

Individual Best Times (All Time)

Casey Rook - (1144213) - Reading SC - 100 Freestyle - 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
56.17	508	H	01/03/20	City of Oxford Swimming Club Short Course March	Cambridge	Maidenhead	3
57.33	478	F	08/12/19	Hart SC Last Chance Qualifier 2019	Hart Leisure Centre	Maidenhead	3
57.77	467	H	21/06/21	Reading Swimming Club	Bradfield College	Reading	0
58.46	451	F	09/11/19	National Arena Swimming League South Round Two	Hart LC	Maidenhead	3
59.41	429	H	16/12/18	Hatfield Xmas Meet Meet 2018	Hertfordshire	Wycombe Dist	3
59.59	426	F	24/11/18	WDSC Short Course (L3) County & Regional Qualifier	Wycombe LC	Wycombe Dist	3
59.70	423	H	07/04/19	Hatfield Regional Qualifier 2019	Herts Sports Village	Wycombe Dist	3
1:00.54	406	F	16/12/18	Hatfield Xmas Meet Meet 2018	Hertfordshire	Wycombe Dist	3
1:02.16	375	H	24/06/18	Hatfield Summer Meet 2018	Herts Sports Village	Wycombe Dist	2
1:03.74	348	F	29/10/17	Hart Autumn Level 3 Open Meet	Hart	Reading	3
1:03.99	344	F	26/11/17	Reading Club Championships	Reading	Reading	4
1:07.70	290	H	15/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	Reading	2
1:08.39	281	F	02/10/16	Reading Club Championships 2016	Reading		4
1:08.63	278	H	02/07/16	Bracknell & Wokingham Summer L3 Meet	Bracknell	Reading	3
1:09.02	274	H	03/12/16	Bracknell Winter L3 Open Meet	Bracknell	Reading	3
1:10.42	258	H	16/01/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	Reading	2
1:10.58	256	F	13/03/16	16th City of Southampton Open Meet	Southampton	Reading	2
1:10.86	253	H	28/11/15	Maidenhead ASC November 2015 County Qualifier	Maidenhead		3
1:10.86	253	H	07/05/16	Windsor Spring Level 3 Meet	Windsor	Reading	3
1:12.34	238	F	04/10/15	Reading Club Championships	Reading		4
1:13.96	222	H	16/05/15	Windsor Level 3 Meet	Maidenhead		3
1:14.82	215	H	11/10/15	Berkshire & Sth Bucks Development Meet 2015	Bracknell		3
1:16.12	204	H	18/01/15	Windsor Level 2 Open Meet	Maidenhead		2
1:16.47	201	F	24/01/15	Reading January Level 3 Open Meet 2015	Reading	Reading	3
1:17.87	190	F	16/11/14	Reading Club Championships	Reading	Reading	4
1:19.12	182	H	20/12/14	Tilehurst No Frills Invitational	Tilehurst		4
1:20.46	172	H	06/12/14	The Bracknell Winter Level 3 Open Meet	Bracknell		3

1:20.40	173	H	06/12/14	The Bracknell Winter Level 3 Open Meet	Bracknell		
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