
Individual Meet Results
Scottish National Short Course Open Swimming 07-Dec-18 to 09-Dec-18 [Ageup: 31/12/2018] SC Meters
Sanction: L1/588/SS/DEC18 Location: Roval Commonwealth Pool
Heart of Midlothian [EHMX] Coach: Phil Potter

Time	F/P/S	Name	Age	Place	Points	Impr
Event #101 Male 50 Free						
24.99S	P	Ross Kerr	16	72	---	-0.41
25.15S	P	James Claxton	16	78	---	0.23
Event #103 Male 200 Back						
2:09.74S	P	Finlay Saunders	17	29	---	-1.49
Event #104 Female 200 IM						
2:22.05S	P	Emma Russell	15	22	---	-0.78
2:24.62S	P	Erika Coupek	16	33	---	-4.34
Event #105 Male 100 Fly						
1:00.46S	P	Rory Young	16	64	---	0.02
1:00.50S	P	Finlay Saunders	17	65	---	-0.56
1:00.98S	P	Angus Rutherford	17	69	---	-2.13
Event #106 Female 50 Back						
30.99S	P	Rowan Saunders	14	49	---	-0.59
31.00S	P	Erika Coupek	16	50	---	-0.53
31.52S	P	Holly McGill	13	69	---	-0.38
32.87S	P	Ella Wood	15	115	---	-0.41
Event #108 Female 200 Fly						
2:27.18S	P	Luci Robertson	16	24	---	-0.45
2:28.30S	P	Adele McDaid	15	29	---	3.20
2:34.36S	P	Holly McGill	13	57	---	-1.30
2:46.80S	P	Alice Walker Stewart	19	80	---	12.10
Event #109 Male 400 Free						
4:06.40S	P	Finlay Saunders	17	26	---	-3.03
4:08.72S	P	Angus Rutherford	17	30	---	0.13
Event #110 Female 100 Free						
56.28S	F	Emma Russell	15	7	10	-0.47
56.82S	P	Emma Russell	15	8	---	0.07
1:00.31S	P	Erika Coupek	16	65	---	-0.18
Event #1108 Female 100 Fly						
1:13.19S	P	Holly McGill	13		---	-0.01
Event #111 Male 100 IM						
1:02.44S	P	Finlay Saunders	17	52	---	0.01
1:04.04S	P	Rory Young	16	72	---	-0.22
1:04.71S	P	Angus Rutherford	17	74	---	0.96
Event #112 Female 800 Free						
9:12.80S	F	Emma Russell	15	15	2	-0.49

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Event #1128 Female 100 Fly						
1:13.19S	P	Holly McGill	13		---	-0.01
Event #113 Female 200 Medley Relay - Lead-Off Legs (50 Back)						
30.61S	F	Rowan Saunders	14	---	---	-0.97
Event #114 Male 200 Medley Relay - Lead-Off Legs (50 Back)						
28.64S	F	Finlay Saunders	17	---	---	-0.30
Event #116 Female 100 Free						
56.22S	S	Emma Russell	15	1	---	-0.53
Event #121 Male 50 Free						
24.99S	P	Ross Kerr	16	34	---	-0.41
25.15S	P	James Claxton	16	40	---	0.23
Event #124 Female 200 IM						
2:24.62S	P	Erika Coupek	16	6	---	-4.34
Event #125 Male 100 Fly						
1:00.46S	P	Rory Young	16	30	---	0.02
1:00.50S	P	Finlay Saunders	17	31	---	-0.56
1:00.98S	P	Angus Rutherford	17	35	---	-2.13
Event #126 Female 50 Back						
30.99S	P	Rowan Saunders	14	15	---	-0.59
31.00S	P	Erika Coupek	16	16	---	-0.53
31.52S	P	Holly McGill	13	32	---	-0.38
32.87S	P	Ella Wood	15	77	---	-0.41
Event #128 Female 200 Fly						
2:34.36S	P	Holly McGill	13	20	---	-1.30
2:46.80S	P	Alice Walker Stewart	19	42	---	12.10
Event #129 Male 400 Free						
4:08.72S	P	Angus Rutherford	17	2	---	0.13
Event #130 Female 100 Free						
1:00.31S	P	Erika Coupek	16	28	---	-0.18
Event #1301 Female 100 Fly						
1:12.11S	P	Holly McGill	13		---	-1.09
Event #131 Male 100 IM						
1:02.44S	P	Finlay Saunders	17	15	---	0.01
1:04.04S	P	Rory Young	16	32	---	-0.22
1:04.71S	P	Angus Rutherford	17	34	---	0.96

