
Individual Meet Results
Scottish National S.C.Open Championships 15-Dec-11 to 18-Dec-11 [Ageup: 18/12/2011] SC Meters
Location: Inverness Leisure Complex
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv
Orla Adams (16) F					
29.91S	P # 102	Female 50 Fly	15	---	-0.38
30.27S	F # 102	Female 50 Fly	16	1	-0.02
1:06.98S	F # 1204	Female 100 Fly		---	-1.17
4:49.78S	F # 204	Female 400 IM	2	18	-2.79
4:55.79S	P # 204	Female 400 IM	1	---	3.22
2:34.18S	F # 206	Female 200 Breast	2	18	-2.25
2:38.53S	P # 206	Female 200 Breast	2	---	2.10
59.94S	F # 215	400 Free Relay Lead Off	---	---	-1.37
2:16.70S	F # 305	Female 200 Back	4	13	-1.22
2:19.52S	P # 305	Female 200 Back	6	---	1.60
1:11.64S	F # 307	Female 100 Breast	2	18	-0.90
1:13.56S	P # 307	Female 100 Breast	2	---	1.02
2:20.41S	P # 401	Female 200 IM	5	---	3.35
2:20.63S	F # 401	Female 200 IM	6	11	3.57
1:06.13S	P # 403	Female 100 Back	10	---	0.52
1:06.14S	F # 403	Female 100 Back	10	7	0.53
4:27.24S	P # 405	Female 400 Free	5	---	3.15
4:30.14S	F # 405	Female 400 Free	7	10	6.05
32.20S	F # 411	200 Medley Relay Lead Off	---	---	0.48
Ruth Bryce (15) F					
9:49.72S	F # 104	Female 800 Free	30	---	-6.62
1:14.06S	P # 1305	Female 100 Back		---	-0.08
5:30.88S	P # 204	Female 400 IM	32	---	-4.65
2:30.63S	P # 305	Female 200 Back	35	---	-2.10
4:50.05S	P # 405	Female 400 Free	44	---	1.80
Shannon Crawford (12) F					
2:34.28S	P # 305	Female 200 Back	46	---	1.74
Jemma Grant (14) F					
5:25.73S	P # 204	Female 400 IM	26	---	4.09
9:49.75S	F # 211	Female 14 & Under 800 Free	24	---	-2.14
1:12.49S	P # 303	Female 100 Fly	50	---	1.50
1:13.19S	P # 309	Female 100 IM	38	---	0.22
4:54.54S	F # 310	Female 14 & Under 400 Free	40	---	7.64
5:18.66S	F # 312	Female 14 & Under 400 IM	10	---	-2.98
2:33.55S	P # 401	Female 200 IM	44	---	1.99
1:12.63S	F # 408	Female 14 & Under 100 IM	23	---	-0.34
Emily Jones (16) F					
28.20S	F # 102	Female 50 Fly	3	16	-1.75
28.67S	P # 102	Female 50 Fly	4	---	-1.28
2:12.78S	F # 202	Female 200 Fly	1	20	-0.88
2:19.22S	P # 202	Female 200 Fly	1	---	5.56
2:25.51S	F # 206	Female 200 Breast	1	20	-6.15
2:31.15S	P # 206	Female 200 Breast	1	---	-0.51
56.27S	F # 208	Female 100 Free	1	20	-1.16
57.54S	P # 208	Female 100 Free	2	---	0.11
1:01.75S	F # 303	Female 100 Fly	1	20	-1.73
1:05.05S	P # 303	Female 100 Fly	9	---	1.57
1:09.14S	F # 307	Female 100 Breast	1	20	0.35

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1:11.62S	P # 307	Female 100 Breast	1	---	2.83
1:03.00S	F # 309	Female 100 IM	1	20	-1.26
1:04.32S	P # 309	Female 100 IM	1	---	0.06
27.00S	F # 316	200 Free Relay Lead Off	---	---	0.59
2:14.13S	F # 401	Female 200 IM	1	20	-1.48
2:17.71S	P # 401	Female 200 IM	1	---	2.10
4:14.83S	F # 405	Female 400 Free	1	20	-4.43
4:20.99S	P # 405	Female 400 Free	1	---	1.73
32.77S	F # 807	Female 50 Breast		---	-0.08
Hannah Miley (22) F					
8:23.12S	F # 104	Female 800 Free	1	20	-2.92
NS	P # 202	Female 200 Fly	---	---	---
NS	P # 206	Female 200 Breast	---	---	---
Jessica Thomson (12) F					
1:15.65S	P # 1204	Female 100 Fly		---	-0.88
1:06.40S	P # 1301	Female 100 Free		---	-0.26
5:28.02S	P # 204	Female 400 IM	29	---	-6.13
9:51.37S	F # 211	Female 14 & Under 800 Free	26	---	-15.87
2:16.05S	P # 301	Female 200 Free	43	---	-0.65
4:46.18S	F # 310	Female 14 & Under 400 Free	27	---	-2.58
4:47.78S	P # 405	Female 400 Free	41	---	-0.98
35.46S	P # 704	Female 50 Fly		---	-0.41