



# COSASC New Year Meet 2020 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License 1NE200306)

Sunderland Aquatic Centre – Friday 10<sup>th</sup> January 2020

## Results - Session One

### EVENT 101 Boys/Girls Open 800m Freestyle (cont)

#### BOY 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Adam Wilson	19	Newcastle	8:36.19	671			
	50m 30.55	100m 1:02.78	150m 1:35.17	200m 2:06.91	250m 2:38.76	300m 3:10.54	350m 3:42.70	400m 4:14.18
	30.55	32.23	32.39	31.74	31.85	31.78	32.16	31.48
	450m 4:46.08	500m 5:17.88	550m 5:50.78	600m 6:23.18	650m 6:56.47	700m 7:30.10	750m 8:03.47	800m 8:36.19
	31.90	31.80	32.90	32.40	33.29	33.63	33.37	32.72
2.	Daniel Johnson	18	Royal Wolv	8:41.61	651			
	50m 29.33	100m 1:00.37	150m 1:32.37	200m 2:04.26	250m 2:36.76	300m 3:09.16	350m 3:42.39	400m 4:15.16
	29.33	31.04	32.00	31.89	32.50	32.40	33.23	32.77
	450m 4:48.31	500m 5:21.43	550m 5:55.25	600m 6:28.73	650m 7:02.93	700m 7:36.23	750m 8:10.38	800m 8:41.61
	33.15	33.12	33.82	33.48	34.20	33.30	34.15	31.23
3.	Matthew Woodhall	16	Co Sheffield	8:43.70	643			
	50m 29.14	100m 1:01.52	150m 1:34.25	200m 2:06.86	250m 2:39.69	300m 3:12.38	350m 3:45.54	400m 4:18.82
	29.14	32.38	32.73	32.61	32.83	32.69	33.16	33.28
	450m 4:52.05	500m 5:25.30	550m 5:58.85	600m 6:32.16	650m 7:05.63	700m 7:39.01	750m 8:12.41	800m 8:43.70
	33.23	33.25	33.55	33.31	33.47	33.38	33.40	31.29
4.	Charley Langford	17	Royal Wolv	8:54.60	604			
	50m 30.41	100m 1:03.08	150m 1:36.46	200m 2:09.57	250m 2:42.88	300m 3:15.96	350m 3:49.22	400m 4:22.59
	30.41	32.67	33.38	33.11	33.31	33.08	33.26	33.37
	450m 4:56.52	500m 5:30.50	550m 6:05.35	600m 6:39.79	650m 7:14.80	700m 7:49.63	750m 8:22.17	800m 8:54.60
	33.93	33.98	34.85	34.44	35.01	34.83	32.54	32.43
5.	Theo Clark	17	Royal Wolv	9:01.54	581			
	50m 30.60	100m 1:04.91	150m 1:38.75	200m 2:13.35	250m 2:47.47	300m 3:21.95	350m 3:56.29	400m 4:30.90
	30.60	34.31	33.84	34.60	34.12	34.48	34.34	34.61
	450m 5:04.66	500m 5:38.60	550m 6:12.45	600m 6:46.51	650m 7:20.37	700m 7:54.41	750m 8:28.08	800m 9:01.54
	33.76	33.94	33.85	34.06	33.86	34.04	33.67	33.46
6.	Patrick Shimmin	18	Newcastle	9:05.92	568			
	50m 30.50	100m 1:04.31	150m 1:38.27	200m 2:12.91	250m 2:46.86	300m 3:21.45	350m 3:55.83	400m 4:30.50
	30.50	33.81	33.96	34.64	33.95	34.59	34.38	34.67
	450m 5:05.11	500m 5:39.85	550m 6:14.61	600m 6:49.42	650m 7:24.13	700m 7:58.75	750m 8:32.93	800m 9:05.92
	34.61	34.74	34.76	34.81	34.71	34.62	34.18	32.99
7.	James Newell	17	Bo Stockton	9:11.47	551			
	50m 31.17	100m 1:06.13	150m 1:41.22	200m 2:16.78	250m 2:51.93	300m 3:27.28	350m 4:01.23	400m 4:36.03
	31.17	34.96	35.09	35.56	35.15	35.35	33.95	34.80
	450m 5:10.42	500m 5:44.92	550m 6:19.62	600m 6:54.54	650m 7:29.36	700m 8:03.99	750m 8:37.34	800m 9:11.47
	34.39	34.50	34.70	34.92	34.82	34.63	33.35	34.13
8.	Ethan Brown	17	St Thomas	9:35.48	484			
	50m 30.08	100m 1:04.37	150m 1:40.40	200m 2:16.09	250m 2:52.59	300m 3:28.38	350m 4:05.46	400m 4:42.44
	30.08	34.29	36.03	35.69	36.50	35.79	37.08	36.98
	450m 5:19.47	500m 5:56.21	550m 6:32.95	600m 7:09.95	650m 7:46.78	700m 8:23.86	750m 8:58.92	800m 9:35.48
	37.03	36.74	36.74	37.00	36.83	37.08	35.06	36.56
9.	Kerr Lumsden	17	St Thomas	9:52.92	443			
	50m 31.51	100m 1:05.88	150m 1:41.42	200m 2:17.56	250m 2:52.63	300m 3:29.69	350m 4:07.82	400m 4:45.68
	31.51	34.37	35.54	36.14	35.07	37.06	38.13	37.86
	450m 5:24.26	500m 6:03.28	550m 6:42.19	600m 7:20.66	650m 7:59.23	700m 8:37.71	750m 9:16.47	800m 9:52.92
	38.58	39.02	38.91	38.47	38.57	38.48	38.76	36.45



