
Individual Meet Results
N D Age Group Championships 02-Mar-13 to 03-Mar-13 [Ageup: 03/03/2013] SC Meters
Location: Inverness Aquadome
Garioch Amateur Swimming Club [NGHX]

| Time | F/P/S | Event | Place | Points | Improv |
|--------------------------------|--------------|-----------------------------|-------|--------|--------|
| Orla Adams (18) F | | | | | |
| 2:15.89S | AAA F # 105 | Female 15 & Over 200 Back | 2 | 17 | -0.26 |
| 1:11.68S | AAA F # 111 | Female 15 & Over 100 Breast | 2 | 17 | 0.56 |
| 1:13.47S | AAA P # 111 | Female 15 & Over 100 Breast | 4 | --- | 2.35 |
| 2:05.01S | AAA F # 206 | Female 15 & Over 200 Free | 4 | 15 | -2.03 |
| 1:04.57S | AAA F # 212 | Female 15 & Over 100 Fly | 1 | 20 | -2.41 |
| 1:05.58S | AA P # 212 | Female 15 & Over 100 Fly | 2 | --- | -1.40 |
| 4:54.95S | AAA F # 214C | Female 15 & Over 400 IM | 2 | 17 | 6.19 |
| 2:34.70S | AAA F # 406 | Female 15 & Over 200 Breast | 2 | 17 | 0.70 |
| 59.52S | AAA P # 412 | Female 15 & Over 100 Free | 5 | --- | 0.44 |
| 1:00.17S | AA F # 412 | Female 15 & Over 100 Free | 7 | 12 | 1.09 |
| 2:22.01S | AAA P # 414C | Female 15 & Over 200 IM | 2 | --- | 4.95 |
| 2:22.65S | AAA F # 414C | Female 15 & Over 200 IM | 2 | 17 | 5.59 |
| 1:05.93S | AA P # 511 | Female 15 & Over 100 Back | 5 | --- | 0.32 |
| 1:07.03S | AA F # 511 | Female 15 & Over 100 Back | 5 | 14 | 1.42 |
| Ruth Bryce (16) F | | | | | |
| 2:27.65S | AA F # 105 | Female 15 & Over 200 Back | 7 | 12 | -0.50 |
| 9:44.13S | AA F # 113C | Female 15 & Over 800 Free | 5 | 14 | -1.79 |
| 2:19.78S | A F # 206 | Female 15 & Over 200 Free | 16 | 1 | 2.06 |
| 1:17.83S | B P # 212 | Female 15 & Over 100 Fly | 23 | --- | 2.20 |
| 5:33.90S | A F # 214C | Female 15 & Over 400 IM | 9 | 9 | 4.80 |
| 1:03.57S | A P # 412 | Female 15 & Over 100 Free | 16 | 1 | -0.38 |
