
Individual Meet Results

ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 30.92
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv
Adams, Orla (13) F					
1:03.72S	P # 110	Female 13-14 100 Free	6	---	-2.58
	30.92	1:03.72			
	(30.92)	(32.80)			
1:05.09S	F # 110	Female 13-14 100 Free	7	12	-1.21
	31.54	1:05.09			
	(31.54)	(33.55)			
2:33.72S	P # 116	Female 13-14 200 IM	4	---	3.91
	34.72	1:14.43 1:55.51 2:33.72			
	(34.72)	(39.71) (41.08) (38.21)			
2:33.72S	F # 116	Female 13-14 200 IM	4	15	3.91
	36.20	1:16.92 1:57.96 2:33.72			
	(36.20)	(40.72) (41.04) (35.76)			
1:19.74S	P # 203	Female 13-14 100 Fly	22	---	1.74
	36.38	1:19.74			
	(36.38)	(43.36)			
2:43.98S	F # 209	Female 13-14 200 Breast	1	20	1.49
	37.62	1:19.28 2:01.63 2:43.98			
	(37.62)	(41.66) (42.35) (42.35)			
1:05.95S	F # 316	400 Free Relay Lead Off	---	---	-0.35
	31.72				
	(31.72)				
1:12.18S	P # 405	Female 13-14 100 Back	7	---	-0.96
	34.84	1:12.18			
	(34.84)	(37.34)			
1:14.59S	F # 405	Female 13-14 100 Back	7	12	1.45
	36.59	1:14.59			
	(36.59)	(38.00)			
2:17.45S	F # 411	Female 13-14 200 Free	5	14	0.55
	31.64	1:06.19 1:42.63 2:17.45			
	(31.64)	(34.55) (36.44) (34.82)			
5:23.90S	F # 413B	Female 13-14 400 IM	5	14	3.50
	37.69	1:22.27 2:03.31 2:43.36 3:25.92 4:09.33 4:47.69 5:23.90			
	(37.69)	(44.58) (41.04) (40.05) (42.56) (43.41) (38.36) (36.21)			
1:16.88S	P # 504	Female 13-14 100 Breast	1	---	0.73
	36.81	1:16.88			
	(36.81)	(40.07)			
1:17.05S	F # 504	Female 13-14 100 Breast	1	20	0.90
	36.75	1:17.05			
	(36.75)	(40.30)			
2:33.94S	F # 510	Female 13-14 200 Back	6	13	-0.59
	36.43	1:15.47 1:55.23 2:33.94			
	(36.43)	(39.04) (39.76) (38.71)			
4:50.69S	F # 601B	Female 13-14 400 Free	8	11	-1.49
	33.73	1:10.49 1:47.99 2:24.32 3:00.97 3:38.00 4:14.49 4:50.69			
	(33.73)	(36.76) (37.50) (36.33) (36.65) (37.03) (36.49) (36.20)			
34.84S	P # 905	Female 13-14 50 Back	---	---	-0.58
Bryce, Andrew (12) M					
1:02.66S	F # 105	Male 10-12 100 Free	1	20	-0.61
	30.47	1:02.66			
	(30.47)	(32.19)			

Individual Meet Results

ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 32.34
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv			
Craig, Hannah (12) F								
1:06.77S	F # 106	Female 10-12 100 Free	4	15	-2.69			
	32.34	1:06.77						
	(32.34)	(34.43)						
1:06.92S	P # 106	Female 10-12 100 Free	5	---	-2.54			
	32.41	1:06.92						
	(32.41)	(34.51)						
1:31.88S	F # 1112	Female 10-12 100 Breast	---	---	-0.30			
3:11.13S	F # 112	Female 10-12 200 Breast	9	9	-6.52			
	43.19	1:31.88	2:21.62	3:11.13				
	(43.19)	(48.69)	(49.74)	(49.51)				
2:28.64S	F # 201	Female 10-12 200 Free	5	14	-0.03			
	34.61	1:12.65	1:51.07	2:28.64				
	(34.61)	(38.04)	(38.42)	(37.57)				
1:32.51S	P # 213	Female 10-12 100 Breast	11	6	0.33			
	43.70	1:32.51						
	(43.70)	(48.81)						
2:47.14S	F # 502	Female 10-12 200 IM	6	13	-6.12			
	36.73	1:20.92	2:11.15	2:47.14				
	(36.73)	(44.19)	(50.23)	(35.99)				
2:48.80S	P # 502	Female 10-12 200 IM	6	---	-4.46			
	37.34	1:21.13	2:12.09	2:48.80				
	(37.34)	(43.79)	(50.96)	(36.71)				
1:17.92S	F # 508	Female 10-12 100 Fly	4	15	-1.50			
	36.33	1:17.92						
	(36.33)	(41.59)						
1:18.72S	P # 508	Female 10-12 100 Fly	4	---	-0.70			
	37.67	1:18.72						
	(37.67)	(41.05)						
Freeman, Cat (13) F								
3:14.79S	F # 209	Female 13-14 200 Breast	20	---	3.65			
	43.20	1:32.94	2:23.83	3:14.79				
	(43.20)	(49.74)	(50.89)	(50.96)				
Freeman, Michael (15) M								
1:15.87S	P # 107	Male 15 & Over 100 Breast	11	6	-0.18			
	35.69	1:15.87						
	(35.69)	(40.18)						
1:09.42S	P # 212	Male 15 & Over 100 Back	21	---	1.82			
	33.80	1:09.42						
	(33.80)	(35.62)						
9:22.47S	F # 301C	Male 15 & Over 800 Free	---	---	-1.34			
17:29.57S	F # 301C	Male 15 & Over 1500 Free	4	15	-12.83			
	30.78	1:04.63	1:39.57	2:14.92	2:50.15	3:25.95	4:02.02	4:38.29
	(30.78)	(33.85)	(34.94)	(35.35)	(35.23)	(35.80)	(36.07)	(36.27)
	5:14.42	5:50.78	6:26.32	7:01.70	7:37.28	8:12.65	8:47.70	9:22.47
	(36.13)	(36.36)	(35.54)	(35.38)	(35.58)	(35.37)	(35.05)	(34.77)
	9:57.59	10:32.67	11:07.73	11:43.07	12:18.40	12:53.86	13:29.34	14:03.44
	(35.12)	(35.08)	(35.06)	(35.34)	(35.33)	(35.46)	(35.48)	(34.10)
	14:37.26	15:11.78	15:47.26	16:22.57	16:57.63	17:29.57		
	(33.82)	(34.52)	(35.48)	(35.31)	(35.06)	(31.94)		
2:08.23S	F # 408	Male 15 & Over 200 Free	20	---	1.09			
	29.96	1:02.77	1:36.82	2:08.23				
	(29.96)	(32.81)	(34.05)	(31.41)				

