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**Individual Meet Results**

**Scottish Gas National Open Swimming Champs 28-Jun-12 to 01-Jul-12 [Ageup: 31/12/2012] LC Meters**  
**Location: Royal Commonwealth Pool, Edinburgh**  
**Garioch Amateur Swimming Club [NGHX]**

| Time                           | F/P/S   | Event             | Place | Points | Improv |
|--------------------------------|---------|-------------------|-------|--------|--------|
| <b>Orla Adams (17) F</b>       |         |                   |       |        |        |
| 33.20L                         | P # 105 | Female 50 Back    | 31    | ---    | 0.06   |
| 5:02.53L                       | F # 107 | Female 400 IM     | 4     | 13     | 1.74   |
| 5:06.11L                       | P # 107 | Female 400 IM     | 5     | ---    | 5.32   |
| 2:24.65L                       | F # 201 | Female 200 IM     | 10    | 7      | 3.23   |
| 2:26.43L                       | P # 201 | Female 200 IM     | 10    | ---    | 5.01   |
| 1:16.54L                       | F # 203 | Female 100 Breast | 13    | 4      | 2.45   |
| 1:17.48L                       | P # 203 | Female 100 Breast | 12    | ---    | 3.39   |
| 2:29.08L                       | P # 205 | Female 200 Back   | 14    | ---    | 8.65   |
| 2:30.94L                       | F # 205 | Female 200 Back   | 16    | 1      | 10.51  |
| 4:32.43L                       | F # 302 | Female 400 Free   | 11    | 6      | 0.78   |
| 4:36.27L                       | P # 302 | Female 400 Free   | 15    | ---    | 4.62   |
| 1:12.45L                       | P # 304 | Female 100 Back   | 41    | ---    | 4.92   |
| 2:43.53L                       | F # 404 | Female 200 Breast | 8     | 9      | 1.45   |
| 2:44.78L                       | P # 404 | Female 200 Breast | 8     | ---    | 2.70   |
| <b>Shannon Crawford (13) F</b> |         |                   |       |        |        |
| 34.26L                         | P # 125 | Female 50 Back    | 14    | ---    | -2.44  |
| 2:34.58L                       | F # 225 | Female 200 Back   | 3     | ---    | -2.54  |
| 1:13.36L                       | F # 324 | Female 100 Back   | 28    | ---    | 0.06   |
| <b>Jemma Grant (15) F</b>      |         |                   |       |        |        |
| 5:35.82L                       | P # 107 | Female 400 IM     | 43    | ---    | 9.39   |
| 35.62L                         | P # 125 | Female 50 Back    | 36    | ---    | -0.66  |
| 2:38.83L                       | F # 221 | Female 200 IM     | 23    | ---    | 6.24   |
| 2:37.49L                       | F # 225 | Female 200 Back   | 11    | ---    | -0.43  |
| 2:43.57L                       | P # 306 | Female 200 Fly    | 38    | ---    | 10.26  |
| 4:55.88L                       | F # 322 | Female 400 Free   | 25    | ---    | 7.40   |
| 1:14.69L                       | F # 324 | Female 100 Back   | 38    | ---    | 0.48   |
| 3:03.28L                       | F # 424 | Female 200 Breast | 10    | ---    | -4.34  |
| 33.41L                         | F # 426 | Female 50 Fly     | 44    | ---    | 0.73   |
| <b>Emily Jones (17) F</b>      |         |                   |       |        |        |
| 1:02.13L                       | F # 101 | Female 100 Fly    | 1     | 20     | 0.35   |
| 1:03.79L                       | P # 101 | Female 100 Fly    | 2     | ---    | 2.01   |
| 2:16.94L                       | F # 201 | Female 200 IM     | 2     | 18     | -0.47  |
| 2:19.64L                       | P # 201 | Female 200 IM     | 2     | ---    | 2.23   |
| 1:11.36L                       | F # 203 | Female 100 Breast | 4     | 13     | 0.67   |
| 1:12.87L                       | P # 203 | Female 100 Breast | 4     | ---    | 2.18   |
| 4:21.78L                       | F # 302 | Female 400 Free   | 4     | 13     | -4.44  |
| 4:28.70L                       | P # 302 | Female 400 Free   | 6     | ---    | 2.48   |
| 33.20L                         | F # 308 | Female 50 Breast  | 4     | 13     | -0.27  |
| 33.50L                         | P # 308 | Female 50 Breast  | 4     | ---    | 0.03   |
| 2:33.26L                       | F # 404 | Female 200 Breast | 3     | 16     | -0.22  |
| 2:36.69L                       | P # 404 | Female 200 Breast | 3     | ---    | 3.21   |
| 28.41L                         | F # 406 | Female 50 Fly     | 3     | 16     | -1.25  |
| 28.74L                         | P # 406 | Female 50 Fly     | 5     | ---    | -0.92  |
| <b>Hannah Miley (23) F</b>     |         |                   |       |        |        |
| 1:59.23L                       | F # 103 | Female 200 Free   | 1     | 20     | 0.69   |
| 2:03.38L                       | P # 103 | Female 200 Free   | 1     | ---    | 4.84   |
| 4:40.17L                       | F # 107 | Female 400 IM     | 1     | 20     | 8.84   |
| 4:51.02L                       | P # 107 | Female 400 IM     | 1     | ---    | 19.69  |