| 2:38.53S | A P # 414C | Female 15 & Over 200 IM | 16 | 1 | -0.08 |
| 2:46.93S | B F # 505 | Female 15 & Over 200 Fly | 10 | 7 | 0.95 |
| 1:10.98S | A P # 511 | Female 15 & Over 100 Back | 9 | 9 | -2.38 |
| 4:51.06S | A F # 513C | Female 15 & Over 400 Free | 10 | 7 | 2.81 |
| Shannon Crawford (13) F | | | | | |
| 2:45.80S | A F # 103 | Female 13-14 200 Fly | 7 | 12 | -2.88 |
| 1:09.61S | AA P # 109 | Female 13-14 100 Back | 6 | --- | 0.50 |
| 1:10.23S | AA F # 109 | Female 13-14 100 Back | 6 | 13 | 1.12 |
| 2:29.48S | AA F # 204 | Female 13-14 200 Back | 6 | 13 | 1.94 |
| 1:06.91S | A P # 210 | Female 13-14 100 Free | 21 | --- | 0.69 |
| 5:32.11S | AA F # 214B | Female 13-14 400 IM | 7 | 12 | 0.72 |
| 2:20.49S | AA F # 404 | Female 13-14 200 Free | 18 | --- | -1.08 |
| 1:30.95S | B P # 410 | Female 13-14 100 Breast | 21 | --- | 2.52 |
| 2:40.91S | AA P # 414B | Female 13-14 200 IM | 14 | 3 | 4.32 |
| 3:11.57S | A F # 503 | Female 13-14 200 Breast | 19 | --- | 2.86 |
| 1:14.04S | A P # 509 | Female 13-14 100 Fly | 12 | 5 | -2.20 |
| 4:56.12S | AA F # 513B | Female 13-14 400 Free | 10 | 7 | -0.18 |
| Findlay Douglas (15) M | | | | | |
| 2:42.21S | A F # 106 | Male 15 & Over 200 Breast | 10 | 7 | 1.74 |
| 58.65S | AA P # 112 | Male 15 & Over 100 Free | 24 | --- | 0.58 |
| 2:23.21S | AA P # 114C | Male 15 & Over 200 IM | 17 | --- | 2.65 |
| 2:25.17S | A F # 205 | Male 15 & Over 200 Fly | 12 | 5 | -10.37 |
| 1:07.29S | A P # 211 | Male 15 & Over 100 Back | 21 | --- | 0.27 |
| 4:29.81S | AA F # 213C | Male 15 & Over 400 Free | 12 | 5 | 5.26 |
| 2:20.74S | AA F # 405 | Male 15 & Over 200 Back | 11 | 6 | -0.91 |
| 1:16.32S | A P # 411 | Male 15 & Over 100 Breast | 15 | 1.5 | -1.15 |
| 17:28.11S | AA F # 413C | Male 15 & Over 1500 Free | 3 | 16 | 4.40 |