Individual Meet Results

ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 32.12
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv
2:26.67S	P # 505	Male 15 & Over 200 IM	23	---	2.22
	32.12 1:09.27 1:52.27 2:26.67				
	(32.12) (37.15) (43.00) (34.40)				
59.15S	P # 511	Male 15 & Over 100 Free	21	---	-0.78
	28.41 59.15				
	(28.41) (30.74)				
5:15.89S	F # 513C	Male 15 & Over 400 IM	11	6	6.47
	34.29 1:16.30 1:57.65 2:37.75 3:21.37 4:06.63 4:42.48 5:15.89				
	(34.29) (42.01) (41.35) (40.10) (43.62) (45.26) (35.85) (33.41)				
1:09.08S	F # 515	400 Medley Relay Lead Off	---	---	1.48
	33.02				
	(33.02)				
35.69S	P # 607	Male 15 & Over 50 Breast	---	---	-0.08
Holmes, Thomas (12) M					
3:12.89S	F # 111	Male 10-12 200 Breast	8	11	-1.80
	44.84 1:34.20 2:23.76 3:12.89				
	(44.84) (49.36) (49.56) (49.13)				
1:33.66S	P # 214	Male 10-12 100 Breast	13	4	0.04
	44.96 1:33.66				
	(44.96) (48.70)				
Jones, Emily (12) F					
1:01.77S	F # 106	Female 10-12 100 Free	1	20	-1.80
	29.80 1:01.77				
	(29.80) (31.97)				
1:01.97S	P # 106	Female 10-12 100 Free	1	---	-1.60
	29.66 1:01.97				
	(29.66) (32.31)				
2:47.06S	F # 112	Female 10-12 200 Breast	1	20	-2.82
	38.30 1:20.36 2:03.43 2:47.06				
	(38.30) (42.06) (43.07) (43.63)				
2:12.60S	F # 201	Female 10-12 200 Free	1	20	0.99
	31.05 1:05.07 1:38.71 2:12.60				
	(31.05) (34.02) (33.64) (33.89)				
2:28.13S	F # 207	Female 10-12 200 Back	1	20	-1.02
	34.92 1:12.31 1:50.30 2:28.13				
	(34.92) (37.39) (37.99) (37.83)				
1:18.04S	F # 213	Female 10-12 100 Breast	1	20	-1.62
	36.63 1:18.04				
	(36.63) (41.41)				
1:19.73S	P # 213	Female 10-12 100 Breast	1	---	0.07
	37.59 1:19.73				
	(37.59) (42.14)				
9:31.34S	F # 215A	Female 10-12 800 Free	1	20	-9.12
	32.14 1:06.85 1:42.51 2:18.47 2:54.68 3:30.51 4:06.80 4:42.63				
	(32.14) (34.71) (35.66) (35.96) (36.21) (35.83) (36.29) (35.83)				
	5:18.61 5:54.93 6:30.99 7:07.37 7:43.34 8:19.72 8:55.97 9:31.34				
	(35.98) (36.32) (36.06) (36.38) (35.97) (36.38) (36.25) (35.37)				
1:10.63S	F # 217	400 Medley Relay Lead Off	---	---	-0.82
	33.86				
	(33.86)				
1:10.49S	F # 403	Female 10-12 100 Back	1	20	-0.96
	33.64 1:10.49				
	(33.64) (36.85)				

