

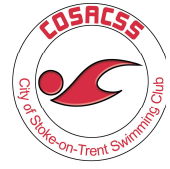


# The City of Stoke on Trent S.C. (COSACSS)

## Y2K 2019

### 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 r e e s t y l 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 a c k s t r o k 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 r e a s t s t r o k 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 u t t e r f l 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 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

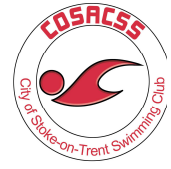


# The City of Stoke on Trent S.C. (COSACSS)

## Y2K 2019

### 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 r e e s t y l 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 a c k s t r o k 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 r e a s t s t r o k 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 u t t e r f l 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 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