

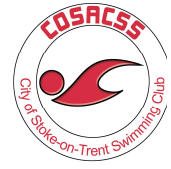


# The City of Stoke on Trent S.C. (COSACSS)

## Y2K 2018

### LICENSED OPEN MEET

(under A.S.A Law and A.S.A Technical Rules)



No entries faster than "UPPER" or slower than the "LOWER" times below will be accepted

| FEMALE   |     |       | 9      | 10     | 11     | 12     | 13     | 14     | 15/Ov. |
|--|-----|-------|--------|--------|--------|--------|--------|--------|--------|
| F<br>r<br>e<br>e<br>s<br>t<br>y<br>l<br>e                | 50  | Upper | :35.3  | :32.8  | :31.3  | :29.9  | :29.0  | :28.5  | :28.1  |
|  |     | Lower | :48.5  | :45.5  | :42.5  | :39.9  | :37.7  | :36.2  | :35.2  |
|  | 100 | Upper | 1:20.0 | 1:12.1 | 1:07.2 | 1:03.7 | 1:02.0 | 1:00.9 | 1:00.2 |
|  |     | Lower | 1:51.1 | 1:40.1 | 1:31.8 | 1:25.7 | 1:21.1 | 1:17.8 | 1:15.9 |
|  | 200 | Upper | 2:49.7 | 2:33.1 | 2:24.5 | 2:16.9 | 2:12.9 | 2:10.9 | 2:09.0 |
|  |     | Lower | 3:52.8 | 3:34.0 | 3:18.2 | 3:04.7 | 2:54.3 | 2:47.6 | 2:43.2 |
|  | 400 | Upper | N/A    | 5:24.9 | 5:00.1 | 4:44.6 | 4:37.2 | 4:33.1 | 4:29.3 |
|  |     | Lower | N/A    | 7:33.2 | 6:52.9 | 6:25.1 | 6:04.3 | 5:50.4 | 5:40.9 |
| B<br>a<br>c<br>k<br>s<br>t<br>r<br>o<br>k<br>e           | 50  | Upper | :40.7  | :37.4  | :35.5  | :33.9  | :32.8  | :32.1  | :31.8  |
|  |     | Lower | :55.5  | :51.7  | :48.1  | :45.1  | :42.6  | :40.8  | :39.8  |
|  | 100 | Upper | 1:31.1 | 1:21.4 | 1:15.4 | 1:11.2 | 1:08.8 | 1:07.6 | 1:06.4 |
|  |     | Lower | 2:05.6 | 1:52.2 | 1:42.5 | 1:35.2 | 1:29.7 | 1:26.1 | 1:23.6 |
|  | 200 | Upper | 3:08.4 | 2:52.2 | 2:39.1 | 2:31.3 | 2:27.3 | 2:24.6 | 2:22.0 |