Individual Meet Results

ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 34.32
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv			
1:11.13S	P # 403 34.32 (34.32)	Female 10-12 100 Back 1:11.13 (36.81)	1	---	-0.32			
2:37.03S	F # 409 34.52 (34.52)	Female 10-12 200 Fly 1:14.61 1:55.49 2:37.03 (40.09) (40.88) (41.54)	1	20	0.48			
5:14.11S	F # 413A 34.09 (34.09)	Female 10-12 400 IM 1:13.65 1:53.53 2:33.13 3:17.26 4:02.04 4:38.55 5:14.11 (39.56) (39.88) (39.60) (44.13) (44.78) (36.51) (35.56)	1	20	1.61			
2:28.75S	P # 502 33.29 (33.29)	Female 10-12 200 IM 1:11.42 1:54.89 2:28.75 (38.13) (43.47) (33.86)	1	---	0.55			
2:29.76S	F # 502 32.82 (32.82)	Female 10-12 200 IM 1:10.94 1:54.39 2:29.76 (38.12) (43.45) (35.37)	1	20	1.56			
1:10.91S	F # 508 32.43 (32.43)	Female 10-12 100 Fly 1:10.91 (38.48)	1	20	-0.66			
1:11.81S	P # 508 33.05 (33.05)	Female 10-12 100 Fly 1:11.81 (38.76)	1	---	0.24			
18:21.73S	F # 514A 33.21 (33.21)	Female 10-12 1500 Free 1:09.56 1:46.91 2:24.47 3:01.43 3:38.83 4:16.06 4:53.01 (36.35) (37.35) (37.56) (36.96) (37.40) (37.23) (36.95)	1	20	-70.36			
	5:29.84 (36.83)	6:07.01 (37.17)	6:43.98 (36.97)	7:21.07 (37.09)	7:57.87 (36.80)	8:34.54 (36.67)	9:11.14 (36.60)	9:47.88 (36.74)
	10:24.60 (36.72)	11:01.32 (36.72)	11:38.25 (36.93)	12:15.08 (36.83)	12:51.95 (36.87)	13:28.59 (36.64)	14:05.55 (36.96)	14:42.19 (36.64)
	15:19.14 (36.95)	15:55.81 (36.67)	16:32.12 (36.31)	17:09.02 (36.90)	17:45.69 (36.67)	18:21.73 (36.04)		
4:43.11S	F # 601A 32.41 (32.41)	Female 10-12 400 Free 1:07.68 1:43.68 2:19.67 2:55.19 3:31.22 4:07.95 4:43.11 (35.27) (36.00) (35.99) (35.52) (36.03) (36.73) (35.16)	1	20	5.61			
36.63S	F # 713 36.63 (36.63)	Female 10-12 50 Breast	---	---	-0.58			
Maddock, Rosie (14) F								
2:35.81S	F # 104 34.91 (34.91)	Female 13-14 200 Fly 1:13.77 00.00 2:35.81 (38.86) (73.77) (2:35.81)	5	14	3.23			
1:06.07S	P # 110 32.17 (32.17)	Female 13-14 100 Free 1:06.07 (33.90)	14	3	0.85			
2:33.89S	F # 116 33.53 (33.53)	Female 13-14 200 IM 1:13.44 1:58.69 2:33.89 (39.91) (45.25) (35.20)	5	14	2.35			
2:33.93S	P # 116 33.79 (33.79)	Female 13-14 200 IM 1:14.09 1:58.99 2:33.93 (40.30) (44.90) (34.94)	5	---	2.39			
1:09.74S	F # 203 33.15 (33.15)	Female 13-14 100 Fly 1:09.74 (36.59)	5	14	-0.37			
1:11.20S	P # 203 33.16 (33.16)	Female 13-14 100 Fly 1:11.20 (38.04)	5	---	1.09			

Individual Meet Results

ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 32.17
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv
4:52.77S	F # 215B	Female 13-14 400 Free	---	---	-1.20
9:51.55S	F # 215B	Female 13-14 800 Free	6	13	-20.74
	32.75 1:09.08 1:46.37 2:23.68 3:01.37 3:38.62 4:15.86 4:52.77				
	(32.75) (36.33) (37.29) (37.31) (37.69) (37.25) (37.24) (36.91)				
	5:30.06 6:07.88 6:45.63 7:22.91 8:00.00 8:37.44 9:15.60 9:51.55				
	(37.29) (37.82) (37.75) (37.28) (37.09) (37.44) (38.16) (35.95)				
1:13.12S	P # 405	Female 13-14 100 Back	10	7	-0.02
	35.94 1:13.12				
	(35.94) (37.18)				
5:24.41S	F # 413B	Female 13-14 400 IM	6	13	0.27
	34.16 1:15.22 1:56.82 2:36.91 3:23.29 4:10.16 4:47.85 5:24.41				
	(34.16) (41.06) (41.60) (40.09) (46.38) (46.87) (37.69) (36.56)				
1:23.35S	P # 504	Female 13-14 100 Breast	8	---	1.44
	39.72 1:23.35				
	(39.72) (43.63)				
1:23.78S	F # 504	Female 13-14 100 Breast	5	14	1.87
	39.14 1:23.78				
	(39.14) (44.64)				
18:44.13S	F # 514B	Female 13-14 1500 Free	6	13	-100.21
	32.80 1:09.90 1:47.25 2:25.09 3:02.86 3:40.56 4:18.42 4:56.18				
	(32.80) (37.10) (37.35) (37.84) (37.77) (37.70) (37.86) (37.76)				
	5:33.74 6:11.55 6:49.49 7:27.43 8:05.02 8:42.96 9:20.52 9:58.66				
	(37.56) (37.81) (37.94) (37.94) (37.59) (37.94) (37.56) (38.14)				
	10:35.99 11:13.74 11:52.04 12:29.71 13:07.49 13:46.59 14:23.93 15:02.07				
	(37.33) (37.75) (38.30) (37.67) (37.78) (39.10) (37.34) (38.14)				
	15:39.54 16:17.45 16:54.62 17:31.83 18:08.90 18:44.13				
	(37.47) (37.91) (37.17) (37.21) (37.07) (35.23)				
Miley, Alastair (13) M					
2:33.81S	F # 103	Male 13-14 200 Fly	5	14	-0.64
	33.92 1:12.96 1:53.17 2:33.81				
	(33.92) (39.04) (40.21) (40.64)				
2:34.90S	P # 115	Male 13-14 200 IM	15	2	1.65
	34.25 1:11.88 2:00.30 2:34.90				
	(34.25) (37.63) (48.42) (34.60)				
4:44.32S	F # 117B	Male 13-14 400 Free	13	4	0.52
	32.52 1:07.61 1:43.91 2:20.27 2:56.18 3:32.59 4:08.84 4:44.32				
	(32.52) (35.09) (36.30) (36.36) (35.91) (36.41) (36.25) (35.48)				
1:12.59S	P # 204	Male 13-14 100 Fly	18	---	-0.84
	34.29 1:12.59				
	(34.29) (38.30)				
1:09.68S	F # 216	400 Medley Relay Lead Off	---	---	-0.74
	34.15				
	(34.15)				
1:04.90S	F # 317	400 Free Relay Lead Off	---	---	-2.27
	31.69				
	(31.69)				
1:09.33S	P # 406	Male 13-14 100 Back	9	9	-1.09
	34.32 1:09.33				
	(34.32) (35.01)				
2:16.78S	F # 412	Male 13-14 200 Free	18	---	-0.91
	32.06 1:06.86 1:42.45 2:16.78				
	(32.06) (34.80) (35.59) (34.33)				

