



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

## Y2K Gala 2020

### LICENSED OPEN MEET

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



**No times faster than ULT or slower than QT shown below will be accepted**

FEMALE			9	10	11	12	13	14	15/Over
Free- Style	50	ULT	32.5	31.5	29.1	28.4	27.5	26.7	26.6
		QT	48.5	45.5	42.5	39.9	37.7	36.2	35.2
	100	ULT	1:11.5	1:07.9	1:04.4	1:01.6	1:00.2	59.1	58.6
		QT	1:49.1	1:40.1	1:31.8	1:25.7	1:21.1	1:17.8	1:15.9
	200	ULT	2:36.0	2:30.7	2:19.0	2:14.2	2:10.2	2:08.1	2:05.5
		QT	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2
	400	ULT	N/A	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3
		QT	N/A	7:33.2	6:52.9	6:25.1	6:04.3	5:50.4	5:40.9
Back- Stroke	50	ULT	38.5	35.2	33.1	31.9	30.7	30.2	29.5
		QT	55.5	51.7	48.1	45.1	42.6	40.8	39.8
	100	ULT	1:22.5	1:15.9	1:11.8	1:08.4	1:05.9	1:04.1	1:03.4
		QT	2:02.9	1:52.2	1:42.5	1:35.2	1:29.7	1:26.1	1:23.6
	200	ULT	2:52.0	2:42.2	2:33.2	2:26.5	2:21.4	2:17.7	2:17.1
		QT	4:16.6	3:58.3	3:37.2	3:23.0	3:12.2	3:04.5	2:58.9
Breast- Stroke	50	ULT	44.6	40.2	37.4	35.6	34.7	33.3	33.0
		QT	1:03.4	58.8	54.3	50.6	47.6	45.5	44.2
	100	ULT	1:37.9	1:29.8	1:21.6	1:16.9	1:15.0	1:12.5	1:11.7
		QT	2:20.3	2:08.0	1:56.4	1:48.5	1:41.6	1:36.7	1:34.5
	200	ULT	3:21.0	3:09.3	2:53.9	2:44.8	2:40.1	2:35.4	2:35.0
		QT	4:54.9	4:32.7	4:09.8	3:52.9	3:38.2	3:28.8	3:23.7
Butter- Fly	50	ULT	37.3	34.1	31.9	30.6	29.5	28.8	28.5
		QT	54.3	49.9	46.5	43.5	41.0	39.3	38.1
	100	ULT	1:25.9	1:17.9	1:11.7	1:07.9	1:05.8	1:04.2	1:03.2
		QT	2:08.8	1:52.6	1:42.1	1:34.6	1:29.3	1:25.2	1:23.3
	200	ULT	3:26.0	2:57.4	2:40.6	2:31.3	2:25.4	2:20.0	2:19.8
		QT	4:41.5	4:09.3	3:45.0	3:27.8	3:15.1	3:06.4	3:01.0
IM	100	ULT	1:23.9	1:19.7	1:14.3	1:10.9	1:08.4	1:06.5	1:05.7
		QT	2:03.7	1:52.7	1:46.2	1:39.4	1:33.4	1:30.1	1:27.7
	200	ULT	3:01.2	2:44.0	2:35.1	2:29.4	2:25.6	2:21.7	2:19.7
		QT	4:23.5	4:03.1	3:43.7	3:28.3	3:17.1	3:08.9	3:04.0
	400	ULT	N/A	6:15.5	5:44.3	5:25.6	5:15.3	5:09.7	5:06.0
		QT	N/A	8:38.7	7:50.7	7:18.2	6:52.9	6:36.5	6:26.1



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	100	ULT	1:10.5	1:07.5	1:04.0	59.9	56.9	54.1	53.4
		QT	1:49.0	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1
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		QT	3:54.0	3:35.4	3:19.9	3:06.9	2:53.9	2:41.6	2:33.0
	400	ULT	N/A	5:20.5	5:00.4	4:44.0	4:30.9	4:21.9	4:15.2
		QT	N/A	7:34.5	6:59.2	6:33.0	6:06.9	5:42.1	5:23.6
Back- Stroke	50	ULT	38.0	34.2	32.1	30.5	29.2	28.5	27.8
		QT	:55.8	:51.8	:48.2	:45.4	:41.9	:39.2	:36.7
	100	ULT	1:20.5	1:14.7	1:09.6	1:05.8	1:00.6	59.1	58.7
		QT	2:02.2	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6
	200	ULT	2:50.1	2:40.2	2:29.2	2:20.5	2:11.5	2:09.2	2:08.5
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		QT	1:03.1	:58.8	:54.5	:50.8	:46.8	:43.5	:40.9
	100	ULT	1:40.0	1:28.4	1:21.3	1:14.3	1:10.5	1:07.7	1:06.7
		QT	2:21.3	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0
	200	ULT	3:12.6	3:02.1	2:47.7	2:42.7	2:34.3	2:26.4	2:24.5
		QT	4:56.1	4:35.4	4:13.1	3:56.4	3:38.3	3:22.2	3:10.7
Butter- Fly	50	ULT	38.0	34.0	31.4	29.8	28.0	27.2	26.3
		QT	:54.4	:50.3	:46.5	:43.8	:40.6	:37.6	:35.2
	100	ULT	1:26.2	1:17.3	1:12.0	1:06.2	1:02.1	59.3	57.5
		QT	2:08.9	1:53.4	1:42.7	1:35.5	1:28.3	1:21.7	1:16.7
	200	ULT	3:26.0	2:56.3	2:40.1	2:28.3	2:18.6	2:12.1	2:08.2
		QT	4:42.6	4:09.1	3:45.8	3:30.8	3:15.1	3:01.0	2:48.8
IM	100	ULT	1:20.0	1:19.0	1:14.3	1:09.0	1:05.0	1:01.8	1:00.8
		QT	2:03.1	1:54.6	1:46.8	1:40.1	1:32.7	1:25.8	1:20.9
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		QT	4:24.0	4:04.7	3:45.8	3:31.4	3:16.8	3:02.0	2:51.9
	400	ULT	N/A	6:16.4	5:46.6	5:25.2	5:09.6	4:56.4	4:47.5
		QT	N/A	8:44.8	7:58.6	7:27.2	6:56.4	6:25.7	6:03.7