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**Individual Meet Results**
**Scottish National Age Group Championships 27-Mar-19 to 31-Mar-19 [Ageup: 31/12/2019] LC Meters**
**Sanction: L1/592/SS/MAR19 Location: Tollcross International Swimming Centre**
**Heart of Midlothian [EHMX] Coach: Phil Potter**

| <b>Time</b>   | <b>F/P/S</b> | <b>Name</b>     | <b>Age</b> | <b>Place</b> | <b>Points</b> | <b>Impr</b> |
|---|--------------|-----------------|------------|--------------|---------------|-------------|
| <b>Event #004A Female 50 Breast 15-15</b>                                       |              |                 |            |              |               |             |
| 37.41L  | P            | Rowan Saunders  | 15         |              | ---           | -0.43       |
| <b>Event #021B Male 50 Fly 14-14</b>  |              |                 |            |              |               |             |
| 31.18L  | P            | Jack Brown      | 14         |              | ---           | -1.40       |
| 31.35L  | F            | Jack Brown      | 14         |              | ---           | -1.23       |
| <b>Event #024B Female 50 Breast 14-14</b>                                       |              |                 |            |              |               |             |
| 41.15L  | P            | Holly McGill    | 14         |              | ---           | -0.06       |
| <b>Event #101A Female 200 Back 15-15</b>  |              |                 |            |              |               |             |
| 2:22.27L  | F            | Rowan Saunders  | 15         | 3            | 9             | -6.32       |
| 2:25.07L  | P            | Rowan Saunders  | 15         | 4            | ---           | -3.52       |
| <b>Event #101B Female 200 Back 16-16</b>  |              |                 |            |              |               |             |
| 2:30.61L  | P            | Rowan McGill    | 16         | 9            | ---           | -1.28       |
| 2:31.29L  | F            | Rowan McGill    | 16         | 9            | 2             | -0.60       |
| 2:40.65L  | P            | Ella Wood       | 16         | 20           | ---           | 3.27        |
| <b>Event #101C Female 200 Back 17-18</b>  |              |                 |            |              |               |             |
| 2:24.83L  | P            | Erika Coupek    | 17         | 5            | ---           | 0.86        |
| 2:25.56L  | F            | Erika Coupek    | 17         | 5            | 6             | 1.59        |
| <b>Event #102A Male 100 Back 15-15</b>  |              |                 |            |              |               |             |
| 1:06.93L  | P            | Jack McGill     | 15         | 12           | ---           | -0.19       |
| <b>Event #102C Male 100 Back 17-18</b>  |              |                 |            |              |               |             |
| 1:01.35L  | F            | Finlay Saunders | 18         | 7            | 4             | -0.52       |
| 1:01.62L  | P            | Finlay Saunders | 18         | 6            | ---           | -0.25       |
| <b>Event #103B Female 100 Free 16-16</b>  |              |                 |            |              |               |             |
| 56.98L  | F            | Emma Russell    | 16         | 1            | 13            | -0.66       |
| 58.32L  | P            | Emma Russell    | 16         | 1            | ---           | 0.68        |
| 1:00.30L  | F            | Ellie Reilly    | 16         | 8            | 3             | 0.65        |
| 1:00.58L  | P            | Ellie Reilly    | 16         | 7            | ---           | 0.93        |
| <b>Event #103C Female 100 Free 17-18</b>  |              |                 |            |              |               |             |
| 1:01.33L  | P            | Erika Coupek    | 17         | 10           | ---           | 0.06        |
| 1:01.74L  | F            | Erika Coupek    | 17         | 9            | 2             | 0.47        |
| <b>Event #105B Female 50 Breast 16-16</b>                                       |              |                 |            |              |               |             |
| 34.05L  | P            | Ellie Reilly    | 16         | 3            | ---           | 0.79        |
| 34.78L  | F            | Ellie Reilly    | 16         | 5            | 6             | 1.52        |
| <b>Event #108 Male 800 Free Relay17 &amp; Over - Lead-Off Legs ( 200 Free )</b> |              |                 |            |              |               |             |
| 1:59.46L  | F            | Finlay Saunders | 18         | ---          | ---           | -0.11       |