Individual Meet Results
N D Age Group Championships 02-Mar-13 to 03-Mar-13 [Ageup: 03/03/2013] SC Meters
Location: Inverness Aquadome
Garioch Amateur Swimming Club [NGHX]

| Time | F/P/S | Event | Place | Points | Improv |
|--------------------------------|--------------|-----------------------------|-------|--------|--------|
| 2:06.64S | AA F # 506 | Male 15 & Over 200 Free | 14 | 3 | 1.58 |
| 1:06.70S | A P # 512 | Male 15 & Over 100 Fly | 22 | --- | -4.87 |
| 4:59.46S | AA F # 514C | Male 15 & Over 400 IM | 10 | 7 | -4.01 |
| Chloe Grant (12) F | | | | | |
| 3:26.64S | B F # 101 | Female 10-12 200 Breast | 14 | 3 | 1.52 |
| 1:23.00S | B P # 107 | Female 10-12 100 Fly | 10 | 7 | -2.62 |
| 2:54.63S | A P # 414A | Female 10-12 200 IM | 12 | 5 | -3.85 |
| 2:49.13S | A F # 501 | Female 10-12 200 Back | 10 | 7 | 0.39 |
| 1:19.35S | A P # 507 | Female 10-12 100 Back | 11 | 6 | -2.33 |
| Jemma Grant (15) F | | | | | |
| 2:40.40S | A F # 105 | Female 15 & Over 200 Back | 19 | --- | 7.60 |
| 10:18.79S | A F # 113C | Female 15 & Over 800 Free | 9 | 9 | 29.04 |
| 2:22.83S | A F # 206 | Female 15 & Over 200 Free | 22 | --- | 5.34 |
| 1:17.66S | B P # 212 | Female 15 & Over 100 Fly | 22 | --- | 6.67 |
| 5:34.47S | A F # 214C | Female 15 & Over 400 IM | 10 | 7 | 15.81 |
| 3:01.76S | A F # 406 | Female 15 & Over 200 Breast | 12 | 5 | 5.43 |
| 1:07.97S | A P # 412 | Female 15 & Over 100 Free | 27 | --- | 3.91 |
| 2:40.96S | A P # 414C | Female 15 & Over 200 IM | 21 | --- | 9.40 |
| 2:42.72S | A F # 505 | Female 15 & Over 200 Fly | 9 | 9 | 6.39 |
| 1:15.32S | B P # 511 | Female 15 & Over 100 Back | 24 | --- | 3.23 |
| 4:55.58S | A F # 513C | Female 15 & Over 400 Free | 15 | 2 | 8.68 |
| Peter Holmes (15) M | | | | | |
| 2:45.06S | A F # 106 | Male 15 & Over 200 Breast | 13 | 4 | -0.74 |
| 2:29.30S | A P # 114C | Male 15 & Over 200 IM | 27 | --- | 1.48 |
| 2:48.21S | B F # 205 | Male 15 & Over 200 Fly | 22 | --- | 8.22 |
| 4:36.53S | A F # 213C | Male 15 & Over 400 Free | 15 | 2 | -0.95 |
| 2:28.89S | A F # 405 | Male 15 & Over 200 Back | 24 | --- | 1.44 |
| 1:14.71S | A P # 411 | Male 15 & Over 100 Breast | 14 | 3 | -3.44 |
| Christy Johnston (13) F | | | | | |
| 2:26.41S | A F # 404 | Female 13-14 200 Free | 23 | --- | 2.24 |
| 1:24.00S | A P # 410 | Female 13-14 100 Breast | 9 | 9 | -0.48 |
| 2:44.14S | A P # 414B | Female 13-14 200 IM | 22 | --- | 0.34 |
| 2:59.05S | A F # 503 | Female 13-14 200 Breast | 5 | 14 | -0.44 |
| 1:20.55S | B P # 509 | Female 13-14 100 Fly | 23 | --- | 0.81 |
| Hazel Johnston (15) F | | | | | |
| 1:20.89S | B P # 212 | Female 15 & Over 100 Fly | 26 | --- | 2.03 |
| 3:14.05S | B F # 406 | Female 15 & Over 200 Breast | 16 | 1 | 5.55 |
| 2:58.66S | B F # 505 | Female 15 & Over 200 Fly | 13 | 4 | 9.68 |
| Sophie MCPHEE (13) F | | | | | |
| 1:27.37S | A P # 410 | Female 13-14 100 Breast | 17 | --- | -0.90 |
| 3:05.53S | A F # 503 | Female 13-14 200 Breast | 14 | 3 | -0.31 |
| Alastair Miley (18) M | | | | | |
| 2:28.71S | AA F # 106 | Male 15 & Over 200 Breast | 3 | 16 | -2.83 |
| 55.28S | AAA P # 112 | Male 15 & Over 100 Free | 6 | --- | -0.10 |
| 55.31S | AAA F # 112 | Male 15 & Over 100 Free | 5 | 14 | -0.07 |
| 2:08.49S | AAA F # 114C | Male 15 & Over 200 IM | 2 | 17 | 1.45 |
| 2:12.95S | AA P # 114C | Male 15 & Over 200 IM | 3 | --- | 5.91 |
| 2:05.77S | AAA F # 205 | Male 15 & Over 200 Fly | 1 | 20 | -0.10 |
| 59.23S | AAA F # 211 | Male 15 & Over 100 Back | 2 | 17 | 0.28 |

Individual Meet Results

N D Age Group Championships 02-Mar-13 to 03-Mar-13 [Ageup: 03/03/2013] SC Meters

Location: Inverness Aquadome

Garioch Amateur Swimming Club [NGHX]