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(Under ASA Laws and ASA Technical Rules of Swimming License 1NE200306)

Sunderland Aquatic Centre – Friday 10<sup>th</sup> January 2020

## Results - Session One

### EVENT 101 Boys/Girls Open 800m Freestyle (cont)

#### GIRL 10/11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Ona Gallagher	11	Tynemouth	11:35.45	338			
	50m 38.68	100m 1:22.61	150m 2:06.31	200m 2:51.05	250m 3:34.71	300m 4:19.66	350m 5:03.49	400m 5:48.82
	38.68	43.93	43.70	44.74	43.66	44.95	43.83	45.33
	450m 6:31.37	500m -	550m 8:00.07	600m 8:44.46	650m 9:28.25	700m 10:12.11	750m 10:54.18	800m 11:35.45
	42.55	-	1:28.70	44.39	43.79	43.86	42.07	41.27

#### GIRL 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Katie Blunt	12	Co Sund'land	10:03.12	519			
	50m 33.18	100m 1:10.45	150m 1:48.35	200m 2:26.68	250m 3:04.74	300m 3:43.51	350m 4:21.90	400m 5:00.60
	33.18	37.27	37.90	38.33	38.06	38.77	38.39	38.70
	450m 5:39.04	500m 6:17.26	550m 6:55.60	600m 7:34.26	650m 8:12.20	700m 8:50.81	750m 9:27.45	800m 10:03.12
	38.44	38.22	38.34	38.66	37.94	38.61	36.64	35.67
2.	Freya Beaton	12	West Dunbart	10:21.28	475			
	50m 33.10	100m 1:10.54	150m 1:48.93	200m 2:27.93	250m 3:07.18	300m 3:46.85	350m 4:26.24	400m 5:06.57
	33.10	37.44	38.39	39.00	39.25	39.67	39.39	40.33
	450m 5:46.25	500m 6:26.38	550m 7:06.05	600m 7:46.62	650m 8:25.96	700m 9:05.95	750m 9:45.41	800m 10:21.28
	39.68	40.13	39.67	40.57	39.34	39.99	39.46	35.87
3.	Alice Cumming	12	West Dunbart	10:50.77	413			
	50m 36.16	100m 1:15.91	150m 1:57.59	200m 2:37.99	250m 3:18.99	300m 3:59.68	350m 4:41.33	400m 5:22.73
	36.16	39.75	41.68	40.40	41.00	40.69	41.65	41.40
	450m 6:04.56	500m 6:46.09	550m 7:27.83	600m 8:08.96	650m 8:50.59	700m 9:30.72	750m 10:11.82	800m 10:50.77
	41.83	41.53	41.74	41.13	41.63	40.13	41.10	38.95
4.	Nadine Wilson	12	Bo Stockton	11:16.27	368			
	50m 36.29	100m 1:16.88	150m 1:59.27	200m 2:41.50	250m 3:24.53	300m 4:08.03	350m 4:51.78	400m 5:35.12
	36.29	40.59	42.39	42.23	43.03	43.50	43.75	43.34
	450m 6:18.79	500m 7:01.53	550m 7:44.99	600m 8:28.10	650m 9:10.97	700m 9:54.00	750m 10:35.38	800m 11:16.27
	43.67	42.74	43.46	43.11	42.87	43.03	41.38	40.89
5.	Elyssa Stoker	12	Co Sund'land	11:18.28	365			
	50m 36.74	100m 1:17.53	150m 1:59.63	200m 2:41.88	250m 3:24.74	300m 4:07.85	350m 4:51.67	400m 5:35.02
	36.74	40.79	42.10	42.25	42.86	43.11	43.82	43.35
	450m 6:18.92	500m 7:02.13	550m 7:45.91	600m 8:29.61	650m 9:13.60	700m 9:57.06	750m 10:39.14	800m 11:18.28
	43.90	43.21	43.78	43.70	43.99	43.46	42.08	39.14

