
400 Freestyle	4:33.53	4:38.60	467	15/12/18	Hatfield Xmas Meet Meet 2018	Hertfordshire	ER182238	3
1500 Freestyle	19:30.99	19:48.50	378	02/10/17	Reading Club Championships	Reading	SE171697	4
50 Breaststroke	34.04	35.00	393	30/06/19	Hatfield Summer Meet 2019	Herts Sports Village	ER191325	2
100 Breaststroke	1:11.97	1:13.70	453	01/03/20	City of Oxford Swimming Club Short Course March	Cambridge	SE200508	3
200 Breaststroke	2:37.62	2:40.90	443	30/06/19	Hatfield Summer Meet 2019	Herts Sports Village	ER191325	2
50 Butterfly	29.93	30.60	383	22/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3
100 Butterfly	1:07.09	1:08.20	361	22/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3
200 Butterfly	2:56.74	2:58.50	220	18/11/17	Reading Club Championships	Reading	SE171701	4
50 Backstroke	32.31	32.90	320	28/09/19	Maidenhead Marlins County Qualifier	Magnet LC	SE192327	3
100 Backstroke	1:12.92	1:14.00	291	12/10/19	NASL South League Round One	Wycombe	SE192933	3
200 Backstroke	2:53.26	2:55.20	226	25/11/17	Reading Club Championships	Reading	SE171702	4
200 Individual Medley	2:23.67	2:26.40	444	22/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3
400 Individual Medley	5:21.95	5:27.40	387	06/10/18	Maxwell October Meet	Aylesbury	SE181885	3
100 Individual Medley	1:05.42	1:05.40	427	25/07/21	Tilehurst SC Sprint Meet	Reading	SE210218	4