

Individual Best Times (All Time)

Dominic Frost - (553680) - University of Nottingham SC - 50 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
24.89	531	F	01/07/18	NPSC Club Championships Progress Meet 2018	Bletchley	Newport Pag	4
24.95	527	H	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2
25.38	501	H	04/02/17	Oxfordshire & North Bucks County Championships	Aylesbury	Co Milton K	2
25.42	498	H	03/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	Newport Pag	2
25.48	495	F	03/12/16	Maxwell Last Chance Counties December Meet	Aylesbury	Co Milton K	3
25.55	491	F	22/10/17	NPSC Club Championships Progress Meet	Bletchley	Newport Pag	4
25.85	474	H	16/07/16	Team Luton Fast & Furious III Sprint Meet	Luton	Newport Pag	3
25.90	471	F	06/02/16	Oxon & North Bucks County Champs	Aylesbury	Newport Pag	2
25.91	471	F	16/07/16	Team Luton Fast & Furious III Sprint Meet	Luton	Newport Pag	3
26.07	462	F	18/06/17	CMKSC Summer Open Meet Level 3	Bletchley		3
26.25	452	H	06/02/16	Oxon & North Bucks County Champs	Aylesbury	Newport Pag	2
26.27	451	F	26/06/16	CMKSC Annual End of Season Open Meet	Milton Keynes	Newport Pag	3
27.10	411	F	22/11/15	COPS Winter Open Meet	Peterborough	Newport Pag	3
27.24	405	F	22/11/15	COPS Winter Open Meet	Peterborough	Newport Pag	3
27.26	404	F	25/10/15	Newport Pagnell SC Club Championships	Bletchley	Newport Pag	4
27.35	400	F	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton		3
27.37	399	H	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton		3
27.46	395	F	15/11/14	City of MK Annual 502400's Meet	Milton Keynes	Newport Pag	3
27.49	394	F	15/03/15	Maxwell Swim Club March L3 Meet	Aylesbury	Newport Pag	3
27.51	393	F	14/12/14	City of MK 9th Annual Christmas Cracker	Milton Keynes	Newport Pag	3
27.56	391	H	07/02/15	Oxfordshire & North Bucks County Champs	Aylesbury	Newport Pag	2
27.60	389	H	05/10/14	Leicester Penguins Open Meet	Braunstone		3
28.11	368	H	08/03/14	Oxfordshire & N Bucks County Championships	Aylesbury	Newport Pag	2
28.44	356	F	22/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	Newport Pag	3
28.88	340	F	19/01/14	Watford County Qualifier Open Meet	Watford	Newport Pag	3
29.95	304	F	16/11/13	City of Milton Keynes Annual 502400 L2 Meet	Bletchley	Newport Pag	2
30.03	282	F	15/12/14	CMK SC 9th Annual Christmas Cracker	Bletchley	Newport Pag	3

30.03	302	F	13/12/13	CMK SC 8th Annual Christmas Cracker	Bletchley	Newport Pag	3
31.12	271	H	05/10/13	Leicester Penguins Open Meet 2013	Braunstone	Newport Pag	3
31.89	252	F	21/04/13	City of Milton Keynes SC Spring Open	Bletchley	Newport Pag	2
32.71	234	F	19/05/13	Leighton Buzzard SC May Level 3 Open Meet	Bletchley	Newport Pag	3
33.01	227		07/10/12	Barnet Cophall Novices Meet	Barnet	Newport Pag	3
33.05	226	F	16/12/12	CMKSC 7th Annual Christmas Cracker	Bletchley	Newport Pag	3
33.62	215	F	15/01/12	Watford County Qualifier Meet	Watford	Newport Pag	3
33.83	211		07/10/12	Barnet Cophall Novices Meet	Barnet	Newport Pag	3
34.44	200	F	19/11/11	City of Milton Keynes 502400's Meet	Bletchley	Newport Pag	2
36.70	165		30/04/11	Rugby SC Open Meet 2011	Rugby	Newport Pag	3
36.73	165	H	27/06/11	St Neots Swans Open	St Neots	Newport Pag	4
38.73	141		03/10/10	Barnet Cophall Novices	Barnet	Newport Pag	4
39.02	137	F	08/01/11	Linslade Crusaders Last Chance Open Meet	Milton Keynes	Newport Pag	4
40.04	127		25/09/10	Maxwell September Meet	Aylesbury	Newport Pag	3
40.34	124		03/10/10	Barnet Cophall Novices	Barnet	Newport Pag	4

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