#### GIRL 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Isla Jones	13	Co Sheffield	9:46.64	564			
	50m 31.71	100m 1:07.72	150m 1:43.80	200m 2:20.57	250m 2:57.29	300m 3:34.40	350m 4:11.47	400m 4:48.51
	31.71	36.01	36.08	36.77	36.72	37.11	37.07	37.04
	450m 5:25.89	500m 6:03.12	550m 6:41.01	600m 7:19.06	650m 7:56.84	700m 8:34.06	750m 9:11.37	800m 9:46.64
	37.38	37.23	37.89	38.05	37.78	37.22	37.31	35.27
2.	Tatenda Tiyenga	13	Bo Stockton	10:18.22	482			
	50m 33.77	100m 1:11.89	150m 1:50.75	200m 2:30.27	250m 3:09.04	300m 3:48.65	350m 4:27.46	400m 5:06.63
	33.77	38.12	38.86	39.52	38.77	39.61	38.81	39.17
	450m 5:45.15	500m 6:24.70	550m 7:03.79	600m 7:43.19	650m 8:22.24	700m 9:01.98	750m 9:40.03	800m 10:18.22
	38.52	39.55	39.09	39.40	39.05	39.74	38.05	38.19
3.	Saphrina Machin	13	West Dunbart	10:38.09	438			
	50m 35.72	100m 1:14.86	150m 1:54.30	200m 2:34.58	250m 3:14.26	300m 3:54.86	350m 4:34.80	400m 5:15.43
	35.72	39.14	39.44	40.28	39.68	40.60	39.94	40.63
	450m 5:55.67	500m 6:36.75	550m 7:17.34	600m 7:58.13	650m 8:38.01	700m 9:18.53	750m 9:58.70	800m 10:38.09
	40.24	41.08	40.59	40.79	39.88	40.52	40.17	39.39
4.	Poppy Davis-Coyle	13	York City	11:03.44	390			
	50m 34.80	100m 1:13.78	150m 1:55.17	200m 2:36.34	250m 3:18.61	300m 3:59.85	350m 4:43.94	400m 5:24.93
	34.80	38.98	41.39	41.17	42.27	41.24	44.09	40.99
	450m 6:07.68	500m 6:50.57	550m 7:33.26	600m 8:16.41	650m 8:59.91	700m 9:42.76	750m 10:23.99	800m 11:03.44
	42.75	42.89	42.69	43.15	43.50	42.85	41.23	39.45
5.	Katie Coventry	13	Tynemouth	11:12.63	374			
	50m 36.81	100m 1:18.79	150m 2:01.22	200m 2:43.94	250m 4:52.65	300m 4:09.67	350m -	400m 5:36.07
	36.81	41.98	42.43	42.72	2:08.71	17.02	-	1:26.40
	450m 6:19.16	500m 7:02.32	550m 7:44.96	600m 8:27.76	650m 9:10.06	700m 9:52.45	750m 10:33.34	800m 11:12.63
	43.09	43.16	42.64	42.80	42.30	42.39	40.89	39.29
6.	Millie DAVIES	13	Co Sund'land	11:31.39	344			
	50m 36.98	100m 1:20.86	150m 2:04.29	200m 2:47.24	250m 4:58.63	300m 4:15.00	350m -	400m 5:43.40
	36.98	43.88	43.43	42.95	2:11.39	16.37	-	1:28.40
	450m 6:27.30	500m 7:10.68	550m 7:54.45	600m 8:38.28	650m -	700m 10:06.38	750m -	800m 11:31.39
	43.90	43.38	43.77	43.83	-	1:28.10	-	1:25.01





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Sunderland Aquatic Centre – Friday 10<sup>th</sup> January 2020

