Individual Best Times (All Time)

Casey Rook - (1144213) - Reading SC - 50 Freestyle - Short Course Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

ime	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
25.53	492	F	25/07/21	Tilehurst SC Sprint Meet	Reading		4
26.67	431	F	07/12/19	Hart SC Last Chance Qualifier 2019	Hart Leisure Centre	Maidenhead	3
27.12	410	Н	15/12/18	Hatfield Xmas Meet Meet 2018	Hertfordshire	Wycombe Dist	3
27.15	409	Н	06/04/19	Hatfield Regional Qualifier 2019	Herts Sports Village	Wycombe Dist	3
27.25	404	F	06/04/19	Hatfield Regional Qualifier 2019	Herts Sports Village	Wycombe Dist	3
27.32	401	F	15/12/18	Hatfield Xmas Meet Meet 2018	Hertfordshire	Wycombe Dist	3
27.44	396	F	06/10/18	Maxwell October Meet	Aylesbury	Wycombe Dist	3
27.55	391	Н	29/09/19	Maidenhead Marlins County Qualifier	Magnet LC	Wycombe Dist	3
29.83	308	F	29/10/17	Hart Autumn Level 3 Open Meet	Hart	Reading	3
30.25	296	F	22/07/17	Reading SC Club Sprints 2017	Reading		4
31.37	265	F	25/06/16	Reading Club Sprints	Reading		4
31.46	263	Н	03/12/16	Bracknell Winter L3 Open Meet	Bracknell	Reading	3
32.16	246	Н	28/01/17	Berks & Sth Bucks ASA 2017 County Championships	Maidenhead	Reading	2
32.59	236	Н	17/01/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	Reading	2
32.64	235	F	13/03/16	16th City of Southampton Open Meet	Southampton	Reading	2
33.11	225	Н	28/11/15	Maidenhead ASC November 2015 County Qualifier	Maidenhead		3
33.79	212	F	20/06/15	Reading Club Sprints 2015	Reading	Reading	4
34.46	200	Н	16/05/15	Windsor Level 3 Meet	Maidenhead		3
34.78	194	Н	18/01/15	Windsor Level 2 Open Meet	Maidenhead		2
34.86	193	F	24/01/15	Reading January Level 3 Open Meet 2015	Reading	Reading	3
34.93	192	Н	08/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead		2
35.53	182	Н	06/12/14	The Bracknell Winter Level 3 Open Meet	Bracknell		3
36.20	172	F	21/06/14	Reading Club Sprints 2014	Reading	Reading	4
36.23	172	Н	20/12/14	Tilehurst No Frills Invitational	Tilehurst		4
36.34	170	Н	14/06/14	Tilehurst SC Open Meet	Reading	Reading	3
47.05	78	F	06/07/13	Reading SC Club Sprints	Surrey	Reading	4

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