Individual Meet Results
ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 34.80
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv
2:24.18S	F # 509	Male 13-14 200 Back	4	15	0.79
	34.80	1:11.68 1:48.54 2:24.18			
	(34.80)	(36.88) (36.86) (35.64)			
5:16.65S	F # 513B	Male 13-14 400 IM	10	7	-1.07
	34.42	1:13.90 1:52.69 2:30.28 3:18.36 4:06.85 4:42.34 5:16.65			
	(34.42)	(39.48) (38.79) (37.59) (48.08) (48.49) (35.49) (34.31)			
Miley, Hannah (18) F					
2:12.41S	F # 102	Female 15 & Over 200 Back	1	20	0.79
	31.03	1:03.61 1:37.60 2:12.41			
	(31.03)	(32.58) (33.99) (34.81)			
2:30.86S	F # 205	Female 15 & Over 200 Breast	1	20	1.07
	35.01	1:13.10 1:51.68 2:30.86			
	(35.01)	(38.09) (38.58) (39.18)			
1:00.87S	F # 211	Female 15 & Over 100 Back	1	20	-1.91
	29.98	1:00.87			
	(29.98)	(30.89)			
1:03.52S	P # 211	Female 15 & Over 100 Back	1	---	0.74
	30.96	1:03.52			
	(30.96)	(32.56)			
8:29.87S	F # 215C	Female 15 & Over 800 Free	1	20	-15.39
	29.61	1:01.55 1:33.75 2:05.76 2:37.47 3:09.40 3:41.32 4:13.37			
	(29.61)	(31.94) (32.20) (32.01) (31.71) (31.93) (31.92) (32.05)			
	4:45.25	5:17.37 5:49.42 6:21.69 6:54.21 7:26.37 7:58.77 8:29.87			
	(31.88)	(32.12) (32.05) (32.27) (32.52) (32.16) (32.40) (31.10)			
1:01.60S	F # 401	Female 15 & Over 100 Fly	1	20	-1.22
	29.77	1:01.60			
	(29.77)	(31.83)			
1:05.15S	P # 401	Female 15 & Over 100 Fly	1	---	2.33
	30.86	1:05.15			
	(30.86)	(34.29)			
2:11.06S	F # 506	Female 15 & Over 200 IM	1	20	-0.40
	29.83	1:02.67 1:40.32 2:11.06			
	(29.83)	(32.84) (37.65) (30.74)			
2:17.25S	P # 506	Female 15 & Over 200 IM	1	---	5.79
	31.22	1:05.29 1:44.61 2:17.25			
	(31.22)	(34.07) (39.32) (32.64)			
56.70S	F # 512	Female 15 & Over 100 Free	1	20	-0.53
	28.04	56.70			
	(28.04)	(28.66)			
58.70S	P # 512	Female 15 & Over 100 Free	1	---	1.47
	28.60	58.70			
	(28.60)	(30.10)			
29.98S	F # 711	Female 15 & Over 50 Back	---	---	-0.65
Miley, Joseph (10) M					
5:13.93S	F # 117A	Male 10-12 400 Free	12	5	-10.50
	34.88	1:13.97 1:54.34 2:34.50 3:14.69 3:56.32 4:36.85 5:13.93			
	(34.88)	(39.09) (40.37) (40.16) (40.19) (41.63) (40.53) (37.08)			
2:32.12S	F # 202	Male 10-12 200 Free	16	1	0.99
	34.43	1:13.68 1:53.80 2:32.12			
	(34.43)	(39.25) (40.12) (38.32)			
2:45.28S	F # 208	Male 10-12 200 Back	10	7	0.78
	39.57	1:21.68 2:04.08 2:45.28			
	(39.57)	(42.11) (42.40) (41.20)			

