

Individual Best Times (All Time)

Dominic Frost - (553680) - University of Nottingham 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
54.94	543	H	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2
55.12	538	H	11/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	Newport Pag	2
55.37	531	F	22/10/17	NPSC Club Championships Progress Meet	Bletchley	Newport Pag	4
55.41	529	F	01/07/18	NPSC Club Championships Progress Meet 2018	Bletchley	Newport Pag	4
55.86	517	F	04/12/16	Maxwell Last Chance Counties December Meet	Aylesbury	Co Milton K	3
56.02	512	H	12/02/17	Oxfordshire & North Bucks County Championships	Aylesbury	Co Milton K	2
56.39	502	F	14/02/16	Oxon & North Bucks County Champs	Aylesbury	Newport Pag	2
56.77	492	H	14/02/16	Oxon & North Bucks County Champs	Aylesbury	Newport Pag	2
56.80	491	F	19/11/16	CMK November Open Meet (Level 3)	Milton Keynes		3
56.90	489	H	02/10/16	Leicester Penguins 2016 Open Meet	Braunstone	Co Milton K	3
57.06	485	F	16/07/16	Team Luton Fast & Furious III Sprint Meet	Luton	Newport Pag	3
57.47	474	F	02/04/16	CMKSC Annual L3 Spring Open Meet	Milton Keynes	Newport Pag	3
58.07	460	H	17/10/15	Lincoln Vulcans Level 2 Open Meet	Sheffield		2
58.19	457	F	25/06/16	CMKSC Annual End of Season Open Meet	Milton Keynes	Newport Pag	3
58.49	450	F	17/06/17	CMKSC Summer Open Meet Level 3	Bletchley		3
58.55	449	F	25/10/15	Newport Pagnell SC Club Championships	Bletchley	Newport Pag	4
58.59	448	F	07/12/14	Maxwell Swim Club December L3 Meet	Aylesbury	Newport Pag	3
58.60	448	H	16/07/16	Team Luton Fast & Furious III Sprint Meet	Luton	Newport Pag	3
58.74	444	H	15/02/15	Oxfordshire & North Bucks County Champs	Aylesbury	Newport Pag	2
59.11	436	H	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton		3
1:00.46	407	F	14/12/14	City of MK 9th Annual Christmas Cracker	Milton Keynes	Newport Pag	3
1:01.60	385	F	22/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	Newport Pag	3
1:01.73	383	F	27/04/14	City of MK Annual Spring Open Level 2 Meet	Milton Keynes	Newport Pag	2
1:01.81	381	F	22/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	Newport Pag	3
1:02.55	368	H	16/03/14	Oxon & North Bucks County Championships	Aylesbury	Newport Pag	2
1:04.43	337	F	15/12/13	CMK SC 8th Annual Christmas Cracker	Bletchley	Newport Pag	3
1:04.88	328	F	17/11/13	City of Milton Keynes Annual 500/100 L3 Meet	Bletchley	Newport Pag	3

1:04.36	320	F	17/11/13	CITY OF MILTON KEYNES ANNUAL 502400 L2 MEET	Bletchley	Newport Pag	
1:05.47	321	H	06/10/13	Leicester Penguins Open Meet 2013	Braunstone	Newport Pag	3
1:08.20	284	F	23/06/13	CMKSC 11th Annual End of Season	Bletchley	Newport Pag	3
1:08.82	276	F	13/07/13	Bletchley Annual End of Season Meet	Aylesbury	Newport Pag	3
1:11.14	250	F	19/05/13	Leighton Buzzard SC May Level 3 Open Meet	Bletchley	Newport Pag	3
1:12.30	238	F	16/12/12	CMKSC 7th Annual Christmas Cracker	Bletchley	Newport Pag	3
1:13.60	226	F	24/06/12	Milton Keynes End of Season Meet	Bletchley	Newport Pag	3
1:21.18	168		30/04/11	Rugby SC Open Meet 2011	Rugby	Newport Pag	3
1:28.10	131		25/09/10	Maxwell September Meet	Aylesbury	Newport Pag	3

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