



Swim England West Midlands SC Regionals
Sandwell – 1st & 2nd November 2025

Date		Meet	Venue	Level	Time
Samuel Cooke		Birm'ham Uni	1271525		
Male/Female 100 Freestyle					
1	01/11/2025	SEWMR Winter Championships 2025	Sandwell	2	00:52.20
Male/Female 100 Butterfly					
1	02/11/2025	SEWMR Winter Championships 2025	Sandwell	2	00:56.93
Male/Female 200 Backstroke					
1	02/11/2025	SEWMR Winter Championships 2025	Sandwell	2	02:06.50
Male/Female 400 Individual Medley					
1	01/11/2025	SEWMR Winter Championships 2025	Sandwell	2	04:38.88