



**The City of Stoke on Trent S.C. (COSACSS)**  
Affiliated to Swim England West Midland Region and Staffordshire ASA



**Y2K Gala 2024**

**LICENSED OPEN MEET**

(Meet to be swum under Swim England Regulations and Technical Rules)

Proudly present their

**Y2K Gala 2024**

**AT FENTON MANOR, STOKE ON TRENT.**

**Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> April 2024**

**Licensed at Level 3**

**(3WM24)**

**This event is FIRST COME FIRST SERVED BASIS**

**To avoid disappointment please submit your entry early**

**In a 6-Lane, 25m Pool, Anti-Wave Lane Ropes,**

**Full Display Omega Electronic Timing**

**Awards to first three places**

**9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV**

<b>Age as at:</b>	<b>7/04/2024</b>
<b>Entry:</b>	<b>£7.00 per event</b>
<b>Entries Closing Date:</b>	<b>16/03/2024</b>

**email:** [openmeetsecretary@cosacss.co.uk](mailto:openmeetsecretary@cosacss.co.uk)

**ALL ENTRY FORMS AND DETAILS CAN BE DOWNLOADED FROM THE CLUB'S  
WEBSITE – [www.cosacss.co.uk](http://www.cosacss.co.uk)**



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**PROGRAMME OF EVENTS**

**ALL EVENTS 9 – 15/Over in single age groups**

**SESSION 1: (WARM UP to be advised) SATURDAY 6<sup>TH</sup> April 2024**

Event No	Sex	Event	Length
101	Girls	Freestyle	200m
102	Boys	Backstroke	200m
103	Girls	Butterfly	50m
104	Boys	Freestyle	50m
105	Girls	Breaststroke	100m
106	Boys	Butterfly	100m
107	Girls	Backstroke	100m

**SESSION 2: (WARM UP To be advised) SATURDAY 6<sup>TH</sup> April 2024**

Event No	Sex	Event	Length
201	Boys	Freestyle	200m
202	Girls	Breaststroke	200m
203	Boys	Backstroke	50m
204	Girls	Backstroke	50m
205	Boys	Breaststroke	100m
206	Girls	Butterfly	100m
207	Boys	Freestyle	100m

**SESSION 3: (WARM UP to be advised) SUNDAY 7<sup>TH</sup> April 2024**

Event No	Sex	Event	Length
301	Girls	Ind Medley	200m
302	Boys	Breaststroke	200m
303	Girls	Breaststroke	50m
304	Boys	Butterfly	50m
305	Girls	Freestyle	100m
306	Boys	Ind Medley	100m
307	Girls	Butterfly	200m

**SESSION 4: (WARM UP To be advised) SUNDAY 7<sup>TH</sup> April 2024**

Event No	Sex	Event	Length
401	Boys	Ind Medley	200m
402	Girls	Backstroke	200m
403	Boys	Breaststroke	50m
404	Girls	Freestyle	50m
405	Boys	Backstroke	100m
406	Girls	Ind Medley	100m
407	Boys	Butterfly	200m



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FEMALE			9	10	11	12	13	14	15/Over
	50	ULT	:32.5	:31.5	:29.1	:28.4	:27.9	:27.7	:27.3
Free-Style	100	ULT	1:11.5	1:07.9	1:04.4	1:01.6	1:00.5	1:00.0	:59.0
	200	ULT	2:36.0	2:30.7	2:19.0	2:14.2	2:12.0	2:10.3	2:07.5
	50	ULT	:38.5	:35.2	:33.1	:31.9	:31.2	:30.9	:30.9
Back-Stroke	100	ULT	1:22.5	1:15.9	1:11.8	1:08.4	1:08.0	1:07.6	1:06.0
	200	ULT	2:52.0	2:42.2	2:33.2	2:29.4	2:27.3	2:25.6	2:22.8
	50	ULT	:44.6	:40.2	:37.4	:35.6	:34.7	:34.3	:34.3
Breast-Stroke	100	ULT	1:37.9	1:29.8	1:21.6	1:18.5	1:17.4	1:16.6	1:15.2
	200	ULT	3:21.0	3:09.3	2:53.9	2:48.2	2:46.7	2:44.8	2:42.4
	50	ULT	:37.3	:34.1	:31.9	:30.6	:29.5	:28.9	:28.9
Butter-Fly	100	ULT	1:25.9	1:17.9	1:11.7	1:07.9	1:06.3	1:05.9	1:04.3
	200	ULT	3:26.0	2:57.4	2:40.6	2:31.3	2:27.5	2:25.9	2:24.3
IM	100	ULT	1:23.9	1:19.7	1:14.3	1:10.9	1:08.4	1:06.5	1:05.7
	200	ULT	3:01.2	2:44.0	2:35.1	2:31.2	2:29.5	2:27.8	2:24.7



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MALE			9	10	11	12	13	14	15/Over
Free-Style	50	ULT	32.0	31.3	29.0	27.5	26.1	25.2	24.3
	100	ULT	1:10.5	1:07.5	1:04.0	59.9	56.9	54.5	52.9
	200	ULT	2:34.9	2:20.5	2:18.5	2:11.8	2:04.1	1:59.6	1:56.6
Back-Stroke	50	ULT	38.0	34.2	32.1	30.5	29.2	28.5	27.9
	100	ULT	1:20.5	1:14.7	1:09.6	1:05.8	1:00.6	1:01.4	59.9
	200	ULT	2:50.1	2:40.2	2:29.2	2:20.5	2:18.5	2:14.0	2:11.8
Breast-Stroke	50	ULT	44.5	40.3	37.2	34.3	32.4	30.9	30.5
	100	ULT	1:40.0	1:28.4	1:21.3	1:14.3	1:12.5	1:09.5	1:07.5
	200	ULT	3:12.6	3:02.1	2:47.7	2:42.7	2:36.3	2:32.2	2:28.20
Butter-Fly	50	ULT	38.0	34.0	31.4	29.8	28.0	27.2	26.0
	100	ULT	1:26.2	1:17.3	1:12.0	1:06.2	1:02.1	59.3	57.7
	200	ULT	3:26.0	2:56.3	2:40.1	2:28.3	2:18.6	2:13.8	2:11.0
IM	100	ULT	1:20.0	1:19.0	1:14.3	1:09.0	1:05.0	1:01.8	1:00.8
	200	ULT	3:01.5	2:46.3	2:36.0	2:26.6	2:18.3	2:15.2	2:11.7