## Results - Session One

### EVENT 101 Boys/Girls Open 800m Freestyle (cont)

#### **GIRL 16 Yrs/Over Age Group - Full Results**

Place	Name	AaD	Club	Time	FINA Pt			
1.	Danielle Huskisson	27	UniOfStirl	8:47.22	777			
	50m 30.67	100m 1:03.79	150m 1:37.04	200m 2:10.31	250m -	300m 3:16.42	350m 3:49.43	400m 4:22.49
	30.67	33.12	33.25	33.27	-	1:06.11	33.01	33.06
	450m 4:55.63	500m 5:28.72	550m 6:01.92	600m 6:35.19	650m 7:08.43	700m 7:41.62	750m 8:14.89	800m 8:47.22
	33.14	33.09	33.20	33.27	33.24	33.19	33.27	32.33
2.	Niamh Hofland	18	Royal Wolv	8:54.55	745			
	50m 30.81	100m 1:04.40	150m 1:37.72	200m 2:11.42	250m 2:44.96	300m 3:18.30	350m 3:51.91	400m 4:25.91
	30.81	33.59	33.32	33.70	33.54	33.34	33.61	34.00
	450m 4:59.43	500m 5:33.32	550m 6:07.21	600m 6:41.08	650m 7:14.87	700m 7:48.88	750m 8:22.41	800m 8:54.55
	33.52	33.89	33.89	33.87	33.79	34.01	33.53	32.14
3.	Alicia Dingle	18	Royal Wolv	9:11.75	678			
	50m 31.17	100m 1:04.46	150m 1:38.80	200m 2:12.92	250m 2:47.92	300m 3:22.27	350m 3:57.41	400m 4:32.28
	31.17	33.29	34.34	34.12	35.00	34.35	35.14	34.87
	450m 5:07.61	500m 5:42.12	550m 6:17.42	600m 6:52.26	650m 7:27.92	700m 8:03.27	750m 8:38.76	800m 9:11.75
	35.33	34.51	35.30	34.84	35.66	35.35	35.49	32.99
4.	Izzy Winter	16	Newcastle	9:26.64	626			
	50m 31.94	100m 1:07.72	150m 1:43.77	200m 2:19.82	250m 2:55.57	300m 3:31.68	350m 4:07.42	400m 4:43.51
	31.94	35.78	36.05	36.05	35.75	36.11	35.74	36.09
	450m 5:19.29	500m 5:55.50	550m 6:31.55	600m 7:07.42	650m 7:42.78	700m 8:18.38	750m 8:53.00	800m 9:26.64
	35.78	36.21	36.05	35.87	35.36	35.60	34.62	33.64
5.	Scarlett Ferris	16	Dun City Aqu	9:39.14	586			
	50m 32.58	100m 1:07.54	150m 1:43.71	200m 2:19.50	250m 2:55.90	300m 3:32.46	350m 4:09.35	400m 4:45.94
	32.58	34.96	36.17	35.79	36.40	36.56	36.89	36.59
	450m 5:22.96	500m 5:59.42	550m 6:36.39	600m 7:12.69	650m 7:49.80	700m 8:26.33	750m 9:03.39	800m 9:39.14
	37.02	36.46	36.97	36.30	37.11	36.53	37.06	35.75
6.	Katie Leary	16	Royal Wolv	9:46.87	563			
	50m 32.21	100m 1:07.25	150m 1:43.80	200m 2:20.03	250m 2:56.54	300m 3:32.83	350m 4:09.83	400m 4:46.57
	32.21	35.04	36.55	36.23	36.51	36.29	37.00	36.74
	450m 5:24.20	500m 6:01.48	550m 6:39.36	600m 7:17.28	650m 7:55.70	700m 8:33.67	750m 9:11.17	800m 9:46.87
	37.63	37.28	37.88	37.92	38.42	37.97	37.50	35.70
7.	Sophie Louise Dodd	20	UniOfStirl	10:21.27	475			
	50m 35.02	100m 1:13.36	150m 1:52.30	200m 2:30.20	250m 3:08.61	300m 3:47.59	350m 4:26.71	400m 5:06.00
	35.02	38.34	38.94	37.90	38.41	38.98	39.12	39.29
	450m 5:45.89	500m 6:25.19	550m 7:05.22	600m 7:44.72	650m 8:24.77	700m 9:04.19	750m 9:43.66	800m 10:21.27
	39.89	39.30	40.03	39.50	40.05	39.42	39.47	37.61
8.	Eve Valentine	16	West Dunbart	10:21.40	474			
	50m 34.56	100m 1:12.67	150m 1:52.22	200m 2:31.35	250m 3:11.51	300m 3:51.31	350m 4:31.78	400m 5:10.94
	34.56	38.11	39.55	39.13	40.16	39.80	40.47	39.16
	450m 5:51.08	500m 6:30.72	550m 7:10.86	600m 7:50.12	650m 8:29.71	700m 9:08.27	750m 9:45.95	800m 10:21.40
	40.14	39.64	40.14	39.26	39.59	38.56	37.68	35.45
	Lillie Bryant	16	Bo Kirklees	DNC				