Individual Meet Results

ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 37.61
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv
1:17.92S	P # 404 37.61 (37.61)	Male 10-12 100 Back 1:17.92 (40.31)	10	7	-2.28
2:54.51S	P # 501 39.83 (39.83)	Male 10-12 200 IM 1:21.21 2:14.83 2:54.51 (41.38) (53.62) (39.68)	12	5	-2.01
1:26.48S	P # 507 39.29 (39.29)	Male 10-12 100 Fly 1:26.48 (47.19)	11	6	2.03
Petursdottir, Nicole (13) F					
2:52.25S	F # 104 35.84 (35.84)	Female 13-14 200 Fly 1:20.06 2:06.14 2:52.25 (44.22) (46.08) (46.11)	13	4	6.44
1:05.52S	P # 110 31.76 (31.76)	Female 13-14 100 Free 1:05.52 (33.76)	11	6	0.97
2:43.12S	P # 116 35.07 (35.07)	Female 13-14 200 IM 1:17.53 2:06.18 2:43.12 (42.46) (48.65) (36.94)	18	---	3.37
1:17.24S	P # 203 36.29 (36.29)	Female 13-14 100 Fly 1:17.24 (40.95)	16	1	2.69
DQ	F # 209 42.06 (42.06)	Female 13-14 200 Breast 1:29.75 2:18.10 00.00 (47.69) (48.35) (138.10)	---	---	---
1:16.80S	P # 405 37.46 (37.46)	Female 13-14 100 Back 1:16.80 (39.34)	21	---	2.08
2:22.82S	F # 411 32.65 (32.65)	Female 13-14 200 Free 1:08.88 1:46.30 2:22.82 (36.23) (37.42) (36.52)	12	5	3.53
1:26.43S	P # 504 41.02 (41.02)	Female 13-14 100 Breast 1:26.43 (45.41)	13	4	0.47
2:42.44S	F # 510 39.07 (39.07)	Female 13-14 200 Back 1:20.41 2:02.07 2:42.44 (41.34) (41.66) (40.37)	18	---	5.03
Rennie, Greig (13) M					
1:02.77S	P # 109 30.96 (30.96)	Male 13-14 100 Free 1:02.77 (31.81)	18	---	-1.94
2:29.58S	P # 115 33.70 (33.70)	Male 13-14 200 IM 1:13.97 1:54.79 2:29.58 (40.27) (40.82) (34.79)	9	9	0.21
4:41.28S	F # 117B 32.02 (32.02)	Male 13-14 400 Free 1:07.17 1:42.89 2:18.55 2:54.08 3:30.27 4:06.08 4:41.28 (35.15) (35.72) (35.66) (35.53) (36.19) (35.81) (35.20)	9	9	1.74
1:12.16S	P # 204 33.75 (33.75)	Male 13-14 100 Fly 1:12.16 (38.41)	17	---	-1.32
2:41.63S	F # 210 36.70 (36.70)	Male 13-14 200 Breast 1:18.45 2:00.04 2:41.63 (41.75) (41.59) (41.59)	3	16	-2.54

Individual Meet Results

ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 36.93
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv
1:16.37S	P # 406	Male 13-14 100 Back	24	---	1.53
	36.93 1:16.37				
	(36.93) (39.44)				
2:16.76S	F # 412	Male 13-14 200 Free	17	---	0.88
	32.02 1:05.93 1:41.41 2:16.76				
	(32.02) (33.91) (35.48) (35.35)				
9:25.73S	F # 414B	Male 13-14 800 Free	8	11	-10.58
	31.46 1:06.53 1:42.18 2:18.32 2:54.07 3:29.91 4:05.86 4:41.66				
	(31.46) (35.07) (35.65) (36.14) (35.75) (35.84) (35.95) (35.80)				
	5:17.41 5:53.29 6:29.38 7:04.98 7:40.67 8:16.65 8:52.25 9:25.73				
	(35.75) (35.88) (36.09) (35.60) (35.69) (35.98) (35.60) (33.48)				
1:15.01S	P # 503	Male 13-14 100 Breast	3	---	-0.69
	35.72 1:15.01				
	(35.72) (39.29)				
1:15.86S	F # 503	Male 13-14 100 Breast	5	14	0.16
	35.73 1:15.86				
	(35.73) (40.13)				
2:39.78S	F # 509	Male 13-14 200 Back	22	---	5.67
	37.87 1:18.30 1:59.00 2:39.78				
	(37.87) (40.43) (40.70) (40.78)				
1:11.80S	F # 513B	Male 13-14 100 Fly	---	---	-1.68
5:11.17S	F # 513B	Male 13-14 400 IM	6	13	-4.86
	33.78 1:11.80 1:52.48 2:32.37 3:15.57 3:59.15 4:36.22 5:11.17				
	(33.78) (38.02) (40.68) (39.89) (43.20) (43.58) (37.07) (34.95)				
33.70S	P # 615	Male 13-14 50 Fly	---	---	-0.07
33.75S	P # 704	Male 13-14 50 Fly	---	---	-0.02
Rennie, Sarah (16) F					
2:38.56S	F # 102	Female 15 & Over 200 Back	16	1	-0.15
	38.23 1:18.25 1:58.97 2:38.56				
	(38.23) (40.02) (40.72) (39.59)				
1:30.25S	F # 1205	Female 15 & Over 100 Breast	---	---	-0.52
3:08.30S	F # 205	Female 15 & Over 200 Breast	13	4	-1.05
	43.14 1:30.25 2:18.91 3:08.30				
	(43.14) (47.11) (48.66) (49.39)				
1:15.69S	P # 211	Female 15 & Over 100 Back	20	---	2.21
	36.47 1:15.69				
	(36.47) (39.22)				
2:23.42S	F # 407	Female 15 & Over 200 Free	15	2	-1.60
	33.48 1:09.84 1:46.56 2:23.42				
	(33.48) (36.36) (36.72) (36.86)				
1:21.05S	F # 413C	Female 15 & Over 100 Fly	---	---	-0.29
5:43.48S	F # 413C	Female 15 & Over 400 IM	10	7	-1.92
	36.52 1:21.05 2:03.59 2:45.47 3:34.80 4:25.09 5:04.93 5:43.48				
	(36.52) (44.53) (42.54) (41.88) (49.33) (50.29) (39.84) (38.55)				
2:42.17S	P # 506	Female 15 & Over 200 IM	19	---	-2.53
	36.74 1:17.40 2:05.94 2:42.17				
	(36.74) (40.66) (48.54) (36.23)				
Smith, David (15) M					
2:26.58S	F # 101	Male 15 & Over 200 Back	19	---	3.11
	34.66 1:11.44 1:49.23 2:26.58				
	(34.66) (36.78) (37.79) (37.35)				