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Time	F/P/S	Name	Age	Place	Points	Impr
Event #1321 Female 100 Fly						
1:12.11S	P	Holly McGill	13		---	-1.09
Event #201 Female 50 Free						
26.60S	F	Emma Russell	15	14	3	0.19
26.68S	P	Emma Russell	15	15	---	0.27
28.08S	P	Erika Coupek	16	72	---	-0.12
Event #203 Female 200 Back						
2:19.00S	P	Erika Coupek	16	22	---	-1.03
2:19.60S	P	Rowan Saunders	14	24	---	-3.93
2:20.41S	P	Holly McGill	13	34	---	-4.82
2:26.35S	P	Rowan McGill	15	70	---	-0.96
Event #204 Male 200 IM						
2:13.94S	P	Finlay Saunders	17	48	---	-1.22
2:16.69S	P	Rory Young	16	65	---	-3.34
2:18.37S	P	Angus Rutherford	17	80	---	-3.24
Event #205 Female 100 Fly						
1:06.00S	P	Emma Russell	15	41	---	1.23
1:07.29S	P	Luci Robertson	16	64	---	-0.59
1:08.03S	P	Adele McDaid	15	72	---	0.70
Event #208 Male 200 Fly						
2:13.00S	P	Rory Young	16	28	---	-1.36
2:17.54S	P	Angus Rutherford	17	47	---	-3.11
2:26.62S	P	Scott Muirden	16	68	---	3.47
Event #209 Female 400 Free						
4:25.85S	P	Emma Russell	15	18	---	1.78
4:42.28S	P	Luci Robertson	16	76	---	-0.23
Event #210 Male 100 Free						
53.77S	P	Finlay Saunders	17	68	---	0.42
Event #211 Female 100 IM						
1:07.21S	P	Emma Russell	15	21	---	1.22
1:08.08S	P	Erika Coupek	16	30	---	-2.34
Event #212 Male 1500 Free						
16:14.32S	F	Angus Rutherford	17	8	9	-7.14
16:41.26S	F	Finlay Saunders	17	17	---	10.07
Event #213 Male 200 Free Relay - Lead-Off Legs (50 Free)						
25.24S	F	Ross Kerr	16	---	---	-0.16
Event #214 Female 200 Free Relay - Lead-Off Legs (50 Free)						
26.66S	F	Emma Russell	15	---	---	0.25