| Time | F/P/S | Event | Place | Points | Improv |
|-------------------------------|--------------|-----------------------------|-------|--------|--------|
| 59.55S | AAA P # 211 | Male 15 & Over 100 Back | 2 | --- | 0.60 |
| 4:07.34S | AAA F # 213C | Male 15 & Over 400 Free | 3 | 16 | -0.41 |
| 2:04.54S | AAA F # 405 | Male 15 & Over 200 Back | 1 | 20 | 1.98 |
| 1:10.02S | AA F # 411 | Male 15 & Over 100 Breast | 7 | 12 | -1.71 |
| 1:10.04S | AA P # 411 | Male 15 & Over 100 Breast | 5 | --- | -1.69 |
| 1:56.43S | AAA F # 506 | Male 15 & Over 200 Free | 1 | 20 | -0.31 |
| 57.97S | AAA F # 512 | Male 15 & Over 100 Fly | 1 | 20 | -0.07 |
| 58.36S | AAA P # 512 | Male 15 & Over 100 Fly | 1 | --- | 0.32 |
| 4:32.06S | AAA F # 514C | Male 15 & Over 400 IM | 1 | 20 | 3.99 |
| Hannah Miley (23) F | | | | | |
| 2:26.17S | AAA F # 406 | Female 15 & Over 200 Breast | 1 | 20 | 5.56 |
| 55.83S | AAA F # 412 | Female 15 & Over 100 Free | 1 | 20 | 0.26 |
| 56.12S | AAA P # 412 | Female 15 & Over 100 Free | 1 | --- | 0.55 |
| 2:12.27S | AAA F # 414C | Female 15 & Over 200 IM | 1 | 20 | 6.06 |
| 2:16.02S | AAA P # 414C | Female 15 & Over 200 IM | 1 | --- | 9.81 |
| 2:12.34S | AAA F # 505 | Female 15 & Over 200 Fly | 1 | 20 | 2.64 |
| 1:01.06S | AAA F # 511 | Female 15 & Over 100 Back | 1 | 20 | 0.20 |
| 1:02.30S | AAA P # 511 | Female 15 & Over 100 Back | 1 | --- | 1.44 |
| 4:06.69S | AAA F # 513C | Female 15 & Over 400 Free | 1 | 20 | 6.30 |
| Joseph Miley (15) M | | | | | |
| 2:36.04S | AA F # 106 | Male 15 & Over 200 Breast | 7 | 12 | 1.73 |
| 57.13S | AA P # 112 | Male 15 & Over 100 Free | 15 | 2 | --- |
| 2:15.49S | AAA P # 114C | Male 15 & Over 200 IM | 8 | --- | 0.94 |
| 2:15.49S | AAA F # 114C | Male 15 & Over 200 IM | 6 | 13 | 0.94 |
| 2:15.05S | AA F # 205 | Male 15 & Over 200 Fly | 5 | 14 | -2.17 |
| 1:02.39S | AA F # 211 | Male 15 & Over 100 Back | 6 | 13 | 0.39 |
| 1:02.91S | AA P # 211 | Male 15 & Over 100 Back | 8 | --- | 0.91 |
| 4:18.49S | AA F # 213C | Male 15 & Over 400 Free | 5 | 14 | 4.04 |
| 2:11.98S | AAA F # 405 | Male 15 & Over 200 Back | 3 | 16 | 3.06 |
| 1:13.63S | AA P # 411 | Male 15 & Over 100 Breast | 9 | 9 | -0.57 |
| 2:02.64S | AA F # 506 | Male 15 & Over 200 Free | 7 | 12 | 0.85 |
| 1:02.69S | AA P # 512 | Male 15 & Over 100 Fly | 10 | 7 | 0.97 |
| 4:41.61S | AAA F # 514C | Male 15 & Over 400 IM | 2 | 17 | 1.84 |
| Spencer O'Grady (13) M | | | | | |
| 2:14.36S | AA F # 104 | Male 13-14 200 Free | 14 | 3 | 1.39 |
| 2:29.15S | AA P # 114B | Male 13-14 200 IM | 6 | --- | -4.90 |
| 2:30.27S | AA F # 114B | Male 13-14 200 IM | 7 | 12 | -3.78 |
| 3:05.16S | A F # 203 | Male 13-14 200 Breast | 18 | --- | -3.73 |
| 1:13.36S | A P # 209 | Male 13-14 100 Fly | 14 | 3 | -0.20 |
| 4:41.25S | AA F # 213B | Male 13-14 400 Free | 9 | 9 | -3.18 |
| 2:43.04S | A F # 403 | Male 13-14 200 Fly | 9 | 9 | -21.79 |
| 1:05.41S | AAA F # 409 | Male 13-14 100 Back | 3 | 16 | -0.40 |
| 1:05.74S | AA P # 409 | Male 13-14 100 Back | 4 | --- | -0.07 |
| 19:07.13S | AA F # 413B | Male 13-14 1500 Free | 6 | 13 | 9.33 |
| 2:18.45S | AAA F # 504 | Male 13-14 200 Back | 2 | 17 | -4.10 |
| 1:00.95S | AA P # 510 | Male 13-14 100 Free | 12 | 5 | -0.50 |
| David Smith (20) M | | | | | |
| 2:45.07S | B F # 106 | Male 15 & Over 200 Breast | 14 | 3 | 3.03 |
| 58.32S | AAA P # 112 | Male 15 & Over 100 Free | 21 | --- | 0.54 |