Individual Meet Results

ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 37.34
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv
1:20.12S	P # 107	Male 15 & Over 100 Breast	15	2	-0.02
	37.34 1:20.12				
	(37.34) (42.78)				
2:24.61S	F # 113	Male 15 & Over 200 Fly	8	11	1.63
	32.08 1:09.16 1:46.75 2:24.61				
	(32.08) (37.08) (37.59) (37.86)				
4:26.52S	F # 117C	Male 15 & Over 400 Free	12	5	-4.21
	31.03 1:04.83 1:38.06 2:11.39 2:44.88 3:18.76 3:52.74 4:26.52				
	(31.03) (33.80) (33.23) (33.33) (33.49) (33.88) (33.98) (33.78)				
2:54.29S	F # 206	Male 15 & Over 200 Breast	14	3	5.60
	39.72 1:24.43 2:09.76 2:54.29				
	(39.72) (44.71) (45.33) (44.53)				
1:09.92S	P # 212	Male 15 & Over 100 Back	22	---	-0.11
	34.50 1:09.92				
	(34.50) (35.42)				
1:06.50S	P # 402	Male 15 & Over 100 Fly	18	---	1.02
	30.76 1:06.50				
	(30.76) (35.74)				
2:08.23S	F # 408	Male 15 & Over 200 Free	20	---	-0.81
	29.79 1:02.02 1:35.55 2:08.23				
	(29.79) (32.23) (33.53) (32.68)				
9:20.12S	F # 414C	Male 15 & Over 800 Free	8	11	-0.14
	31.87 1:07.33 1:42.51 2:17.95 2:53.49 3:28.91 4:03.91 4:39.16				
	(31.87) (35.46) (35.18) (35.44) (35.54) (35.42) (35.00) (35.25)				
	5:14.57 5:50.20 6:25.48 7:00.95 7:36.32 8:11.68 8:46.18 9:20.12				
	(35.41) (35.63) (35.28) (35.47) (35.37) (35.36) (34.50) (33.94)				
2:25.62S	P # 505	Male 15 & Over 200 IM	21	---	2.75
	30.72 1:08.38 1:52.45 2:25.62				
	(30.72) (37.66) (44.07) (33.17)				
4:59.47S	F # 513C	Male 15 & Over 400 IM	8	11	-1.24
	31.74 1:07.73 1:48.02 2:26.40 3:10.00 3:54.54 4:27.79 4:59.47				
	(31.74) (35.99) (40.29) (38.38) (43.60) (44.54) (33.25) (31.68)				
59.71S	F # 619	400 Free Relay Lead Off	---	---	-0.44
	28.59				
	(28.59)				
Smith, Michael (18) M					
1:09.76S	F # 107	Male 15 & Over 100 Breast	5	14	0.85
	33.13 1:09.76				
	(33.13) (36.63)				
1:10.62S	P # 107	Male 15 & Over 100 Breast	5	---	1.71
	33.23 1:10.62				
	(33.23) (37.39)				
4:10.19S	F # 117C	Male 15 & Over 400 Free	2	17	-2.20
	29.17 1:00.68 1:32.99 2:05.12 2:36.68 3:08.55 3:40.07 4:10.19				
	(29.17) (31.51) (32.31) (32.13) (31.56) (31.87) (31.52) (30.12)				
2:33.39S	F # 206	Male 15 & Over 200 Breast	6	13	0.74
	35.36 1:14.72 1:53.97 2:33.39				
	(35.36) (39.36) (39.25) (39.42)				
1:07.48S	P # 212	Male 15 & Over 100 Back	15	2	-1.32
	32.61 1:07.48				
	(32.61) (34.87)				

