
Individual Meet Results
COAST Grand Prix 14-Nov-14 to 16-Nov-14 [Ageup: 31/12/2014] SC Meters
Location: Aberdeen Sports Village Aquatics Centre
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv
Orla Adams (19) F					
9:11.87S	F # 105	Female 800 Free	15	2	3.05
2:19.00S	F # 201	Female 200 IM	7	12	1.94
2:21.97S	P # 201	Female 200 IM	8	---	4.91
2:37.93S	F # 203	Female 200 Breast	6	13	3.93
2:40.17S	P # 203	Female 200 Breast	6	---	6.17
4:31.76S	P # 205	Female 400 Free	20	---	10.24
4:49.01S	F # 306	Female 400 IM	4	15	0.25
4:54.64S	P # 306	Female 400 IM	5	---	5.88
2:26.00S	P # 310	Female 200 Back	38	---	10.11
1:13.69S	F # 312	Female 100 Breast	7	12	2.57
1:13.96S	P # 312	Female 100 Breast	7	---	2.84
Shannon Crawford (15) F					
30.97S	P # 101	Female 50 Back	20	---	-0.59
31.01S	F # 101	Female 50 Back	19	---	-0.55
29.89S	P # 103	Female 50 Fly	30	---	-1.77
2:26.35S	P # 201	Female 200 IM	27	---	-0.03
4:38.76S	P # 205	Female 400 Free	26	---	3.25
37.13S	P # 207	Female 50 Breast	34	---	-0.78
1:07.13S	P # 209	Female 100 Back	26	---	0.86
2:09.83S	P # 302	Female 200 Free	32	---	-3.76
5:04.85S	P # 306	Female 400 IM	15	---	-2.03
2:22.05S	P # 310	Female 200 Back	22	---	1.77
2:09.83S	P # 322	Female 200 Free	6	---	-3.76
Findlay Douglas (17) M					
16:45.29S	F # 106	Male 1500 Free	14	3	3.59
2:00.28S	P # 202	Male 200 Free	31	---	-1.54
25.40S	P # 208	Male 50 Free	34	---	-0.30
2:15.70S	P # 210	Male 200 Back	27	---	-0.73
1:10.29S	P # 212	Male 100 Breast	20	---	-0.72
1:10.31S	F # 212	Male 100 Breast	19	---	-0.70
2:13.54S	F # 301	Male 200 IM	16	1	0.12
2:13.79S	P # 301	Male 200 IM	19	---	0.37
2:31.18S	F # 303	Male 200 Breast	11	6	-3.88
2:32.71S	P # 303	Male 200 Breast	14	---	-2.35
32.18S	P # 307	Male 50 Breast	21	---	-0.28
32.23S	F # 307	Male 50 Breast	16	0.5	-0.23
1:02.07S	P # 309	Male 100 Back	23	---	-0.52
Gavin Haggerwood (19) M					
25.74S	P # 102	Male 50 Fly	10	---	-0.87
25.97S	F # 102	Male 50 Fly	10	7	-0.64
26.75S	P # 104	Male 50 Back	6	---	-0.51
26.84S	F # 104	Male 50 Back	7	12	-0.42
1:51.31S	F # 202	Male 200 Free	8	11	-0.65
1:51.45S	P # 202	Male 200 Free	5	---	-0.51
57.23S	F # 204	Male 100 Fly	9	9	-1.38
57.36S	P # 204	Male 100 Fly	10	---	-1.25
24.03S	F # 208	Male 50 Free	12	5	0.21
24.06S	P # 208	Male 50 Free	11	---	0.24

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1:08.80S	F # 212	Male 100 Breast	15	2	-1.19
1:09.24S	P # 212	Male 100 Breast	17	---	-0.75
2:04.72S	F # 301	Male 200 IM	4	15	-2.89
2:06.76S	P # 301	Male 200 IM	3	---	-0.85
31.45S	F # 307	Male 50 Breast	12	5	0.03
31.73S	P # 307	Male 50 Breast	15	---	0.31
59.66S	F # 309	Male 100 Back	14	3	1.46
1:00.03S	P # 309	Male 100 Back	13	---	1.83
51.83S	F # 313	Male 100 Free	12	5	---
52.05S	P # 313	Male 100 Free	11	---	0.22
24.28S	F # 314	200 Free Relay Lead Off	---	---	0.46
Peter Holmes (17) M					
28.56S	P # 102	Male 50 Fly	52	---	-0.40
25.44S	P # 208	Male 50 Free	35	---	-0.26
1:12.06S	P # 212	Male 100 Breast	33	---	-0.55
2:42.36S	P # 303	Male 200 Breast	37	---	-1.27
31.89S	P # 307	Male 50 Breast	18	---	-0.39
32.04S	F # 307	Male 50 Breast	15	2	-0.24
1:08.44S	P # 309	Male 100 Back	54	---	1.40
2:42.36S	P # 323	Male 200 Breast	5	---	-1.27
1:08.44S	P # 329	Male 100 Back	18	---	1.40
Christy Johnston (15) F					