Individual Meet Results
N D Age Group Championships 02-Mar-13 to 03-Mar-13 [Ageup: 03/03/2013] SC Meters
Location: Inverness Aquadome
Garioch Amateur Swimming Club [NGHX]

| Time | F/P/S | Event | Place | Points | Improv |
|-------------------------------|--------------|---------------------------|--------------|---------------|---------------|
| 2:22.11S | A P # 114C | Male 15 & Over 200 IM | 15 | 2 | 3.50 |
| 2:20.95S | A F # 205 | Male 15 & Over 200 Fly | 9 | 9 | 9.93 |
| 4:25.77S | A F # 213C | Male 15 & Over 400 Free | 9 | 9 | 10.62 |
| 2:23.56S | A F # 405 | Male 15 & Over 200 Back | 15 | 2 | 2.65 |
| 17:30.05S | A F # 413C | Male 15 & Over 1500 Free | 4 | 15 | 31.85 |
| 2:10.27S | A F # 506 | Male 15 & Over 200 Free | 18 | --- | 7.34 |
| 1:03.38S | A P # 512 | Male 15 & Over 100 Fly | 15 | 2 | 2.73 |
| 5:05.65S | A F # 514C | Male 15 & Over 400 IM | 12 | 5 | 15.67 |
| Sarah Smith (18) F | | | | | |
| 2:29.62S | A F # 105 | Female 15 & Over 200 Back | 9 | 9 | 0.82 |
| 10:06.12S | A F # 113C | Female 15 & Over 800 Free | 7 | 12 | 15.85 |
| 2:21.75S | A F # 206 | Female 15 & Over 200 Free | 20 | --- | 4.01 |
| 1:11.46S | A P # 212 | Female 15 & Over 100 Fly | 10 | 7 | 2.66 |
| 5:24.96S | A F # 214C | Female 15 & Over 400 IM | 7 | 12 | 3.39 |
| 1:05.61S | A P # 412 | Female 15 & Over 100 Free | 23 | --- | 0.53 |
| 2:33.75S | A P # 414C | Female 15 & Over 200 IM | 12 | 5 | 2.09 |
| 2:35.08S | A F # 505 | Female 15 & Over 200 Fly | 5 | 14 | 3.28 |
| 1:12.15S | A P # 511 | Female 15 & Over 100 Back | 10 | 7 | 1.70 |
| 4:54.60S | A F # 513C | Female 15 & Over 400 Free | 12 | 5 | 6.14 |
| Sophie Stewart (13) F | | | | | |
| 1:30.38S | B P # 410 | Female 13-14 100 Breast | 19 | --- | -0.40 |
| 3:10.68S | A F # 503 | Female 13-14 200 Breast | 18 | --- | 0.01 |
| Jessica Thomson (14) F | | | | | |
| 2:26.88S | AAA F # 103 | Female 13-14 200 Fly | 2 | 17 | -0.44 |
| 9:14.05S | AAA F # 113B | Female 13-14 800 Free | 1 | 20 | -3.10 |
| 1:04.67S | AA P # 210 | Female 13-14 100 Free | 11 | 6 | 0.95 |
| 5:09.19S | AAA F # 214B | Female 13-14 400 IM | 2 | 17 | -5.18 |
| 2:11.22S | AA F # 404 | Female 13-14 200 Free | 2 | 17 | -1.78 |
| 1:24.31S | A P # 410 | Female 13-14 100 Breast | 10 | 7 | -0.47 |
| 2:28.74S | AAA F # 414B | Female 13-14 200 IM | 3 | 16 | -1.45 |
| 2:32.00S | AA P # 414B | Female 13-14 200 IM | 4 | --- | 1.81 |
| 1:10.01S | AA F # 509 | Female 13-14 100 Fly | 7 | 12 | -1.51 |
| 1:10.52S | AA P # 509 | Female 13-14 100 Fly | 9 | --- | -1.00 |
| 4:35.66S | AA F # 513B | Female 13-14 400 Free | 1 | 20 | -0.28 |