# COSASC New Year Meet 2020 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License 1NE200306)

Sunderland Aquatic Centre – Friday 10<sup>th</sup> January 2020

## Results - Session One

### **EVENT 102 Boys/Girls Open 1500m Freestyle**

#### **BOY 12 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	FINA Pt			
1.	Jacob Brown	12	Bo Stockton	21:29.13	308			
	50m 36.43	100m 1:16.84	150m 1:58.62	200m 2:40.83	250m -	300m 4:06.74	350m 4:48.75	400m 5:32.66
	36.43	40.41	41.78	42.21	-	1:25.91	42.01	43.91
	450m 6:16.13	500m 6:59.67	550m 7:42.37	600m 8:25.23	650m 9:08.65	700m 9:51.85	750m 10:35.50	800m 11:19.03
	43.47	43.54	42.70	42.86	43.42	43.20	43.65	43.53
	850m 12:03.05	900m 12:46.94	950m 13:30.45	1000m 14:15.83	1050m 14:59.76	1100m 15:44.77	1150m 16:28.29	1200m 17:12.79
	44.02	43.89	43.51	45.38	43.93	45.01	43.52	44.50
	1250m 17:55.43	1300m 18:40.11	1350m 19:22.67	1400m 20:06.68	1450m 20:47.43	1500m 21:29.13		
	42.64	44.68	42.56	44.01	40.75	41.70		

#### **BOY 13 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	FINA Pt			
1.	Jacob Barnett	13	Co Sund'land	18:34.78	476			
	50m 32.02	100m 1:07.25	150m 1:44.13	200m 2:20.48	250m 2:57.87	300m 3:34.41	350m 4:11.85	400m 4:48.61
	32.02	35.23	36.88	36.35	37.39	36.54	37.44	36.76
	450m 5:26.28	500m 6:03.35	550m 6:41.64	600m 7:18.66	650m 7:56.20	700m 8:33.72	750m 9:11.62	800m 9:49.35
	37.67	37.07	38.29	37.02	37.54	37.52	37.90	37.73
	850m 10:27.44	900m 11:04.72	950m 11:42.78	1000m 12:20.46	1050m 12:58.56	1100m 13:35.74	1150m 14:13.35	1200m 14:50.74
	38.09	37.28	38.06	37.68	38.10	37.18	37.61	37.39
	1250m 15:29.28	1300m 16:07.27	1350m 16:45.30	1400m 17:22.52	1450m 17:59.45	1500m 18:34.78		
	38.54	37.99	38.03	37.22	36.93	35.33		
2.	Alex Boyer	13	Darlington	19:08.56	436			
	50m 32.99	100m 1:09.83	150m 1:47.11	200m 2:25.10	250m 3:03.32	300m 3:41.77	350m 4:19.87	400m 4:58.81
	32.99	36.84	37.28	37.99	38.22	38.45	38.10	38.94
	450m 5:37.44	500m 6:16.42	550m 6:55.15	600m 7:34.45	650m 8:12.71	700m 8:52.11	750m 9:30.78	800m 10:10.35
	38.63	38.98	38.73	39.30	38.26	39.40	38.67	39.57
	850m 10:48.60	900m 11:27.45	950m 12:06.01	1000m 12:44.98	1050m 13:23.34	1100m 14:02.35	1150m 14:40.80	1200m 15:19.73
	38.25	38.85	38.56	38.97	38.36	39.01	38.45	38.93
	1250m 15:58.17	1300m 16:36.93	1350m 17:15.70	1400m 17:54.68	1450m 18:32.46	1500m 19:08.56		
	38.44	38.76	38.77	38.98	37.78	36.10		
3.	Jack Kelso	13	Tynemouth	19:28.48	414			
	50m 33.54	100m 1:10.68	150m 1:50.29	200m 2:29.47	250m 3:09.12	300m 3:48.63	350m 4:28.78	400m 5:08.63
	33.54	37.14	39.61	39.18	39.65	39.51	40.15	39.85
	450m 5:48.74	500m 6:27.71	550m 7:08.14	600m 7:47.84	650m 8:27.62	700m 9:07.29	750m 9:47.39	800m 10:26.99
	40.11	38.97	40.43	39.70	39.78	39.67	40.10	39.60
	850m 11:07.38	900m 11:46.43	950m 12:26.04	1000m 13:05.61	1050m 13:45.21	1100m 14:24.01	1150m 15:03.25	1200m 15:41.30
	40.39	39.05	39.61	39.57	39.60	38.80	39.24	38.05
	1250m 16:20.03	1300m 16:57.86	1350m 17:35.62	1400m 18:13.02	1450m 18:51.57	1500m 19:28.48		
	38.73	37.83	37.76	37.40	38.55	36.91		
4.	Alexandru Lazar	13	Co Sund'land	20:12.71	370			
	50m 32.48	100m 1:10.74	150m 1:48.72	200m 2:29.26	250m 3:08.99	300m 3:49.50	350m 4:29.87	400m 5:10.72
	32.48	38.26	37.98	40.54	39.73	40.51	40.37	40.85
	450m 5:51.64	500m 6:32.66	550m 7:12.91	600m 7:54.15	650m 8:34.98	700m 9:14.72	750m 9:55.61	800m 10:37.25
	40.92	41.02	40.25	41.24	40.83	39.74	40.89	41.64
	850m 11:18.87	900m 12:00.70	950m 14:01.20	1000m 13:22.00	1050m 15:24.96	1100m 14:43.23	1150m 16:48.98	1200m 16:07.43
	41.62	41.83	2:00.50	20.80	2:02.96	18.27	2:05.75	18.45
	1250m 18:13.94	1300m 17:31.63	1350m 19:35.39	1400m 18:55.88	1450m -	1500m 20:12.71		
	2:06.51	17.69	2:03.76	20.49	-	1:16.83		

