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**Individual Meet Results - Standard: UKASA09**
**North District Open Championships 2016 05-Nov-16 to 06-Nov-16 [Ageup: 31/12/2016] SC Meters**
**Sanction: L1/509/ND/NOV16 Location: Inverness Aquadome**
**Garioch Amateur Swimming Club [NGHX]**

Time	F/P/S	Event	Place	Points	Improv
<b>Orla Adams (21) F</b>					
2:06.89S	AAA P # 102	Female 200 Free	17	---	1.88
1:09.61S	AAA F # 104	Female 100 Breast	3	16	-0.27
1:10.68S	AAA P # 104	Female 100 Breast	4	---	0.80
1:03.92S	AAA P # 106	Female 100 Fly	8	---	-0.65
1:04.84S	AAA F # 106	Female 100 Fly	8	11	0.27
31.40S	AA P # 108	Female 50 Back	20	---	-0.11
2:17.20S	AAA F # 110	Female 200 IM	2	17	1.21
2:19.55S	AAA P # 110	Female 200 IM	3	---	3.56
2:19.20S	AAA F # 112	Female 200 Back	5	14	3.31
2:20.03S	AA P # 112	Female 200 Back	4	---	4.14
27.73S	AAA P # 114	Female 50 Free	22	---	-0.73
58.74S	AAA P # 401	Female 100 Free	10	---	-0.34
32.10S	AAA F # 403	Female 50 Breast	1	20	-0.18
32.43S	AAA P # 403	Female 50 Breast	2	---	0.15
1:06.07S	AA P # 405	Female 100 Back	10	---	0.46
2:23.72S	AA P # 407	Female 200 Fly	5	---	0.57
2:23.93S	AA F # 407	Female 200 Fly	5	14	0.78
2:29.40S	AAA F # 411	Female 200 Breast	2	17	0.57
2:31.50S	AAA P # 411	Female 200 Breast	3	---	2.67
29.45S	AAA P # 413	Female 50 Fly	13	---	-0.46
4:47.57S	AAA F # 415	Female 400 IM	1	20	3.55
<b>Finley Cousins (13) M</b>					
33.35S	AAA P # 103	Male 50 Breast	45	---	0.29
2:39.81S	AAA P # 210	Male 11-16 200 Breast	18	---	-1.87
5:13.15S	AA F # 212	Male 11-16 400 IM	17	---	-4.73
1:12.59S	AAA P # 505	Male 11-16 100 Breast	15	---	-6.54
1:07.86S	AA P # 507	Male 11-16 100 Fly	28	---	-4.74
<b>Caitlin Dick (13) F</b>					
35.17S	A P # 108	Female 50 Back	65	---	0.13
1:21.55S	AA P # 205	Female 11-16 100 Breast	31	---	-2.09
2:30.31S	AA P # 211	Female 11-16 200 Back	20	---	-1.67
38.94S	AA P # 403	Female 50 Breast	68	---	0.82
1:13.36S	AA P # 504	Female 11-16 100 Back	43	---	-1.27
2:56.48S	AA P # 510	Female 11-16 200 Breast	29	---	-2.75
5:28.27S	AA F # 512	Female 11-16 400 IM	21	---	-5.37
<b>Fraser Johnston (16) M</b>					
1:06.99S	A P # 204	Male 11-16 100 Back	22	---	-2.33
31.79S	A P # 408	Male 50 Back	62	---	0.54
2:24.04S	A P # 511	Male 11-16 200 Back	19	---	1.41

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**Garioch Amateur Swimming Club [NGHX]**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Alastair Miley (22) M</b>					
32.02S	AA P # 103	Male 50 Breast	27	---	-0.60
59.13S	AAA P # 105	Male 100 Back	8	---	1.24
1:00.24S	AA F # 105	Male 100 Back	8	11	2.35
2:03.52S	AAA F # 107	Male 200 Fly	3	16	-0.46
2:05.09S	AAA P # 107	Male 200 Fly	4	---	1.11
26.43S	AAA P # 113	Male 50 Fly	14	---	0.31
1:59.39S	AA P # 402	Male 200 Free	19	---	2.96
57.36S	AAA F # 406	Male 100 Fly	5	14	0.73
58.19S	AAA P # 406	Male 100 Fly	9	---	1.56
28.47S	AA P # 408	Male 50 Back	17	---	0.92
2:08.98S	AAA F # 410	Male 200 IM	6	13	2.70
2:10.65S	AAA P # 410	Male 200 IM	5	---	4.37
2:04.38S	AAA F # 412	Male 200 Back	2	17	1.82
2:07.18S	AAA P # 412	Male 200 Back	4	---	4.62
<b>Joseph Miley (19) M</b>					
59.82S	AA P # 105	Male 100 Back	10	---	0.90
2:10.40S	AA P # 107	Male 200 Fly	6	---	3.86
2:10.54S	AA F # 107	Male 200 Fly	7	12	4.00
2:29.64S	AA P # 111	Male 200 Breast	11	---	2.36
26.87S	AAA P # 113	Male 50 Fly	21	---	-0.18
1:58.42S	AA P # 402	Male 200 Free	15	---	1.35
1:08.89S	AA P # 404	Male 100 Breast	20	---	-2.97
59.08S	AA P # 406	Male 100 Fly	14	---	0.21
28.47S	AA P # 408	Male 50 Back	17	---	0.16
2:11.52S	AAA P # 410	Male 200 IM	9	---	2.12
2:10.97S	AA P # 412	Male 200 Back	9	---	5.70
<b>Nicole Ogg (14) F</b>					
28.86S	AA P # 114	Female 50 Free	54	---	0.37
2:18.53S	AA P # 203	Female 11-16 200 Free	39	---	3.09
1:19.54S	AA P # 205	Female 11-16 100 Breast	17	---	-2.76
2:33.73S	AA P # 209	Female 11-16 200 IM	29	---	1.15
2:43.95S	A P # 211	Female 11-16 200 Back	40	---	13.09
1:02.10S	AA P # 401	Female 100 Free	40	---	0.41
38.02S	AA P # 403	Female 50 Breast	60	---	0.67
32.02S	AA P # 413	Female 50 Fly	48	---	-0.52
1:01.95S	AA P # 502	Female 11-16 100 Free	23	---	0.26
1:10.95S	AA P # 504	Female 11-16 100 Back	29	---	-1.93
4:58.87S	A F # 508	Female 11-16 400 Free	29	---	17.23
3:00.06S	A P # 510	Female 11-16 200 Breast	35	---	8.25