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| Time                          | F/P/S   | Event             | Place | Points | Improv |
|-------------------------------|---------|-------------------|-------|--------|--------|
| 2:12.82L                      | F # 201 | Female 200 IM     | 1     | 20     | 3.36   |
| 2:18.88L                      | P # 201 | Female 200 IM     | 1     | ---    | 9.42   |
| 2:14.81L                      | F # 205 | Female 200 Back   | 1     | 20     | 2.15   |
| 2:18.44L                      | P # 205 | Female 200 Back   | 1     | ---    | 5.78   |
| 2:12.59L                      | F # 306 | Female 200 Fly    | 1     | 20     | 4.35   |
| 2:16.65L                      | P # 306 | Female 200 Fly    | 1     | ---    | 8.41   |
| 56.94L                        | F # 402 | Female 100 Free   | 2     | 18     | -0.44  |
| 58.03L                        | P # 402 | Female 100 Free   | 3     | ---    | 0.65   |
| 2:29.07L                      | F # 404 | Female 200 Breast | 1     | 20     | 2.76   |
| 2:34.87L                      | P # 404 | Female 200 Breast | 1     | ---    | 8.56   |
| <b>Sarah Smith (17) F</b>     |         |                   |       |        |        |
| 1:10.89L                      | P # 101 | Female 100 Fly    | 39    | ---    | 0.20   |
| 35.32L                        | P # 125 | Female 50 Back    | 31    | ---    | -0.30  |
| 5:33.38L                      | P # 127 | Female 400 IM     | 6     | ---    | -3.74  |
| 2:36.51L                      | P # 205 | Female 200 Back   | 36    | ---    | 1.69   |
| 2:38.95L                      | F # 221 | Female 200 IM     | 24    | ---    | 1.93   |
| 2:39.06L                      | P # 306 | Female 200 Fly    | 34    | ---    | 5.64   |
| 4:59.78L                      | F # 322 | Female 400 Free   | 34    | ---    | -11.13 |
| 1:15.46L                      | F # 324 | Female 100 Back   | 44    | ---    | 1.83   |
| 39.62L                        | F # 328 | Female 50 Breast  | 23    | ---    | -3.13  |
| 3:06.45L                      | F # 424 | Female 200 Breast | 18    | ---    | -3.71  |
| 32.21L                        | F # 426 | Female 50 Fly     | 20    | ---    | 0.49   |
| <b>Jessica Thomson (13) F</b> |         |                   |       |        |        |
| 5:31.13L                      | P # 107 | Female 400 IM     | 38    | ---    | 4.97   |
| 2:17.62L                      | P # 123 | Female 200 Free   | 17    | ---    | 0.33   |
| 9:41.70L                      | F # 209 | Female 800 Free   | 19    | ---    | -7.31  |
| 1:28.98L                      | F # 223 | Female 100 Breast | 33    | ---    | 0.17   |
| 2:42.24L                      | F # 225 | Female 200 Back   | 31    | ---    | -1.70  |
| 4:44.23L                      | F # 322 | Female 400 Free   | 1     | ---    | -3.78  |
| 2:34.58L                      | F # 326 | Female 200 Fly    | 1     | ---    | -7.04  |
| 3:11.21L                      | F # 424 | Female 200 Breast | 27    | ---    | 7.66   |