



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

## Y2K 2010

### DESIGNATED OPEN MEET

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



Meet Upper Limit Times Age Group & Youth NQT's  
No entries faster than N.Q.T.'s or slower than the times below will be accepted

<b>Male</b>			9	10	11	12	13	14	15/Over
Freestyle	50M	LLT	42.1	39.3	37.2	35.1	33.1	31.3	29.4
	100M	LLT			1:20.6	1:15.7	1:11.1	1:07.3	1:03.6
	200M	LLT	3:22.8	3:06.0	2:54.8	2:44.7	2:35.0	2:26.6	2:18.8
	400M	LLT	7:20.6	6:31.8	6:06.0	5:46.0	5:26.8	5:10.4	4:52.5
Backstroke	50M	LLT	48.6	45.1	42.5	40.3	37.6	35.8	33.1
	100M	LLT			1:30.5	1:25.2	1:19.7	1:15.0	1:10.8
	200M	LLT	3:43.8	3:26.7	3:13.3	3:02.6	2:51.1	2:41.4	2:32.5
Breaststroke	50M	LLT	55.1	51.3	48.0	45.1	41.9	39.6	37.1
	100M	LLT			1:43.4	1:36.9	1:30.1	1:25.1	1:20.0
	200M	LLT	4:17.8	3:59.0	3:42.4	3:29.2	3:15.3	3:03.9	2:53.2
Butterfly	50M	LLT	47.4	43.8	41.0	38.8	36.4	34.3	32.0
	100M	LLT			1:30.4	1:24.6	1:19.1	1:14.4	1:09.8
	200M	LLT	4:08.3	3:37.3	3:18.2	3:06.6	2:54.7	2:44.7	2:33.2
I.M.	100M	LLT	1:47.4	1:39.6	1:33.9	1:28.7	1:23.1	1:18.1	1:12.8
	200M	LLT	3:49.7	3:32.2	3:17.6	3:06.8	2:55.8	2:45.3	2:35.5
	400M	LLT	8:15.6	7:35.6	6:59.7	6:34.3	6:12.0	5:50.3	5:30.1
<b>Female</b>									
Freestyle	50M	LLT	42.6	39.9	37.7	35.7	34.3	33.3	32.2
	100M	LLT		1:27.6	1:21.3	1:16.6	1:16.6	1:13.5	1:10.6
	200M	LLT	3:24.5	3:06.8	2:55.4	2:44.9	2:38.0	2:33.5	2:29.1
	400M	LLT	7:25.4	6:35.7	6:04.9	5:43.7	5:29.8	5:20.8	5:11.0
Backstroke	50M	LLT	48.9	45.3	42.7	40.5	38.7	37.5	36.4
	100M	LLT		1:38.5	1:31.0	1:25.3	1:21.4	1:19.0	1:16.6
	200M	LLT	3:46.2	3:28.7	3:12.5	3:01.7	2:54.3	2:49.2	2:43.6
Breaststroke	50M	LLT	55.9	51.7	48.3	45.4	43.2	41.8	40.5
	100M	LLT		1:52.5	1:43.5	1:37.3	1:32.3	1:28.7	1:25.6
	200M	LLT	4:20.0	3:59.5	3:42.1	3:28.8	3:18.2	3:11.5	3:06.9
Butterfly	50M	LLT	47.9	43.9	41.3	39.1	37.3	36.1	34.9
	100M	LLT		1:39.3	1:30.9	1:24.9	1:21.2	1:18.3	1:16.4
	200M	LLT	4:11.0	3:40.0	3:20.2	3:06.4	2:57.3	2:51.0	2:45.8
I.M.	100M	LLT	1:48.8	1:38.5	1:34.2	1:29.1	1:24.9	1:22.6	1:20.1
	200M	LLT	3:51.6	3:32.7	3:17.9	3:06.3	2:58.8	2:53.1	2:48.3
	400M	LLT	8:12.3	7:35.3	6:57.3	6:32.0	6:14.4	6:03.1	5:53.2