

Individual Best Times (All Time)

Casey Rook - (1144213) - Reading SC - 100 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
1:11.97	453	H	01/03/20	City of Oxford Swimming Club Short Course March	Cambridge	Maidenhead	3
1:12.61	441	F	22/06/19	The Terry Davies Alternative Nationals	Woodside	Wycombe Dist	3
1:13.00	434	F	14/12/19	NASL South Round 3	Maidenhead	Maidenhead	3
1:13.99	417	F	07/12/19	Hart SC Last Chance Qualifier 2019	Hart Leisure Centre	Maidenhead	3
1:14.00	416	F	15/12/18	Hatfield Xmas Meet Meet 2018	Hertfordshire	Wycombe Dist	3
1:14.04	416	F	24/11/18	WDSC Short Course (L3) County & Regional Qualifier	Wycombe LC	Wycombe Dist	3
1:14.04	416	H	06/04/19	Hatfield Regional Qualifier 2019	Herts Sports Village	Wycombe Dist	3
1:14.19	413	H	15/12/18	Hatfield Xmas Meet Meet 2018	Hertfordshire	Wycombe Dist	3
1:14.57	407	H	28/06/21	Reading	Bradfield College	Reading	0
1:14.62	406	F	06/04/19	Hatfield Regional Qualifier 2019	Herts Sports Village	Wycombe Dist	3
1:15.35	394	F	06/10/18	Maxwell October Meet	Aylesbury	Wycombe Dist	3
1:15.62	390	H	29/09/19	Maidenhead Marlins County Qualifier	Magnet LC	Wycombe Dist	3
1:22.97	295	F	11/11/17	NASLS - ROUND TWO	MAIDENHEAD	Reading	3
1:23.04	295	F	28/10/17	Hart Autumn Level 3 Open Meet	Hart	Reading	3
1:23.10	294	H	17/03/18	Tigersharks Spring L2 Open Meet	Swindon	Wycombe Dist	2
1:23.47	290	F	26/11/17	Reading Club Championships	Reading	Reading	4
1:23.88	286	F	09/12/17	NASLS - Round Three	Waterlooville	Wycombe Dist	3
1:25.89	266	F	14/10/17	NASLS - Round One	Portsmouth	Reading	3
1:26.83	258	H	07/05/17	Windsor Spring Level 3	Maidenhead	Reading	3
1:27.42	252	H	18/02/17	Rushmoor Royals Reg. Qual. Open Meet	Guildford	Reading	3
1:28.94	240	F	02/10/16	Reading Club Championships 2016	Reading		4
1:29.05	239	H	14/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	Reading	2
1:30.58	227	H	03/12/16	Bracknell Winter L3 Open Meet	Bracknell	Reading	3
1:31.03	223	H	09/10/16	Berkshire & South Bucks 2016 Development Meet	Bracknell	Reading	3
1:31.34	221	F	17/09/16	Leander Invitational Meet	Northolt	Reading	4
1:35.06	196	H	16/01/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	Reading	2
1:35.50	182	H	28/11/15	Maidenhead ASC November 2015 County Qualifier	Maidenhead		2

1:33.39	193	H	20/11/13	Maidenhead ASC November 2013 County Qualifier	Maidenhead		
1:36.09	190	F	13/03/16	16th City of Southampton Open Meet	Southampton	Reading	2
1:38.33	177	H	11/10/15	Berkshire & Sth Bucks Development Meet 2015	Bracknell		3
1:40.56	166	F	04/10/15	Reading Club Championships	Reading		4
1:52.80	117	F	24/01/15	Reading January Level 3 Open Meet 2015	Reading	Reading	3
1:58.81	100	F	16/11/14	Reading Club Championships	Reading	Reading	4
2:15.03	68	F	16/11/13	Reading Club Championships	Reading	Reading	4

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