|  |     | Lower | 4:16.6 | 3:58.3 | 3:37.2 | 3:23.0 | 3:12.2 | 3:04.5 | 2:58.9 |
| B<br>r<br>e<br>a<br>s<br>t<br>s<br>t<br>r<br>o<br>k<br>e | 50  | Upper | :46.8  | :42.7  | :40.1  | :38.0  | :36.6  | :35.8  | :35.2  |
|  |     | Lower | 1:03.4 | :58.8  | :54.3  | :50.6  | :47.6  | :45.5  | :44.2  |
|  | 100 | Upper | 1:44.3 | 1:33.3 | 1:25.9 | 1:21.3 | 1:18.1 | 1:15.8 | 1:15.1 |
|  |     | Lower | 2:23.1 | 2:08.0 | 1:56.4 | 1:48.5 | 1:41.6 | 1:36.7 | 1:34.5 |
|  | 200 | Upper | 3:37.5 | 3:18.3 | 3:04.4 | 2:54.3 | 2:47.5 | 2:43.7 | 2:42.1 |
|  |     | Lower | 4:54.9 | 4:32.7 | 4:09.8 | 3:52.9 | 3:38.2 | 3:28.8 | 3:23.7 |
| B<br>u<br>t<br>t<br>e<br>r<br>f<br>l<br>y                | 50  | Upper | :40.2  | :36.3  | :34.5  | :32.7  | :31.7  | :31.0  | :30.4  |
|  |     | Lower | :54.3  | :49.9  | :46.5  | :43.5  | :41.0  | :39.3  | :38.1  |
|  | 100 | Upper | 1:37.6 | 1:22.5 | 1:15.7 | 1:11.0 | 1:08.8 | 1:07.0 | 1:06.4 |
|  |     | Lower | 2:13.2 | 1:52.6 | 1:42.1 | 1:34.6 | 1:29.3 | 1:25.2 | 1:23.3 |
|  | 200 | Upper | 3:33.1 | 3:03.1 | 2:46.5 | 2:35.8 | 2:30.2 | 2:26.4 | 2:23.9 |
|  |     | Lower | 4:41.5 | 4:09.3 | 3:45.0 | 3:27.8 | 3:15.1 | 3:06.4 | 3:01.0 |
| I<br>M   | 100 | Upper | 1:30.7 | 1:20.8 | 1:18.0 | 1:14.3 | 1:11.7 | 1:10.8 | 1:09.8 |
|  |     | Lower | 2:03.7 | 1:52.7 | 1:46.2 | 1:39.4 | 1:33.4 | 1:30.1 | 1:27.7 |
|  | 200 | Upper | 3:12.5 | 2:54.8 | 2:43.2 | 2:34.7 | 2:30.7 | 2:27.7 | 2:25.8 |
|  |     | Lower | 4:23.5 | 4:03.1 | 3:43.7 | 3:28.3 | 3:17.1 | 3:08.9 | 3:04.0 |
|  | 400 | Upper | N/A    | 6:15.5 | 5:44.3 | 5:25.6 | 5:15.3 | 5:09.7 | 5:06.0 |
|  |     | Lower | N/A    | 8:38.7 | 7:50.7 | 7:18.2 | 6:52.9 | 6:36.5 | 6:26.1 |

