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**Individual Meet Results - Standard: UKASA09**

**North District Age Group Championships 05-Mar-16 to 06-Mar-16 [Ageup: 31/12/2016] LC Meters**  
**Location: Aberdeen Aquatics Centre**  
**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>Orla Adams (21) F</b>					
2:21.40L	AAA F # 102C	Female 16 & Over 200 Back	2	17	1.10
33.63L	AAA F # 104C	Female 16 & Over 50 Breast	1	20	-0.02
33.69L	AAA P # 104C	Female 16 & Over 50 Breast	1	---	0.04
2:37.27L	AAA F # 201C	Female 16 & Over 200 Breast	1	20	3.82
4:57.38L	AAA F # 207C	Female 16 & Over 400 IM	2	17	6.78
2:21.89L	AAA F # 401C	Female 16 & Over 200 IM	2	17	3.53
1:07.51L	AAA F # 407C	Female 16 & Over 100 Back	4	15	1.38
1:07.97L	AAA P # 407C	Female 16 & Over 100 Back	5	---	1.84
1:13.28L	AAA F # 506C	Female 16 & Over 100 Breast	1	20	1.80
1:13.28L	AAA P # 506C	Female 16 & Over 100 Breast	2	---	1.80
4:31.21L	AAA F # 508C	Female 16 & Over 400 Free	5	14	4.10
<b>Laura Allan (12) F</b>					
3:45.01L	B F # 201A	Female 11-13 200 Breast	20	---	---
<b>Ben Barclay (12) M</b>					
2:56.87L	A F # 101A	Male 11-13 200 IM	8	11	---
2:35.62L	A F # 103A	Male 11-13 200 Free	6	13	1.94
40.76L	B P # 105A	Male 11-13 50 Fly	20	---	---
1:19.72L	A F # 107A	Male 11-13 100 Back	8	11	-1.35
1:22.68L	A P # 107A	Male 11-13 100 Back	9	---	1.61
31.21L	AA F # 204A	Male 11-13 50 Free	7	12	-1.19
31.26L	AA P # 204A	Male 11-13 50 Free	5	---	-1.14
1:31.27L	A P # 206A	Male 11-13 100 Breast	4	---	---
1:31.67L	A F # 206A	Male 11-13 100 Breast	6	13	---
5:15.53L	A F # 208A	Male 11-13 400 Free	4	15	-18.93
2:48.71L	A F # 402A	Male 11-13 200 Back	7	12	-8.84
39.69L	AA F # 404A	Male 11-13 50 Breast	4	15	---
39.99L	AA P # 404A	Male 11-13 50 Breast	5	---	---
1:34.42L	B P # 406A	Male 11-13 100 Fly	14	---	---
3:09.71L	A F # 501A	Male 11-13 200 Breast	2	17	-7.29
36.32L	AA P # 503A	Male 11-13 50 Back	4	---	---
36.45L	AA F # 503A	Male 11-13 50 Back	6	13	---
1:06.32L	AA F # 505A	Male 11-13 100 Free	4	15	-7.38
1:06.46L	AA P # 505A	Male 11-13 100 Free	2	---	-7.24
<b>Catherine Boddie (12) F</b>					
3:08.97L	B F # 102A	Female 11-13 200 Back	26	---	---

