

Individual Best Times (All Time)

Casey Rook - (1144213) - Reading SC - 50 Backstroke - 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
32.31	320	H	28/09/19	Maidenhead Marlins County Qualifier	Magnet LC	Wycombe Dist	3
32.62	311	F	22/06/19	The Terry Davies Alternative Nationals	Woodside	Wycombe Dist	3
33.27	293	F	25/11/18	WDSC Short Course (L3) County & Regional Qualifier	Wycombe LC	Wycombe Dist	3
35.49	241	F	28/10/17	Hart Autumn Level 3 Open Meet	Hart	Reading	3
35.53	240	F	17/12/17	Reading December 9th L3 Open Meet	Reading	Wycombe Dist	3
36.88	215	F	22/07/17	Reading SC Club Sprints 2017	Reading		4
39.30	178	F	05/11/16	Reading November L3 Open Meet	Reading	Reading	3
39.45	176	H	09/10/16	Berkshire & South Bucks 2016 Development Meet	Bracknell	Reading	3
39.90	170	H	02/07/16	Bracknell & Wokingham Summer L3 Meet	Bracknell	Reading	3
40.56	161	F	25/06/16	Reading Club Sprints	Reading		4
40.62	161	H	28/11/15	Maidenhead ASC November 2015 County Qualifier	Maidenhead		3
41.73	148	H	13/12/15	Tilehurst No Frills Open Meet	Tilehurst		3
42.62	139	H	11/10/15	Berkshire & Sth Bucks Development Meet 2015	Bracknell		3
43.03	135	H	16/05/15	Windsor Level 3 Meet	Maidenhead		3
43.68	129	F	20/06/15	Reading Club Sprints 2015	Reading	Reading	4
43.74	129	H	20/12/14	Tilehurst No Frills Invitational	Tilehurst		4
47.26	102	H	14/06/14	Tilehurst SC Open Meet	Reading	Reading	3
47.79	99	F	21/06/14	Reading Club Sprints 2014	Reading	Reading	4
58.61	53	F	06/07/13	Reading SC Club Sprints	Surrey	Reading	4

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