#### **BOY 14 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	FINA Pt			
1.	Luke McGee	14	Co Sund'land	17:02.24	618			
	50m 29.66	100m 1:02.56	150m 1:36.17	200m 2:09.98	250m 2:43.81	300m 3:17.83	350m 3:51.63	400m 4:25.87
	29.66	32.90	33.61	33.81	33.83	34.02	33.80	34.24
	450m 4:59.77	500m 5:33.80	550m 6:07.55	600m 6:41.82	650m 7:15.94	700m 7:50.47	750m 8:24.68	800m 8:59.04
	33.90	34.03	33.75	34.27	34.12	34.53	34.21	34.36
	850m 9:33.14	900m 10:07.75	950m 10:42.14	1000m 11:16.85	1050m 11:51.12	1100m 12:25.96	1150m 13:00.40	1200m 13:35.49
	34.10	34.61	34.39	34.71	34.27	34.84	34.44	35.09
	1250m 14:10.06	1300m 14:45.36	1350m 15:19.95	1400m 15:54.82	1450m 16:29.02	1500m 17:02.24		
	34.57	35.30	34.59	34.87	34.20	33.22		
2.	Rory Bryant	14	Bo Kirklees	19:33.84	408			
	50m 32.62	100m 1:09.11	150m 1:47.94	200m 2:26.21	250m -	300m 3:43.24	350m 4:22.13	400m 5:01.14
	32.62	36.49	38.83	38.27	-	1:17.03	38.89	39.01
	450m 5:40.04	500m 6:20.23	550m 6:59.31	600m 7:38.17	650m 10:55.00	700m 8:57.20	750m 13:33.24	800m 10:15.53
	38.90	40.19	39.08	38.86	3:16.83	02.20	4:36.04	42.29
	850m -	900m 11:34.58	950m -	1000m 12:53.74	1050m 14:53.31	1100m 14:12.97	1150m 16:14.34	1200m 15:33.26
	-	1:19.05	-	1:19.16	1:59.57	19.66	2:01.37	18.92
	1250m 17:34.31	1300m 16:54.55	1350m 18:54.41	1400m 18:13.83	1450m -	1500m 19:33.84		
	2:01.05	20.24	1:59.86	19.42	-	1:20.01		



