

Individual Best Times (All Time)

Casey Rook - (1144213) - Reading SC - 50 Breaststroke - 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
34.04	393	H	30/06/19	Hatfield Summer Meet 2019	Herts Sports Village	Wycombe Dist	2
34.26	386	H	16/12/18	Hatfield Xmas Meet Meet 2018	Hertfordshire	Wycombe Dist	3
34.42	380	F	16/12/18	Hatfield Xmas Meet Meet 2018	Hertfordshire	Wycombe Dist	3
34.56	376	F	24/11/18	WDSC Short Course (L3) County & Regional Qualifier	Wycombe LC	Wycombe Dist	3
34.59	375	F	08/12/19	Hart SC Last Chance Qualifier 2019	Hart Leisure Centre	Maidenhead	3
34.80	368	F	06/10/18	Maxwell October Meet	Aylesbury	Wycombe Dist	3
36.02	332	H	29/09/19	Maidenhead Marlins County Qualifier	Magnet LC	Wycombe Dist	3
38.66	268	F	17/12/17	Reading December 9th L3 Open Meet	Reading	Wycombe Dist	3
38.84	265	F	29/10/17	Hart Autumn Level 3 Open Meet	Hart	Reading	3
38.88	264	F	22/07/17	Reading SC Club Sprints 2017	Reading		4
40.26	238	F	05/11/16	Reading November L3 Open Meet	Reading	Reading	3
40.54	233	H	19/02/17	Rushmoor Royals Reg. Qual. Open Meet	Guildford	Reading	3
41.23	221	H	09/10/16	Berkshire & South Bucks 2016 Development Meet	Bracknell	Reading	3
41.36	219	H	26/11/16	Maidenhead Olympic Celebration County Qualifier	Maidenhead	Reading	3
41.85	211	H	03/12/16	Bracknell Winter L3 Open Meet	Bracknell	Reading	3
42.40	203	H	28/01/17	Berks & Sth Bucks ASA 2017 County Championships	Maidenhead	Reading	2
43.01	195	F	25/06/16	Reading Club Sprints	Reading		4
44.27	179	H	13/12/15	Tilehurst No Frills Open Meet	Tilehurst		3
44.69	174	H	28/11/15	Maidenhead ASC November 2015 County Qualifier	Maidenhead		3
44.80	172	F	14/12/15	Reading Last Chance County Times Evening	Reading	Reading	4
46.65	152	H	11/10/15	Berkshire & Sth Bucks Development Meet 2015	Bracknell		3
48.46	136	H	16/05/15	Windsor Level 3 Meet	Maidenhead		3
48.53	135	F	20/06/15	Reading Club Sprints 2015	Reading	Reading	4
54.51	95	H	14/06/14	Tilehurst SC Open Meet	Reading	Reading	3
54.61	95	H	20/12/14	Tilehurst No Frills Invitational	Tilehurst		4
55.37	91	F	21/06/14	Reading Club Sprints 2014	Reading	Reading	4
1:07.44	50	F	06/07/10	Reading SC Club Sprints	Reading	Reading	4

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1:07.44	50	F	06/07/13	Reading SC Club Sprints	Surrey	Reading	4