

Individual Best Times (All Time)

Casey Rook - (1144213) - Reading SC - 100 Freestyle - Long 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
56.76	562	F	03/04/22	Welsh Capital Open Meet	Cardiff		1
58.87	504	H	26/01/20	BSBASA County Championships	Wycombe	Maidenhead	1
59.05	499	F	26/01/20	BSBASA County Championships	Wycombe	Maidenhead	1
59.85	479	F	20/07/19	2019 Wycombe End of Season Long Course Meet	High Wycombe	Wycombe Dist	3
1:00.40	466	F	20/07/19	2019 Wycombe End of Season Long Course Meet	High Wycombe	Wycombe Dist	3
1:00.71	459	F	27/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	Wycombe Dist	1
1:00.77	458	F	16/02/19	Wycombe Dual Award Long Course Meet	Wycombe	Wycombe Dist	3
1:00.98	453	H	27/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	Wycombe Dist	1
1:01.30	446	H	21/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	Wycombe Dist	1
1:01.54	441	F	23/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	Wycombe Dist	1
1:02.24	426	F	23/09/18	WDSC Club Championships 2018	Wycombe	Wycombe Dist	4
1:03.11	409	H	30/07/18	Swim Wales Summer Nationals	Swansea	Wycombe Dist	1
1:04.16	389	F	28/04/18	WDSC 2018 Long Course Sprint Meet	Wycombe	Wycombe Dist	3
1:04.23	388	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	Wycombe Dist	1
1:05.09	373	H	28/01/18	Berks & Sth Bucks County Championships	Wycombe	Wycombe Dist	1
1:08.10	325	F	15/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	Reading	3
1:12.98	264	H	16/04/16	Bracknell Wokingham Spring L3 Meet	Aldershot	Reading	3

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1:01.54	441	F	23/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	Wycombe Dist	1
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