# COSASC New Year Meet 2020 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License 1NE200306)

Sunderland Aquatic Centre – Friday 10<sup>th</sup> January 2020

## Results - Session One

### EVENT 102 Boys/Girls Open 1500m Freestyle (cont)

#### BOY 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Josh Denholm	15	Co Sund'land	17:44.09	548			
	50m 30.58	100m 1:04.65	150m 1:39.68	200m 2:14.73	250m 2:49.58	300m 3:24.73	350m 3:59.70	400m 4:35.18
	30.58	34.07	35.03	35.05	34.85	35.15	34.97	35.48
	450m 5:10.88	500m 5:46.22	550m 6:21.37	600m 6:56.71	650m 7:32.43	700m 8:08.25	750m 8:43.92	800m 9:19.90
	35.70	35.34	35.15	35.34	35.72	35.82	35.67	35.98
	850m 9:55.36	900m 10:31.22	950m 11:07.32	1000m 11:43.45	1050m 12:19.53	1100m 12:55.70	1150m 13:31.59	1200m 14:07.97
	35.46	35.86	36.10	36.13	36.08	36.17	35.89	36.38
	1250m 14:44.32	1300m 15:20.57	1350m 15:56.75	1400m 16:32.83	1450m 17:08.79	1500m 17:44.09		
	36.35	36.25	36.18	36.08	35.96	35.30		
2.	Lucas Waligora	15	York City	18:04.98	517			
	50m 31.93	100m 1:06.92	150m 1:43.52	200m 2:19.17	250m 2:55.93	300m 3:32.21	350m 4:09.60	400m 4:46.65
	31.93	34.99	36.60	35.65	36.76	36.28	37.39	37.05
	450m 5:23.79	500m 6:00.20	550m 6:38.00	600m 7:14.48	650m 7:51.99	700m 8:28.56	750m 9:05.21	800m 9:42.03
	37.14	36.41	37.80	36.48	37.51	36.57	36.65	36.82
	850m 10:18.73	900m 10:54.72	950m 11:31.42	1000m 12:07.41	1050m 12:44.22	1100m 13:20.07	1150m 13:56.84	1200m 14:32.55
	36.70	35.99	36.70	35.99	36.81	35.85	36.77	35.71
	1250m 15:09.33	1300m 15:45.17	1350m 16:21.81	1400m 16:57.30	1450m 17:33.14	1500m 18:04.98		
	36.78	35.84	36.64	35.49	35.84	31.84		
3.	Reuben Kelly	15	Dumfries	18:15.39	502			
	50m 29.77	100m 1:04.60	150m 1:41.42	200m 2:18.39	250m 2:56.19	300m 3:33.13	350m 4:09.94	400m 4:47.21
	29.77	34.83	36.82	36.97	37.80	36.94	36.81	37.27
	450m 5:23.55	500m 6:00.07	550m 6:38.11	600m 7:15.20	650m 7:52.66	700m 8:29.73	750m 9:06.97	800m 9:43.83
	36.34	36.52	38.04	37.09	37.46	37.07	37.24	36.86
	850m 10:21.55	900m 10:59.86	950m 11:35.77	1000m 12:13.40	1050m 12:50.95	1100m 13:27.97	1150m 14:05.37	1200m 14:41.71
	37.72	38.31	35.91	37.63	37.55	37.02	37.40	36.34
	1250m 15:19.52	1300m 15:56.10	1350m 16:32.90	1400m 17:09.36	1450m 17:43.17	1500m 18:15.39		
	37.81	36.58	36.80	36.46	33.81	32.22		
4.	Luke Mackenzie	15	West Dunbart	18:35.72	475			
	50m 31.09	100m 1:06.38	150m 1:42.34	200m 2:19.11	250m 2:55.94	300m 3:32.65	350m 4:10.06	400m 4:47.66
	31.09	35.29	35.96	36.77	36.83	36.71	37.41	37.60
	450m 5:25.28	500m 6:02.92	550m 6:40.29	600m 7:18.05	650m 7:55.14	700m 8:32.98	750m 9:10.46	800m 9:47.96
	37.62	37.64	37.37	37.76	37.09	37.84	37.48	37.50
	850m 10:25.68	900m 11:03.61	950m 11:41.34	1000m 12:18.82	1050m 12:56.72	1100m 13:34.83	1150m 14:12.84	1200m 14:51.05
	37.72	37.93	37.73	37.48	37.90	38.11	38.01	38.21
	1250m 15:28.92	1300m 16:07.28	1350m 16:45.49	1400m 17:24.46	1450m 18:00.81	1500m 18:35.72		
	37.87	38.36	38.21	38.97	36.35	34.91		
5.	Rhys Campbell	15	West Dunbart	18:41.50	468			
	50m 31.76	100m 1:06.84	150m 1:44.20	200m 2:21.41	250m 2:59.44	300m 3:36.99	350m 4:14.87	400m 4:52.70
	31.76	35.08	37.36	37.21	38.03	37.55	37.88	37.83
	450m 5:30.80	500m 6:08.66	550m 6:46.97	600m 7:25.03	650m 8:02.95	700m 8:40.70	750m 9:19.07	800m 9:56.49
	38.10	37.86	38.31	38.06	37.92	37.75	38.37	37.42
	850m 10:34.36	900m 11:12.09	950m 11:49.93	1000m 12:27.58	1050m 13:05.68	1100m 13:43.05	1150m 14:20.94	1200m 14:57.83
	37.87	37.73	37.84	37.65	38.10	37.37	37.89	36.89
	1250m 15:36.60	1300m 16:13.99	1350m 16:51.75	1400m 17:29.29	1450m 18:06.16	1500m 18:41.50		
	38.77	37.39	37.76	37.54	36.87	35.34		
6.	Reece Ferguson	15	West Dunbart	19:00.86	445			
	50m 32.44	100m 1:08.78	150m 1:45.71	200m 2:23.38	250m 3:00.77	300m 3:39.26	350m 4:17.04	400m 4:55.50
	32.44	36.34	36.93	37.67	37.39	38.49	37.78	38.46
	450m 5:33.60	500m 6:12.18	550m 6:49.53	600m 7:28.24	650m 8:05.94	700m 8:44.55	750m 9:22.87	800m 10:01.49
	38.10	38.58	37.35	38.71	37.70	38.61	38.32	38.62
	850m 10:39.39	900m 11:18.40	950m 11:56.95	1000m 12:36.42	1050m 13:14.78	1100m 13:54.14	1150m 14:32.26	1200m 15:10.68
	37.90	39.01	38.55	39.47	38.36	39.36	38.12	38.42
	1250m 15:49.29	1300m 16:28.29	1350m 17:06.83	1400m 17:45.95	1450m 18:24.55	1500m 19:00.86		
	38.61	39.00	38.54	39.12	38.60	36.31		