Individual Meet Results
ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 29.93
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv					
1:04.98S	P # 402 29.93 (29.93)	Male 15 & Over 100 Fly 1:04.98 (35.05)	15	2	1.94					
2:01.99S	F # 408 29.30 (29.30)	Male 15 & Over 200 Free 59.60 1:31.11 2:01.99 (30.30) (31.51) (30.88)	14	3	2.72					
8:46.87S	F # 414C 30.51 (30.51)	Male 15 & Over 800 Free 1:03.52 1:35.97 2:08.54 (33.01) (32.45) (32.57)	1	20	-2.56					
	4:53.96 (33.54)	5:27.70 (33.74)	6:01.20 (33.50)	6:35.75 (34.55)	7:09.71 (33.96)	7:43.18 (33.47)	8:15.72 (32.54)	8:46.87 (31.15)		
2:22.31S	P # 505 31.47 (31.47)	Male 15 & Over 200 IM 1:07.90 1:49.31 2:22.31 (36.43) (41.41) (33.00)	14	3	4.37					
56.42S	P # 511 27.40 (27.40)	Male 15 & Over 100 Free 56.42 (29.02)	12	5	0.10					
Smith, Sarah (13) F										
2:55.71S	F # 104 37.76 (37.76)	Female 13-14 200 Fly 1:22.81 2:08.50 2:55.71 (45.05) (45.69) (47.21)	15	2	-1.98					
Walker, William (12) M										
1:06.44S	P # 105 32.05 (32.05)	Male 10-12 100 Free 1:06.44 (34.39)	5	---	-0.53					
1:10.64S	F # 105 33.33 (33.33)	Male 10-12 100 Free 1:10.64 (37.31)	7	12	3.67					
3:14.87S	F # 111 43.70 (43.70)	Male 10-12 200 Breast 1:33.64 2:24.83 3:14.87 (49.94) (51.19) (50.04)	11	6	1.72					
5:06.54S	F # 117A 33.74 (33.74)	Male 10-12 400 Free 1:11.15 1:49.50 2:28.77 (37.41) (38.35) (39.27)	5	14	3.78					
			3:07.45 (38.68)	3:46.46 (39.01)	4:27.39 (40.93)	5:06.54 (39.15)				
2:24.47S	F # 202 33.09 (33.09)	Male 10-12 200 Free 1:09.76 1:47.25 2:24.47 (36.67) (37.49) (37.22)	5	14	0.73					
2:40.52S	F # 208 38.93 (38.93)	Male 10-12 200 Back 1:19.59 2:00.56 2:40.52 (40.66) (40.97) (39.96)	6	13	-1.16					
1:33.60S	P # 214 44.35 (44.35)	Male 10-12 100 Breast 1:33.60 (49.25)	12	5	3.96					
10:39.34S	F # 301A	Male 10-12 800 Free	---	---	-2.53					
20:12.48S	F # 301A	Male 10-12 1500 Free	3	16	-4.21					
			34.52 (34.52)	1:13.27 (38.75)	1:52.93 (39.66)	2:32.83 (39.90)	3:12.85 (40.02)	3:53.24 (40.39)	4:33.97 (40.73)	5:14.09 (40.12)
			5:54.97 (40.88)	6:35.49 (40.52)	7:15.91 (40.42)	7:56.51 (40.60)	8:37.32 (40.81)	9:18.05 (40.73)	9:59.06 (41.01)	10:39.34 (40.28)
			11:19.91 (40.57)	12:00.21 (40.30)	12:40.36 (40.15)	13:20.91 (40.55)	14:01.26 (40.35)	14:42.79 (41.53)	15:24.33 (41.54)	16:05.75 (41.42)
			16:47.84 (42.09)	17:29.42 (41.58)	18:10.72 (41.30)	18:52.33 (41.61)	19:33.10 (40.77)	20:12.48 (39.38)		

Individual Meet Results

ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 36.17
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv					
1:14.33S	F # 404 36.17 (36.17)	Male 10-12 100 Back 1:14.33 (38.16)	4	15	-1.08					
1:16.43S	P # 404 37.31 (37.31)	Male 10-12 100 Back 1:16.43 (39.12)	8	---	1.02					
10:22.90S DQ	F # 414A 32.97 (32.97)	Male 10-12 800 Free 1:11.08 1:49.26 2:27.60 3:05.88 3:44.43 4:23.63 5:02.73 (38.11) (38.18) (38.34) (38.28) (38.55) (39.20) (39.10)	---	---	---					
	5:41.76 (39.03)	6:22.01 (40.25)	7:01.93 (39.92)	7:41.52 (39.59)	8:21.44 (39.92)	9:02.21 (40.77)	9:42.85 (40.64)	10:22.90 (40.05)		
2:52.10S	P # 501 39.79 (39.79)	Male 10-12 200 IM 1:21.89 2:12.13 2:52.10 (42.10) (50.24) (39.97)	9	9	5.85					
1:28.36S	P # 507 40.50 (40.50)	Male 10-12 100 Fly 1:28.36 (47.86)	13	4	4.24					
5:54.99S	F # 513A 40.61 (40.61)	Male 10-12 400 IM 1:29.27 2:12.09 2:53.97 3:43.81 4:34.84 5:15.55 5:54.99 (48.66) (42.82) (41.88) (49.84) (51.03) (40.71) (39.44)	5	14	-3.28					
Whitehead, Jonas (16) M										
1:08.36S	P # 107 31.94 (31.94)	Male 15 & Over 100 Breast 1:08.36 (36.42)	3	---	0.12					
1:09.21S	F # 107 32.83 (32.83)	Male 15 & Over 100 Breast 1:09.21 (36.38)	4	15	0.97					
4:15.28S	F # 117C 28.98 (28.98)	Male 15 & Over 400 Free 1:01.13 1:33.30 2:05.71 2:37.99 3:10.87 3:43.47 4:15.28 (32.15) (32.17) (32.41) (32.28) (32.88) (32.60) (31.81)	4	15	-5.53					
2:29.12S	F # 206 34.25 (34.25)	Male 15 & Over 200 Breast 1:12.21 1:51.56 2:29.12 (37.96) (39.35) (37.56)	4	15	-0.60					
1:05.87S	P # 212 32.45 (32.45)	Male 15 & Over 100 Back 1:05.87 (33.42)	10	7	-0.18					
8:58.76S	F # 301C 30.74 (30.74)	Male 15 & Over 800 Free 1:03.83 1:37.80 2:11.92 2:46.21 3:20.83 3:55.22 4:29.29 (33.09) (33.97) (34.12) (34.29) (34.62) (34.39) (34.07)	---	---	-4.54					
16:48.48S	F # 301C 5:03.14 (33.85)	Male 15 & Over 1500 Free 1:03.83 1:37.80 2:11.92 2:46.21 3:20.83 3:55.22 4:29.29 (33.09) (33.97) (34.12) (34.29) (34.62) (34.39) (34.07)	1	20	-41.63					
	9:32.40 (33.64)	10:06.38 (33.98)	10:40.52 (34.14)	11:14.32 (33.80)	11:48.27 (33.95)	12:22.11 (33.84)	12:55.70 (33.59)	13:29.41 (33.71)		
	14:03.05 (33.64)	14:36.74 (33.69)	15:10.31 (33.57)	15:43.71 (33.40)	16:16.48 (32.77)	16:48.48 (32.00)				
1:59.27S	F # 408 27.60 (27.60)	Male 15 & Over 200 Free 57.76 1:28.99 1:59.27 (30.16) (31.23) (30.28)	7	12	-1.26					
56.72S	P # 511 27.95 (27.95)	Male 15 & Over 100 Free 56.72 (28.77)	13	4	0.69					