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Time	F/P/S	Event	Place	Points	Improv
<b>Finley Cousins (13) M</b>					
2:41.35L	A F # 101A	Male 11-13 200 IM	1	20	-3.91
2:27.13L	A F # 103A	Male 11-13 200 Free	3	16	-9.38
31.49L	AA F # 105A	Male 11-13 50 Fly	2	17	-3.99
33.02L	AA P # 105A	Male 11-13 50 Fly	1	---	-2.46
1:18.67L	A F # 107A	Male 11-13 100 Back	7	12	-8.64
1:18.89L	A P # 107A	Male 11-13 100 Back	5	---	-8.42
3:00.24L	B F # 202A	Male 11-13 200 Fly	3	16	-12.25
30.87L	A F # 204A	Male 11-13 50 Free	6	13	-1.13
31.27L	A P # 204A	Male 11-13 50 Free	6	---	-0.73
1:20.67L	AA F # 206A	Male 11-13 100 Breast	1	20	-0.65
1:20.91L	AA P # 206A	Male 11-13 100 Breast	1	---	-0.41
5:12.24L	A F # 208A	Male 11-13 400 Free	3	16	-0.74
2:47.48L	A F # 402A	Male 11-13 200 Back	6	13	-2.93
33.89L	AAA F # 404A	Male 11-13 50 Breast	1	20	-3.07
34.99L	AAA P # 404A	Male 11-13 50 Breast	1	---	-1.97
1:13.19L	A F # 406A	Male 11-13 100 Fly	1	20	-4.17
1:16.23L	A P # 406A	Male 11-13 100 Fly	1	---	-1.13
2:58.21L	A F # 501A	Male 11-13 200 Breast	1	20	-3.39
38.78L	B P # 503A	Male 11-13 50 Back	11	---	-0.80
1:11.13L	B P # 505A	Male 11-13 100 Free	11	---	-0.38
<b>Caitlin Dick (13) F</b>					
2:38.15L	AA F # 102A	Female 11-13 200 Back	2	17	-4.74
37.99L	AA F # 104A	Female 11-13 50 Breast	4	15	-7.83
38.21L	AA P # 104A	Female 11-13 50 Breast	3	---	-7.61
3:13.35L	A F # 201A	Female 11-13 200 Breast	5	14	7.98
36.10L	AA F # 203A	Female 11-13 50 Back	5	14	-0.58
36.14L	AA P # 203A	Female 11-13 50 Back	5	---	-0.54
1:11.73L	A P # 205A	Female 11-13 100 Free	16	---	-0.51
6:07.35L	A F # 207A	Female 11-13 400 IM	9	9	6.86
2:46.60L	A F # 401A	Female 11-13 200 IM	5	14	-10.40
2:30.03L	A F # 403A	Female 11-13 200 Free	6	13	-2.69
1:14.80L	AA F # 407A	Female 11-13 100 Back	3	16	-0.38
1:15.71L	AA P # 407A	Female 11-13 100 Back	3	---	0.53
32.12L	A P # 504A	Female 11-13 50 Free	13	---	-0.71
1:24.60L	A F # 506A	Female 11-13 100 Breast	3	16	-11.71
1:27.94L	A P # 506A	Female 11-13 100 Breast	3	---	-8.37
5:18.93L	A F # 508A	Female 11-13 400 Free	6	13	---

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**North District Age Group Championships 05-Mar-16 to 06-Mar-16 [Ageup: 31/12/2016] LC Meters**
**Location: Aberdeen Aquatics Centre**
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Time	F/P/S	Event	Place	Points	Improv
<b>Matthew Dick (11) M</b>					
2:38.84L	A F # 103A	Male 11-13 200 Free	10	7	-3.17
37.60L	A P # 105A	Male 11-13 50 Fly	14	---	---
1:28.23L	A P # 107A	Male 11-13 100 Back	16	---	---
3:26.57L	B F # 202A	Male 11-13 200 Fly	5	14	---
34.87L	A P # 204A	Male 11-13 50 Free	21	---	1.30
1:40.87L	A P # 206A	Male 11-13 100 Breast	19	---	---
5:37.57L	A F # 208A	Male 11-13 400 Free	10	7	-3.98
2:59.32L	A F # 402A	Male 11-13 200 Back	14	3	---
44.19L	AA P # 404A	Male 11-13 50 Breast	16	---	---
1:28.23L	B P # 406A	Male 11-13 100 Fly	12	---	---
3:37.66L	A F # 501A	Male 11-13 200 Breast	13	4	---
41.25L	A P # 503A	Male 11-13 50 Back	21	---	-7.72
1:14.80L	A P # 505A	Male 11-13 100 Free	19	---	-0.35
<b>Ceri Gillespie (11) F</b>					
41.95L	A P # 203A	Female 11-13 50 Back	33	---	---
<b>Gavin Haggerwood (21) M</b>					
2:11.18L	AAA F # 101C	Male 16 & Over 200 IM	2	17	2.28
1:57.47L	AAA F # 103C	Male 16 & Over 200 Free	3	16	1.37
26.33L	AAA F # 105C	Male 16 & Over 50 Fly	4	15	0.46
26.54L	AAA P # 105C	Male 16 & Over 50 Fly	3	---	0.67
24.72L	AAA P # 204C	Male 16 & Over 50 Free	3	---	0.14
24.92L	AAA F # 204C	Male 16 & Over 50 Free	4	14.5	0.34
57.15L	AAA F # 406C	Male 16 & Over 100 Fly	3	16	0.35
57.32L	AAA P # 406C	Male 16 & Over 100 Fly	1	---	0.52
28.07L	AAA F # 503C	Male 16 & Over 50 Back	2	17	-0.04
28.33L	AAA P # 503C	Male 16 & Over 50 Back	2	---	0.22
53.63L	AAA F # 505C	Male 16 & Over 100 Free	6	13	0.57
53.68L	AAA P # 505C	Male 16 & Over 100 Free	1	---	0.62