2:31.71S	P # 201	Female 200 IM	49	---	-0.07
2:47.25S	F # 203	Female 200 Breast	16	1	1.69
2:48.16S	P # 203	Female 200 Breast	17	---	2.60
36.30S	P # 207	Female 50 Breast	24	---	1.11
1:03.54S	P # 213	Female 100 Free	75	---	-0.72
2:31.71S	P # 221	Female 200 IM	13	---	-0.07
1:03.54S	P # 233	Female 100 Free	38	---	-0.72
1:12.47S	P # 304	Female 100 Fly	58	---	-0.01
1:18.18S	P # 312	Female 100 Breast	25	---	2.13
1:12.47S	P # 324	Female 100 Fly	19	---	-0.01
Heather McIntosh (14) F					
2:38.01S	P # 201	Female 200 IM	88	---	-0.36
NS	P # 203	Female 200 Breast	---	---	---
4:57.02S	P # 205	Female 400 Free	55	---	6.30
2:46.18S	P # 211	Female 200 Fly	42	---	0.23
2:38.01S	P # 221	Female 200 IM	49	---	-0.36
NS	P # 223	Female 200 Breast	---	---	---
4:57.02S	P # 225	Female 400 Free	17	---	6.30
2:46.18S	P # 231	Female 200 Fly	6	---	0.23
2:20.63S	P # 302	Female 200 Free	93	---	0.31
1:16.65S	P # 304	Female 100 Fly	75	---	-0.84
5:27.76S	P # 306	Female 400 IM	35	---	-3.56
2:36.22S	P # 310	Female 200 Back	80	---	2.73
2:20.63S	P # 322	Female 200 Free	56	---	0.31
1:16.65S	P # 324	Female 100 Fly	36	---	-0.84
5:27.76S	P # 326	Female 400 IM	3	---	-3.56
2:36.22S	P # 330	Female 200 Back	43	---	2.73

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Time	F/P/S	Event	Place	Points	Improv
Daniel McKenzie (14) M					
31.30S	P # 104	Male 50 Back	48	---	0.05
1:04.08S	P # 204	Male 100 Fly	48	---	-1.81
5:14.76S	P # 206	Male 400 IM	41	---	-4.03
2:25.92S	P # 210	Male 200 Back	58	---	-2.52
1:04.08S	P # 224	Male 100 Fly	9	---	-1.81
5:14.76S	P # 226	Male 400 IM	5	---	-4.03
2:25.92S	P # 230	Male 200 Back	20	---	-2.52
2:26.98S	DQ P # 301	Male 200 IM	---	---	---
2:53.97S	P # 303	Male 200 Breast	53	---	-1.20
4:39.91S	P # 305	Male 400 Free	46	---	-3.87
1:06.20S	P # 309	Male 100 Back	48	---	-1.55
2:39.74S	P # 311	Male 200 Fly	47	---	5.13
2:26.98S	DQ P # 321	Male 200 IM	---	---	---
2:53.97S	P # 323	Male 200 Breast	19	---	-1.20
4:39.91S	P # 325	Male 400 Free	9	---	-3.87
1:06.20S	P # 329	Male 100 Back	12	---	-1.55
2:39.74S	P # 331	Male 200 Fly	14	---	5.13
Daniel McNally (15) M					
28.55S	P # 102	Male 50 Fly	51	---	-0.02
30.17S	P # 104	Male 50 Back	44	---	-1.27
2:06.22S	P # 202	Male 200 Free	53	---	-3.55
1:08.46S	P # 204	Male 100 Fly	65	---	0.52
5:09.87S	P # 206	Male 400 IM	36	---	-16.55
NS	P # 208	Male 50 Free	---	---	---
2:20.92S	P # 210	Male 200 Back	46	---	-3.76
1:15.53S	P # 212	Male 100 Breast	55	---	-7.19
2:06.22S	P # 222	Male 200 Free	15	---	-3.55
1:08.46S	P # 224	Male 100 Fly	26	---	0.52
5:09.87S	P # 226	Male 400 IM	3	---	-16.55
2:20.92S	P # 230	Male 200 Back	10	---	-3.76
1:15.53S	P # 232	Male 100 Breast	15	---	-7.19
2:27.29S	P # 301	Male 200 IM	62	---	2.87
2:47.30S	P # 303	Male 200 Breast	48	---	1.31
4:40.62S	P # 305	Male 400 Free	50	---	4.62
33.60S	P # 307	Male 50 Breast	39	---	-0.74
1:04.30S	P # 309	Male 100 Back	37	---	-0.61
2:38.81S	P # 311	Male 200 Fly	44	---	5.48
56.41S	P # 313	Male 100 Free	40	---	-0.78
2:27.29S	P # 321	Male 200 IM	23	---	2.87
2:47.30S	P # 323	Male 200 Breast	14	---	1.31
4:40.62S	P # 325	Male 400 Free	13	---	4.62
2:38.81S	P # 331	Male 200 Fly	11	---	5.48
56.41S	P # 333	Male 100 Free	3	---	-0.78
Lauren McPhee (13) F					
5:03.94S	P # 205	Female 400 Free	63	---	-3.03