Individual Meet Results

ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 31.51
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv
4:46.81S	F # 513C	Male 15 & Over 400 IM	6	13	-2.29
	31.51 1:08.29 1:46.08 2:22.96 3:01.98 3:42.62 4:16.03 4:46.81				
	(31.51) (36.78) (37.79) (36.88) (39.02) (40.64) (33.41) (30.78)				
Whitehead, Phoebe (13) F					
2:39.74S	F # 104	Female 13-14 200 Fly	6	13	-10.27
	37.48 1:17.13 1:59.33 2:39.74				
	(37.48) (39.65) (42.20) (40.41)				
1:04.06S	P # 110	Female 13-14 100 Free	7	---	-0.30
	30.96 1:04.06				
	(30.96) (33.10)				
1:06.67S	F # 110	Female 13-14 100 Free	8	11	2.31
	31.77 1:06.67				
	(31.77) (34.90)				
2:40.02S	P # 116	Female 13-14 200 IM	12	5	4.98
	36.04 1:16.07 2:04.41 2:40.02				
	(36.04) (40.03) (48.34) (35.61)				
1:17.28S	P # 203	Female 13-14 100 Fly	17	---	2.56
	35.65 1:17.28				
	(35.65) (41.63)				
3:09.55S	F # 209	Female 13-14 200 Breast	15	2	2.51
	43.91 1:31.77 2:20.86 3:09.55				
	(43.91) (47.86) (49.09) (48.69)				
9:45.14S	F # 215B	Female 13-14 800 Free	3	16	-0.35
	33.77 1:10.27 1:46.94 2:23.28 2:59.93 3:36.86 4:13.81 4:50.67				
	(33.77) (36.50) (36.67) (36.34) (36.65) (36.93) (36.95) (36.86)				
	5:27.70 6:04.56 6:41.16 7:17.99 7:54.95 8:31.98 9:09.00 9:45.14				
	(37.03) (36.86) (36.60) (36.83) (36.96) (37.03) (37.02) (36.14)				
1:13.09S	P # 405	Female 13-14 100 Back	9	9	-0.14
	35.76 1:13.09				
	(35.76) (37.33)				
2:18.44S	F # 411	Female 13-14 200 Free	7	12	1.25
	32.25 1:07.05 1:42.90 2:18.44				
	(32.25) (34.80) (35.85) (35.54)				
5:30.66S	F # 413B	Female 13-14 400 IM	8	11	1.83
	37.34 1:19.99 2:01.74 2:40.54 3:29.30 4:18.43 4:55.26 5:30.66				
	(37.34) (42.65) (41.75) (38.80) (48.76) (49.13) (36.83) (35.40)				
1:32.51S	P # 504	Female 13-14 100 Breast	21	---	4.25
	43.16 1:32.51				
	(43.16) (49.35)				
2:31.33S	F # 510	Female 13-14 200 Back	4	15	-1.45
	36.64 1:14.48 1:53.22 2:31.33				
	(36.64) (37.84) (38.74) (38.11)				
18:28.20S	F # 514B	Female 13-14 1500 Free	5	14	-15.51
	34.46 1:11.49 1:49.17 2:26.49 3:03.57 3:40.86 4:18.08 4:55.09				
	(34.46) (37.03) (37.68) (37.32) (37.08) (37.29) (37.22) (37.01)				
	5:32.14 6:09.22 6:46.15 7:22.95 7:59.87 8:36.73 9:13.75 9:50.87				
	(37.05) (37.08) (36.93) (36.80) (36.92) (36.86) (37.02) (37.12)				
	10:28.03 11:04.67 11:41.61 12:18.74 12:55.14 13:32.37 14:09.30 14:46.35				
	(37.16) (36.64) (36.94) (37.13) (36.40) (37.23) (36.93) (37.05)				
	15:23.63 16:00.84 16:37.78 17:14.55 17:51.68 18:28.20				
	(37.28) (37.21) (36.94) (36.77) (37.13) (36.52)				

Individual Meet Results
ND Age Group Championships 01-Mar-08 to 02-Mar-08 [Ageup: 02/03/2008] SC Meters 32.92
Sanction: A1/206/ND/MAR08 Location: Inverness
Garioch Amateur Swimming Club [NGHX]

Time	F/P/S	Event	Place	Points	Improv
4:48.57S	F # 601B	Female 13-14 400 Free	5	14	2.90
	32.92	1:09.05 1:45.64 2:22.15 2:58.91 3:35.70 4:12.48 4:48.57			
	(32.92)	(36.13) (36.59) (36.51) (36.76) (36.79) (36.78) (36.09)			