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**Location: Aberdeen Aquatics Centre**
**Garioch Amateur Swimming Club [NGHX]**

Time	F/P/S	Event	Place	Points	Improv
<b>Max Hitchcox (15) M</b>					
2:25.60L	AA F # 101B	Male 14-15 200 IM	3	16	-3.57
2:20.09L	A F # 103B	Male 14-15 200 Free	16	1	-23.36
28.75L	AA F # 105B	Male 14-15 50 Fly	2	17	-4.12
29.05L	AA P # 105B	Male 14-15 50 Fly	2	---	-3.82
1:05.61L	AA F # 107B	Male 14-15 100 Back	2	17	-1.61
1:06.31L	AA P # 107B	Male 14-15 100 Back	2	---	-0.91
2:49.33L	B F # 202B	Male 14-15 200 Fly	7	12	---
29.10L	A P # 204B	Male 14-15 50 Free	17	---	0.90
1:22.99L	B P # 206B	Male 14-15 100 Breast	14	---	-17.27
4:56.68L	A F # 208B	Male 14-15 400 Free	8	11	-0.12
2:25.03L	AA F # 402B	Male 14-15 200 Back	2	17	-2.30
34.83L	AA F # 404B	Male 14-15 50 Breast	5	14	-16.26
35.56L	A P # 404B	Male 14-15 50 Breast	7	---	-15.53
1:07.42L	A P # 406B	Male 14-15 100 Fly	3	---	-17.20
1:07.44L	A F # 406B	Male 14-15 100 Fly	4	15	-17.18
2:52.16L	A F # 501B	Male 14-15 200 Breast	6	13	-1.15
30.37L	AAA F # 503B	Male 14-15 50 Back	3	16	-1.67
30.72L	AA P # 503B	Male 14-15 50 Back	2	---	-1.32
1:01.25L	A F # 505B	Male 14-15 100 Free	7	12	-14.09
1:02.41L	A P # 505B	Male 14-15 100 Free	9	---	-12.93
<b>Heather McIntosh (16) F</b>					
38.75L	A P # 104C	Female 16 & Over 50 Breast	21	---	0.44
1:18.12L	B P # 106C	Female 16 & Over 100 Fly	22	---	1.73
3:10.71L	B F # 201C	Female 16 & Over 200 Breast	18	---	7.12
2:28.20L	B F # 403C	Female 16 & Over 200 Free	25	---	7.91
1:26.63L	B P # 506C	Female 16 & Over 100 Breast	20	---	2.16
<b>Isla McIntosh (13) F</b>					
3:00.72L	B F # 102A	Female 11-13 200 Back	21	---	---
40.88L	B P # 203A	Female 11-13 50 Back	32	---	-8.08
1:25.84L	B P # 407A	Female 11-13 100 Back	22	---	---
<b>Alastair Miley (22) M</b>					
1:00.10L	AAA F # 107C	Male 16 & Over 100 Back	3	16	0.40
1:02.22L	AAA P # 107C	Male 16 & Over 100 Back	4	---	2.52
2:08.99L	AAA F # 202C	Male 16 & Over 200 Fly	4	15	2.97
2:07.82L	AAA F # 402C	Male 16 & Over 200 Back	1	20	0.92
58.56L	AAA F # 406C	Male 16 & Over 100 Fly	6	13	1.20
59.65L	AAA P # 406C	Male 16 & Over 100 Fly	4	---	2.29
4:43.80L	AAA F # 507C	Male 16 & Over 400 IM	2	17	13.46
<b>Hannah Miley (27) F</b>					
8:43.85L	AAA F # 108C	Female 16 & Over 800 Free	1	20	15.70
4:41.19L	AAA F # 207C	Female 16 & Over 400 IM	1	20	9.86
2:16.26L	AAA F # 401C	Female 16 & Over 200 IM	1	20	6.80
2:03.64L	AAA F # 403C	Female 16 & Over 200 Free	1	20	5.10
1:05.89L	AAA P # 407C	Female 16 & Over 100 Back	2	---	2.25
2:15.30L	AAA F # 502C	Female 16 & Over 200 Fly	1	20	7.06
1:12.07L	AAA P # 506C	Female 16 & Over 100 Breast	1	---	2.64
4:18.77L	AAA F # 508C	Female 16 & Over 400 Free	1	20	12.56

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**Garioch Amateur Swimming Club [NGHX]**

