

Individual Best Times (Masters)

Cassie Allen - (692472) - Woking SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	30.21	477	03/06/23	British Masters Championships	Sheffield	MAS1046	0
100 Freestyle	1:07.82	443	04/06/23	British Masters Championships	Sheffield	MAS1046	0
200 Freestyle	2:34.94	386	20/04/24	British Masters Championships 2024	Swansea	MAS1147	0
50 Backstroke	36.78	389	03/06/23	British Masters Championships	Sheffield	MAS1046	0
100 Backstroke	1:20.81	357	02/06/23	British Masters Championships	Sheffield	MAS1046	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	29.65	462	29/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
100 Freestyle	1:05.64	448	28/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
200 Freestyle	2:29.38	402	26/11/23	AP Race Masters Grand Prix 2023	Derby	MAS1103	0
50 Breaststroke	41.78	313	24/06/23	Surrey County Masters Championships 2023	Surrey	MAS1052	0
50 Butterfly	35.72	317	24/06/23	Surrey County Masters Championships 2023	Surrey	MAS1052	0
50 Backstroke	35.40	362	29/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
100 Backstroke	1:18.66	339	28/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
100 Individual Medley	1:17.67	385	29/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0