# COSASC New Year Meet 2020 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License 1NE200306)

Sunderland Aquatic Centre – Friday 10<sup>th</sup> January 2020

## Results - Session One

### ***EVENT 102 Boys/Girls Open 1500m Freestyle (cont)***

#### ***GIRL 16 Yrs/Over Age Group - Full Results (cont)***

Place	Name	AaD	Club	Time	FINA Pt			
8.	Alexandra Woodhead	16	Bo Kirklees	19:32.22	484			
	50m 33.97	100m 1:11.98	150m 1:50.45	200m 2:29.77	250m 3:08.82	300m 3:47.97	350m 4:27.37	400m 5:06.90
	33.97	38.01	38.47	39.32	39.05	39.15	39.40	39.53
	450m 5:45.92	500m 6:25.57	550m 7:04.39	600m 7:43.86	650m 8:22.88	700m 9:02.73	750m 9:41.96	800m 10:21.67
	39.02	39.65	38.82	39.47	39.02	39.85	39.23	39.71
	850m 11:00.68	900m 11:40.28	950m 12:19.62	1000m 12:58.98	1050m 13:38.35	1100m 14:17.64	1150m 14:57.12	1200m 15:37.21
	39.01	39.60	39.34	39.36	39.37	39.29	39.48	40.09
	1250m 16:17.02	1300m 16:56.51	1350m 17:36.06	1400m 18:15.22	1450m 18:54.22	1500m 19:32.22		
	39.81	39.49	39.55	39.16	39.00	38.00		
9.	Amelia Hyndman	16	Bo Stockton	19:55.64	456			
	50m 34.86	100m 1:13.72	150m 1:52.79	200m 2:32.65	250m 3:12.00	300m 3:52.30	350m 4:32.02	400m 5:12.58
	34.86	38.86	39.07	39.86	39.35	40.30	39.72	40.56
	450m 5:52.44	500m 6:32.80	550m 7:12.36	600m 7:52.87	650m 8:32.69	700m 9:13.34	750m 9:53.46	800m 10:34.23
	39.86	40.36	39.56	40.51	39.82	40.65	40.12	40.77
	850m 11:14.47	900m 11:55.28	950m 12:35.28	1000m 13:15.85	1050m 13:55.37	1100m 14:35.66	1150m 15:15.89	1200m 15:56.31
	40.24	40.81	40.00	40.57	39.52	40.29	40.23	40.42
	1250m 16:36.07	1300m 17:16.38	1350m 17:56.60	1400m 18:37.36	1450m 19:17.02	1500m 19:55.64		
	39.76	40.31	40.22	40.76	39.66	38.62		
10.	Abigail Slack	16	Bo Stockton	20:21.44	427			
	50m 35.49	100m 1:14.22	150m 1:54.44	200m 2:34.43	250m 3:15.20	300m 3:56.00	350m 4:37.52	400m 5:18.74
	35.49	38.73	40.22	39.99	40.77	40.80	41.52	41.22
	450m 6:00.12	500m 6:41.52	550m 7:23.47	600m 8:04.63	650m 8:46.45	700m 9:27.57	750m 10:09.68	800m 10:51.15
	41.38	41.40	41.95	41.16	41.82	41.12	42.11	41.47
	850m 11:32.11	900m 12:13.23	950m 12:55.16	1000m 13:36.35	1050m 14:17.53	1100m 14:58.43	1150m 15:39.48	1200m 16:20.60
	40.96	41.12	41.93	41.19	41.18	40.90	41.05	41.12
	1250m 17:01.66	1300m 17:42.14	1350m 18:23.06	1400m 19:03.68	1450m 19:43.99	1500m 20:21.44		
	41.06	40.48	40.92	40.62	40.31	37.45		