Time	F/P/S	Event	Place	Points	Improv
<b>Joseph Miley (19) M</b>					
2:13.84L	AAA F # 101C	Male 16 & Over 200 IM	4	15	1.41
1:59.89L	AAA F # 103C	Male 16 & Over 200 Free	5	14	-2.13
1:01.45L	AAA P # 107C	Male 16 & Over 100 Back	3	---	-0.04
2:12.44L	AAA F # 202C	Male 16 & Over 200 Fly	5	14	4.15
2:11.65L	AAA F # 402C	Male 16 & Over 200 Back	4	15	1.96
28.68L	AAA F # 503C	Male 16 & Over 50 Back	3	16	-0.66
29.01L	AAA P # 503C	Male 16 & Over 50 Back	3	---	-0.33
4:35.45L	AAA F # 507C	Male 16 & Over 400 IM	1	20	-0.30
<b>Nicholas Nightingale (16) M</b>					
2:26.90L	A F # 101C	Male 16 & Over 200 IM	13	4	-0.10
2:14.52L	A F # 103C	Male 16 & Over 200 Free	19	---	1.61
1:05.17L	AA F # 107C	Male 16 & Over 100 Back	5	14	-1.28
1:05.81L	AA P # 107C	Male 16 & Over 100 Back	6	---	-0.64
2:30.94L	B F # 202C	Male 16 & Over 200 Fly	9	9	-16.39
27.00L	AA P # 204C	Male 16 & Over 50 Free	20	---	0.24
2:26.07L	A F # 402C	Male 16 & Over 200 Back	10	7	4.86
35.20L	A P # 404C	Male 16 & Over 50 Breast	16	---	-1.86
2:54.95L	B F # 501C	Male 16 & Over 200 Breast	13	4	-5.39
30.33L	AA F # 503C	Male 16 & Over 50 Back	7	12	-0.67
30.55L	AA P # 503C	Male 16 & Over 50 Back	9	---	-0.45
<b>Gemma Ogg (16) F</b>					
2:44.52L	B F # 102C	Female 16 & Over 200 Back	21	---	0.35
3:10.05L	B F # 201C	Female 16 & Over 200 Breast	17	---	1.30
5:44.79L	A F # 207C	Female 16 & Over 400 IM	11	6	-3.12
2:46.97L	B F # 401C	Female 16 & Over 200 IM	27	---	-4.44
2:36.84L	B F # 403C	Female 16 & Over 200 Free	26	---	9.49
1:28.70L	B P # 506C	Female 16 & Over 100 Breast	24	---	0.39
5:08.91L	A F # 508C	Female 16 & Over 400 Free	19	---	-7.17

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Nicole Ogg (14) F</b>					
2:43.71L	A F # 102B	Female 14-15 200 Back	16	0.5	-3.38
40.75L	A P # 104B	Female 14-15 50 Breast	19	---	0.44
1:18.65L	B P # 106B	Female 14-15 100 Fly	24	---	0.24
10:15.49L	A F # 108B	Female 14-15 800 Free	4	15	---
3:24.22L	B F # 201B	Female 14-15 200 Breast	22	---	8.23
36.17L	A P # 203B	Female 14-15 50 Back	26	---	-0.06
1:02.60L	AA F # 205B	Female 14-15 100 Free	4	15	-2.26
1:03.68L	AA P # 205B	Female 14-15 100 Free	3	---	-1.18
6:09.51L	B F # 207B	Female 14-15 400 IM	15	2	32.27
2:47.84L	A F # 401B	Female 14-15 200 IM	25	---	6.50
2:29.36L	A F # 403B	Female 14-15 200 Free	22	---	11.15
31.94L	AA P # 405B	Female 14-15 50 Fly	7	---	-1.21
32.03L	AA F # 405B	Female 14-15 50 Fly	7	12	-1.12
1:16.86L	A P # 407B	Female 14-15 100 Back	15	---	0.31
2:51.60L	B F # 502B	Female 14-15 200 Fly	10	7	-11.26
29.88L	AA P # 504B	Female 14-15 50 Free	9	---	0.15
29.98L	AA F # 504B	Female 14-15 50 Free	9	9	0.25
1:24.86L	A F # 506B	Female 14-15 100 Breast	6	13	-5.55
1:27.81L	A P # 506B	Female 14-15 100 Breast	8	---	-2.60
5:04.96L	A F # 508B	Female 14-15 400 Free	16	1	15.75
<b>Hannah Strachan (14) F</b>					
40.61L	A P # 104B	Female 14-15 50 Breast	18	---	-2.04
<b>Sean Whelan-Duenas (13) M</b>					
2:57.51L	B F # 402A	Male 11-13 200 Back	12	5	---
39.12L	B P # 503A	Male 11-13 50 Back	13	---	---