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Time	F/P/S	Name	Age	Place	Points	Impr
Event #221 Female 50 Free						
28.08S	P	Erika Coupek	16	34	---	-0.12
Event #223 Female 200 Back						
2:19.60S	P	Rowan Saunders	14	1	---	-3.93
2:20.41S	P	Holly McGill	13	6	---	-4.82
2:26.35S	P	Rowan McGill	15	33	---	-0.96
Event #224 Male 200 IM						
2:13.94S	P	Finlay Saunders	17	15	---	-1.22
2:16.69S	P	Rory Young	16	29	---	-3.34
2:18.37S	P	Angus Rutherford	17	44	---	-3.24
Event #225 Female 100 Fly						
1:07.29S	P	Luci Robertson	16	29	---	-0.59
1:08.03S	P	Adele McDaid	15	37	---	0.70
Event #228 Male 200 Fly						
2:17.54S	P	Angus Rutherford	17	14	---	-3.11
2:26.62S	P	Scott Muirden	16	33	---	3.47
Event #229 Female 400 Free						
4:42.28S	P	Luci Robertson	16	38	---	-0.23
Event #230 Male 100 Free						
53.77S	P	Finlay Saunders	17	29	---	0.42
Event #231 Female 100 IM						
1:08.08S	P	Erika Coupek	16	9	---	-2.34
Event #301 Female 400 IM						
5:14.57S	P	Holly McGill	13	37	---	-0.13
5:24.47S	P	Adele McDaid	15	68	---	4.01
Event #302 Male 400 IM						
4:45.36S	P	Angus Rutherford	17	30	---	---
5:02.60S	P	Jack McGill	14	68	---	5.19
5:02.98S	P	Rory Young	16	69	---	10.33
Event #303 Female 50 Fly						
28.74S	P	Emma Russell	15	19	---	-1.09
30.28S	P	Mary Mackie	15	66	---	-0.50
30.98S	P	Alice Walker Stewart	19	98	---	0.75
31.27S	P	Holly Lumsden	13	104	---	-0.61
Event #305 Female 200 Free						
2:02.06S	F	Emma Russell	15	12	5	-1.04
2:03.62S	P	Emma Russell	15	13	---	0.52
2:09.93S	P	Erika Coupek	16	52	---	-1.07

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Time	F/P/S	Name	Age	Place	Points	Impr
Event #306 Male 200 Free						
1:57.08S	P	Finlay Saunders	17	44	---	1.27
1:58.32S	P	Angus Rutherford	17	59	---	-1.48
Event #307 Female 100 Back						
1:04.99S	P	Rowan Saunders	14	29	---	-1.60
1:05.31S	P	Erika Coupek	16	35	---	-0.25
1:07.67S	P	Holly McGill	13	70	---	0.53
Event #308 Male 100 Back						
59.70S	P	Finlay Saunders	17	40	---	-1.23
1:02.62S	P	Rory Young	16	74	---	0.05
Event #311 Female 400 Free Relay - Lead-Off Legs (100 Free)						
57.08S	F	Emma Russell	15	---	---	0.33
Event #312 Male 400 Free Relay - Lead-Off Legs (100 Free)						
53.92S	F	Finlay Saunders	17	---	---	0.57
Event #321 Female 400 IM						
5:14.57S	P	Holly McGill	13	10	---	-0.13
5:24.47S	P	Adele McDaid	15	31	---	4.01
Event #322 Male 400 IM						
4:45.36S	P	Angus Rutherford	17	5	---	---
5:02.60S	P	Jack McGill	14	35	---	5.19
5:02.98S	P	Rory Young	16	36	---	10.33
Event #323 Female 50 Fly						
30.28S	P	Mary Mackie	15	29	---	-0.50
30.98S	P	Alice Walker Stewart	19	60	---	0.75
31.27S	P	Holly Lumsden	13	66	---	-0.61
Event #325 Female 200 Free						
2:09.93S	P	Erika Coupek	16	17	---	-1.07
Event #326 Male 200 Free						
1:58.32S	P	Angus Rutherford	17	23	---	-1.48
Event #327 Female 100 Back						
1:04.99S	P	Rowan Saunders	14	4	---	-1.60
1:05.31S	P	Erika Coupek	16	9	---	-0.25
1:07.67S	P	Holly McGill	13	34	---	0.53
Event #328 Male 100 Back						
59.70S	P	Finlay Saunders	17	6	---	-1.23
1:02.62S	P	Rory Young	16	37	---	0.05

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Time	F/P/S	Name	Age	Place	Points	Impr
Event #624 Female 50 Fly						
31.51S	P	Erika Coupek	16		---	-0.53
Event #625 Male 50 Fly						
28.83S	P	Angus Rutherford	17		---	-1.05
Event #628 Female 50 Fly						
33.65S	P	Holly McGill	13		---	-0.24
Event #728 Male 50 Fly						
29.73S	P	Angus Rutherford	17		---	-0.15
Event #821 Female 50 Fly						
33.29S	P	Holly McGill	13		---	-0.60
Event #822 Male 50 Fly						
32.16S	P	Jack McGill	14		---	-0.16