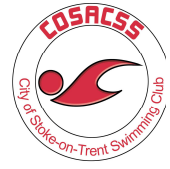


# The City of Stoke on Trent S.C. (COSACSS)

## Y2K 2018

### LICENSED OPEN MEET

(under A.S.A Law and A.S.A Technical Rules)



No entries faster than “UPPER” or slower than the “LOWER” times below will be accepted

| MALE   |     |       | 9      | 10     | 11     | 12     | 13     | 14     | 15/Over |
|--|-----|-------|--------|--------|--------|--------|--------|--------|---------|
| F<br>r<br>e<br>e<br>s<br>t<br>y<br>l<br>e                | 50  | Upper | :34.9  | :32.4  | :30.8  | :29.1  | :27.7  | :26.6  | :25.8   |
|  |     | Lower | :48.5  | :45.3  | :42.3  | :39.7  | :37.0  | :34.4  | :32.4   |
|  | 100 | Upper | 1:18.9 | 1:10.6 | 1:06.6 | 1:02.5 | :59.2  | :57.0  | :55.6   |
|  |     | Lower | 1:51.0 | 1:39.3 | 1:31.9 | 1:25.7 | 1:19.6 | 1:14.1 | 1:10.1  |
|  | 200 | Upper | 2:47.9 | 2:32.3 | 2:24.0 | 2:15.6 | 2:08.7 | 2:03.8 | 2:00.8  |
|  |     | Lower | 3:54.0 | 3:35.4 | 3:19.9 | 3:06.9 | 2:53.9 | 2:41.6 | 2:33.0  |
|  | 400 | Upper | N/A    | 5:20.5 | 5:00.4 | 4:44.0 | 4:30.9 | 4:21.9 | 4:15.2  |
|  |     | Lower | N/A    | 7:34.5 | 6:59.2 | 6:33.0 | 6:06.9 | 5:42.1 | 5:23.6  |
| B<br>a<br>c<br>k<br>s<br>t<br>r<br>o<br>k<br>e           | 50  | Upper | :40.6  | :37.4  | :35.5  | :33.6  | :31.6  | :30.5  | :29.4   |
|  |     | Lower | :55.8  | :51.8  | :48.2  | :45.4  | :41.9  | :39.2  | :36.7   |
|  | 100 | Upper | 1:29.6 | 1:21.4 | 1:15.3 | 1:10.9 | 1:06.7 | 1:03.8 | 1:01.7  |
|  |     | Lower | 2:03.8 | 1:52.5 | 1:42.8 | 1:36.2 | 1:28.9 | 1:22.4 | 1:17.6  |
|  | 200 | Upper | 3:06.5 | 2:50.8 | 2:40.1 | 2:31.2 | 2:22.9 | 2:16.9 | 2:12.7  |
|  |     | Lower | 4:17.5 | 3:58.1 | 3:40.4 | 3:26.4 | 3:11.4 | 2:57.5 | 2:47.5  |
| B<br>r<br>e<br>a<br>s<br>t<br>s<br>t<br>r<br>o<br>k<br>e | 50  | Upper | :46.0  | :42.5  | :40.0  | :37.5  | :35.1  | :33.7  | :32.6   |
|  |     | Lower | 1:03.1 | :58.8  | :54.5  | :50.8  | :46.8  | :43.5  | :40.9   |
|  | 100 | Upper | 1:44.0 | 1:32.8 | 1:26.0 | 1:20.5 | 1:15.3 | 1:12.2 | 1:09.8  |
|  |     | Lower | 2:24.0 | 2:08.5 | 1:57.5 | 1:49.4 | 1:40.7 | 1:33.5 | 1:28.0  |
|  | 200 | Upper | 3:35.4 | 3:18.1 | 3:04.7 | 2:53.6 | 2:43.2 | 2:36.1 | 2:31.5  |
|  |     | Lower | 4:56.1 | 4:35.4 | 4:13.1 | 3:56.4 | 3:38.3 | 3:22.2 | 3:10.7  |
| B<br>u<br>t<br>t<br>e<br>r<br>f<br>l<br>y                | 50  | Upper | :39.7  | :36.4  | :34.1  | :32.3  | :30.5  | :29.2  | :28.1   |
|  |     | Lower | :54.4  | :50.3  | :46.5  | :43.8  | :40.6  | :37.6  | :35.2   |
|  | 100 | Upper | 1:36.6 | 1:22.6 | 1:15.4 | 1:10.4 | 1:06.2 | 1:03.2 | 1:00.9  |
|  |     | Lower | 2:12.6 | 1:53.4 | 1:42.7 | 1:35.5 | 1:28.2 | 1:21.7 | 1:16.7  |
|  | 200 | Upper | 3:30.1 | 3:00.8 | 2:44.7 | 2:35.1 | 2:26.3 | 2:19.9 | 2:13.8  |
|  |     | Lower | 4:42.6 | 4:09.1 | 3:45.8 | 3:30.8 | 3:15.1 | 3:01.0 | 2:48.8  |
| I<br>M   | 100 | Upper | 1:29.5 | 1:22.4 | 1:18.2 | 1:13.9 | 1:09.8 | 1:06.5 | 1:04.5  |
|  |     | Lower | 2:03.1 | 1:54.6 | 1:46.8 | 1:40.1 | 1:32.7 | 1:25.8 | 1:20.9  |
|  | 200 | Upper | 3:10.8 | 2:54.9 | 2:43.4 | 2:34.2 | 2:26.6 | 2:19.9 | 2:16.1  |
|  |     | Lower | 4:24.0 | 4:04.7 | 3:45.8 | 3:31.4 | 3:16.8 | 3:02.0 | 2:51.9  |
|  | 400 | Upper | N/A    | 6:16.4 | 5:46.6 | 5:25.2 | 5:09.6 | 4:56.4 | 4:47.5  |
|  |     | Lower | N/A    | 8:44.8 | 7:58.6 | 7:27.2 | 6:56.4 | 6:25.7 | 6:03.7  |