



The City of Stoke on Trent S.C. (COSACSS) Y2K 2012



LICENSED 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

MALE		9	10	11	12	13	14	15/Over
Freestyle	50	48.5	45.3	42.3	39.7	37.0	34.4	32.4
	100	N/A	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1
	200	3:54.0	3:35.4	3:19.9	3:06.9	2:53.9	2:41.6	2:33.0
	400	N/A	7:34.5	6:59.2	6:33.0	6:06.9	5:42.1	5:23.6
Backstroke	50	55.8	51.8	48.2	45.4	41.9	39.2	36.7
	100	N/A	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6
	200	4:17.5	3:58.1	3:40.4	3:26.4	3:11.4	2:57.5	2:47.5
Breaststroke	50	1:03.1	58.8	54.5	50.8	46.8	43.5	40.9
	100	N/A	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0
	200	4:56.1	4:35.4	4:13.1	3:56.4	3:38.3	3:22.2	3:10.7
Butterfly	50	54.4	50.3	46.5	43.8	40.6	37.6	35.2
	100	N/A	1:53.4	1:42.7	1:35.5	1:28.3	1:21.7	1:16.7
	200	4:42.6	4:09.1	3:45.8	3:30.8	3:15.1	3:01.0	2:48.8
IM	100	2:03.1	1:54.6	1:46.8	1:40.1	1:32.7	1:25.8	1:20.9
	200	4:24.0	4:04.7	3:45.8	3:31.4	3:16.8	3:02.0	2:51.9
	400	N/A	8:44.8	7:58.6	7:27.2	6:56.4	6:25.7	6:03.7
FEMALE		9	10	11	12	13	14	15/Over
Freestyle	50	48.5	45.5	42.5	39.9	37.7	36.2	35.2
	100	N/A	1:40.1	1:31.8	1:25.7	1:21.1	1:17.8	1:15.9
	200	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2
	400	N/A	7:33.2	6:52.9	6:25.1	6:04.3	5:50.4	5:40.9
BackStroke	50	55.5	51.7	48.1	45.1	42.6	40.8	39.8
	100	N/A	1:52.2	1:42.5	1:35.2	1:29.7	1:26.1	1:23.6
	200	4:16.6	3:58.3	3:37.2	3:23.0	3:12.2	3:04.5	2:58.9
Breaststroke	50	1:03.4	58.8	54.3	50.6	47.6	45.5	44.2
	100	N/A	2:08.0	1:56.4	1:48.5	1:41.6	1:36.7	1:34.5
	200	4:54.9	4:32.7	4:09.8	3:52.9	3:38.2	3:28.8	3:23.7
Butterfly	50	54.3	49.9	46.5	43.5	41.0	39.3	38.1
	100	N/A	1:52.6	1:42.1	1:34.6	1:29.3	1:25.2	1:23.3
	200	4:41.5	4:09.3	3:45.0	3:27.8	3:15.1	3:06.4	3:01.0
IM	100	2:03.7	1:52.7	1:46.2	1:39.4	1:33.4	1:30.1	1:27.7
	200	4:23.5	4:03.1	3:43.7	3:28.3	3:17.1	3:08.9	3:04.0
	400	N/A	8:38.7	7:50.7	7:18.2	6:52.9	6:36.5	6:26.1