



The City of Stoke on Trent S.C. (COSACSS) B Grade MEET

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



Meet Upper Limit Times (ULT)

No entries faster than the times below will be accepted

Male		9	10	11	12	13	14	15/Over
		ULT	ULT	ULT	ULT	ULT	ULT	ULT
Freestyle	50M	42.8	39.3	36.7	33.9	31.6	30.1	29.0
	100M	1:36.8	1:26.4	1:19.3	1:13.3	1:08.1	1:04.6	1:02.5
	200M	3:30.7	3:07.4	2:53.2	2:39.2	2:28.4	2:21.0	2:15.8
Backstroke	50M	49.6	45.2	42.1	38.9	36.2	34.4	32.8
	100M	1:49.6	1:37.8	1:29.5	1:22.3	1:16.7	1:12.2	1:09.3
	200M	3:54.2	3:30.2	3:12.2	2:56.4	2:44.6	2:35.9	2:29.3
Breaststroke	50M	55.8	51.1	47.3	43.4	40.0	38.0	36.4
	100M	2:06.2	1:51.3	1:41.7	1:33.1	1:26.0	1:21.5	1:18.3
	200M	4:26.9	4:00.5	3:40.9	3:22.2	3:06.7	2:56.0	2:50.1
Butterfly	50M	48.6	43.9	40.9	37.8	35.0	33.0	31.5
	100M	1:59.4	1:38.8	1:29.6	1:22.6	1:15.9	1:11.7	1:08.5
	200M	4:28.3	3:43.3	3:19.7	3:02.2	2:48.9	2:38.3	2:31.5
I.M.	100M	1:49.5	1:39.9	1:33.6	1:26.5	1:19.9	1:15.0	1:12.4
	200M	3:57.8	3:33.0	3:16.3	3:00.9	2:48.4	2:39.9	2:33.2
Female		9	10	11	12	13	14	15/Over
		ULT	ULT	ULT	ULT	ULT	ULT	ULT
Freestyle	50M	42.9	39.1	36.2	34.2	32.8	32.0	31.6
	100M	1:37.6	1:26.0	1:18.1	1:13.2	1:10.1	1:08.8	1:07.8
	200M	3:30.2	3:04.1	2:49.3	2:38.5	2:30.5	2:28.0	2:25.8
Backstroke	50M	49.5	44.5	41.2	38.8	37.2	36.3	35.7
	100M	1:49.5	1:36.6	1:27.8	1:21.7	1:18.2	1:16.3	1:15.0
	200M	3:54.8	3:24.2	3:07.8	2:55.6	2:47.4	2:42.8	2:40.8
Breaststroke	50M	56.2	50.4	46.6	43.4	41.3	40.1	39.5
	100M	2:06.1	1:49.4	1:39.5	1:32.8	1:28.1	1:25.4	1:24.5
	200M	4:30.5	3:54.7	3:34.2	3:19.6	3:09.3	3:04.0	3:02.5
Butterfly	50M	48.4	42.9	39.9	37.4	35.8	34.7	34.2
	100M	1:58.7	1:36.9	1:27.7	1:21.8	1:17.7	1:15.7	1:14.8
	200M	4:28.6	3:37.8	3:15.3	3:00.4	2:50.3	2:45.0	2:42.7
I.M.	100M	1:50.3	1:38.9	1:31.2	1:25.5	1:21.5	1:19.6	1:18.6
	200M	3:57.5	3:28.2	3:10.9	2:59.5	2:50.9	2:46.9	2:44.6