5:03.94S	P # 225	Female 400 Free	25	---	-3.03
5:55.43S	P # 306	Female 400 IM	56	---	-0.15
5:55.43S	P # 326	Female 400 IM	19	---	-0.15

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Alastair Miley (20) M					
56.63S	P # 204	Male 100 Fly	5	---	-0.48
57.13S	F # 204	Male 100 Fly	7	12	0.02
4:23.91S	P # 206	Male 400 IM	1	---	-1.76
4:24.36S	F # 206	Male 400 IM	3	16	-1.31
2:04.09S	P # 210	Male 200 Back	7	---	1.53
2:04.10S	F # 210	Male 200 Back	7	12	1.54
2:06.86S	F # 301	Male 200 IM	5	14	0.58
2:07.38S	P # 301	Male 200 IM	5	---	1.10
58.68S	P # 309	Male 100 Back	9	---	0.72
58.85S	F # 309	Male 100 Back	10	7	0.89
2:06.67S	F # 311	Male 200 Fly	9	9	2.33
2:07.12S	P # 311	Male 200 Fly	10	---	2.78
Hannah Miley (25) F					
28.89S	P # 101	Female 50 Back	2	---	0.02
29.12S	F # 101	Female 50 Back	3	16	0.25
8:29.17S	F # 105	Female 800 Free	1	20	13.51
2:27.14S	F # 203	Female 200 Breast	1	20	6.53
2:29.13S	P # 203	Female 200 Breast	1	---	8.52
4:07.10S	F # 205	Female 400 Free	1	20	6.71
4:10.80S	P # 205	Female 400 Free	1	---	10.41
2:11.21S	F # 211	Female 200 Fly	1	20	1.51
2:14.17S	P # 211	Female 200 Fly	3	---	4.47
29.54S	F # 214	200 Medley Relay Lead Off	---	---	0.67
1:58.96S	F # 302	Female 200 Free	1	20	2.65
1:59.57S	P # 302	Female 200 Free	1	---	3.26
4:38.20S	F # 306	Female 400 IM	1	20	15.06
4:42.72S	P # 306	Female 400 IM	1	---	19.58
2:12.88S	F # 310	Female 200 Back	2	17	3.56
2:14.07S	P # 310	Female 200 Back	2	---	4.75
1:08.38S	F # 312	Female 100 Breast	2	17	0.73
1:10.79S	P # 312	Female 100 Breast	2	---	3.14
Joseph Miley (17) M					
16:09.61S	F # 106	Male 1500 Free	7	12	-18.00
59.28S	F # 204	Male 100 Fly	18	---	0.41
59.41S	P # 204	Male 100 Fly	19	---	0.54
4:32.79S	P # 206	Male 400 IM	6	---	-2.15
4:33.72S	F # 206	Male 400 IM	5	14	-1.22
2:05.27S	F # 210	Male 200 Back	11	6	-2.20
2:06.52S	P # 210	Male 200 Back	11	---	-0.95
2:10.51S	F # 301	Male 200 IM	12	5	1.11
2:12.15S	P # 301	Male 200 IM	15	---	2.75
4:07.22S	F # 305	Male 400 Free	9	9	3.63
4:08.99S	P # 305	Male 400 Free	9	---	5.40
2:08.81S	F # 311	Male 200 Fly	15	2	0.77
2:11.34S	P # 311	Male 200 Fly	16	---	3.30
Connor Morrison (17) M					
1:12.70S	P # 212	Male 100 Breast	41	---	-1.37
1:12.70S	P # 232	Male 100 Breast	7	---	-1.37

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Time	F/P/S	Event	Place	Points	Improv
2:38.55S	P # 303	Male 200 Breast	26	---	-5.59
DQ	P # 307	Male 50 Breast	---	---	---
2:38.55S	P # 323	Male 200 Breast	1	---	-5.59
Gemma Ogg (14) F					
3:02.74S	P # 203	Female 200 Breast	45	---	1.41
3:02.74S	P # 223	Female 200 Breast	8	---	1.41
5:43.85S	P # 306	Female 400 IM	46	---	-1.94
1:26.92S	P # 312	Female 100 Breast	74	---	1.06
5:43.85S	P # 326	Female 400 IM	11	---	-1.94
1:26.92S	P # 332	Female 100 Breast	35	---	1.06
Spencer O'Grady (15) M					
29.03S	P # 104	Male 50 Back	28	---	-0.03
1:07.18S	P # 204	Male 100 Fly	63	---	-0.73
2:18.79S	P # 210	Male 200 Back	39	---	5.33
1:16.50S	P # 212	Male 100 Breast	61	---	-3.59
1:07.18S	P # 224	Male 100 Fly	24	---	-0.73
1:16.50S	P # 232	Male 100 Breast	21	---	-3.59
2:24.68S	P # 301	Male 200 IM	51	---	4.38
2:46.24S	P # 303	Male 200 Breast	45	---	2.20
34.73S	P # 307	Male 50 Breast	54	---	-0.38
1:02.32S	P # 309	Male 100 Back	26	---	1.12
2:46.24S	P # 323	Male 200 Breast	12	---	2.20