
Individual Meet Results
No Frills 25-May-13 to 26-May-13 LC Meters**Location: Sheffield****Garioch Amateur Swimming Club [NGHX]**

Time	F/P/S	Event	Place	Points	Improv
Orla Adams (18) F					
1:08.63L	AA	F # 6	Female 100 Back	---	1.10
1:15.62L	AAA	F # 7	Female 100 Breast	---	1.53
2:42.23L	AAA	F # 8	Female 200 Breast	---	0.15
2:26.94L	AA	F # 9	Female 200 Back	---	6.51
4:56.36L	AAA	F # 10	Female 400 IM	---	-0.45
2:22.55L	AAA	F # 11	Female 200 IM	---	1.30
Alastair Miley (18) M					
1:01.60L	AAA	F # 1	Male 100 Back	---	0.25
59.53L	AAA	F # 2	Male 100 Fly	---	0.64
2:08.81L	AAA	F # 3	Male 200 Fly	---	0.16
2:08.00L	AAA	F # 4	Male 200 Back	---	0.66
4:33.99L	AAA	F # 5	Male 400 IM	---	-0.28