



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 |