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**Heart of Midlothian [EHMX] Coach: Phil Potter**

| Time  | F/P/S | Name              | Age | Place | Points | Impr   |
|---|-------|-------------------|-----|-------|--------|--------|
| <b>Event #109 Male 800 Free Relay 14-16 - Lead-Off Legs ( 200 Free )</b>    |       |                   |     |       |        |        |
| 2:11.57L  | F     | Jack McGill       | 15  | ---   | ---    | 1.37   |
| <b>Event #121A Female 200 Back 11-13</b>                                    |       |                   |     |       |        |        |
| 2:33.96L  | P     | Kate Carruthers   | 13  | 7     | ---    | -12.56 |
| 2:36.53L  | F     | Kate Carruthers   | 13  | 8     | 3      | -9.99  |
| <b>Event #121B Female 200 Back 14-14</b>                                    |       |                   |     |       |        |        |
| 2:20.66L  | F     | Holly McGill      | 14  | 1     | 13     | -5.64  |
| 2:24.52L  | P     | Holly McGill      | 14  | 2     | ---    | -1.78  |
| 2:32.40L  | F     | Holly Lumsden     | 14  | 8     | 3      | -10.35 |
| 2:32.78L  | P     | Holly Lumsden     | 14  | 9     | ---    | -9.97  |
| 2:40.18L  | P     | Sophie Ferguson   | 14  | 29    | ---    | 3.02   |
| <b>Event #122B Male 100 Back 14-14</b>                                      |       |                   |     |       |        |        |
| 1:06.60L  | F     | Jack Brown        | 14  | 4     | 7      | -1.10  |
| 1:07.02L  | P     | Jack Brown        | 14  | 4     | ---    | -0.68  |
| 1:10.95L  | P     | Fionnlagh McGuire | 14  | 20    | ---    | -0.12  |
| 1:13.30L  | P     | Dylan Mason       | 14  | 40    | ---    | -0.38  |
| <b>Event #123A Female 100 Free 11-13</b>                                    |       |                   |     |       |        |        |
| 1:01.57L  | F     | Kate Carruthers   | 13  | 1     | 13     | -1.89  |
| 1:02.06L  | P     | Kate Carruthers   | 13  | 1     | ---    | -1.40  |
| 1:03.32L  | F     | Alice Mackie      | 13  | 2     | 11     | -3.27  |
| 1:03.86L  | P     | Alice Mackie      | 13  | 3     | ---    | -2.73  |
| <b>Event #124B Male 200 Breast 14-14</b>                                    |       |                   |     |       |        |        |
| 2:50.48L  | P     | Jack Brown        | 14  | 13    | ---    | -5.39  |
| <b>Event #125B Female 50 Breast 14-14</b>                                   |       |                   |     |       |        |        |
| 37.59L  | P     | Holly Lumsden     | 14  | 17    | ---    | 0.06   |
| <b>Event #127B Female 1500 Free 14-14</b>                                   |       |                   |     |       |        |        |
| 18:05.19L   | F     | Holly McGill      | 14  | 1     | 13     | -59.91 |
| <b>Event #128 Male 400 Free Relay 11-13 - Lead-Off Legs ( 100 Free )</b>    |       |                   |     |       |        |        |
| 1:06.71L  | F     | Joseph Robertson  | 13  | ---   | ---    | -1.29  |
| <b>Event #129 Mixed 400 Medley Relay 14-16 - Lead-Off Legs ( 100 Back )</b> |       |                   |     |       |        |        |
| 1:07.84L  | F     | Rowan Saunders    | 15  | ---   | ---    | 0.90   |
| 1:07.68L  | F     | Jack McGill       | 15  | ---   | ---    | 0.56   |
| <b>Event #201B Female 200 Breast 16-16</b>                                  |       |                   |     |       |        |        |
| 2:36.50L  | F     | Ellie Reilly      | 16  | 1     | 13     | 0.46   |
| 2:42.24L  | P     | Ellie Reilly      | 16  | 1     | ---    | 6.20   |
| <b>Event #202A Male 200 Fly 15-15</b>                                       |       |                   |     |       |        |        |
| 2:27.59L  | P     | Jack McGill       | 15  | 11    | ---    | ---    |
| 2:31.81L  | P     | Fraser Claxton    | 15  | 17    | ---    | ---    |

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Heart of Midlothian [EHMX] Coach: Phil Potter

| Time  | F/P/S | Name             | Age | Place | Points | Impr  |
|---|-------|------------------|-----|-------|--------|-------|
| <b>Event #203A Female 100 Back 15-15</b>  |       |                  |     |       |        |       |
| 1:05.74L  | F     | Rowan Saunders   | 15  | 2     | 11     | -1.20 |
| 1:07.42L  | P     | Rowan Saunders   | 15  | 3     | ---    | 0.48  |
| <b>Event #203B Female 100 Back 16-16</b>  |       |                  |     |       |        |       |
| 1:10.60L  | P     | Rowan McGill     | 16  | 14    | ---    | -0.03 |
| 1:11.06L  | P     | Emma Russell     | 16  | 17    | ---    | 3.19  |
| <b>Event #203C Female 100 Back 17-18</b>  |       |                  |     |       |        |       |
| 1:07.67L  | F     | Erika Coupek     | 17  | 7     | 4      | 0.74  |
| 1:08.63L  | P     | Erika Coupek     | 17  | 9     | ---    | 1.70  |
| <b>Event #205A Female 400 IM 15-15</b>  |       |                  |     |       |        |       |
| 5:20.51L  | F     | Rowan Saunders   | 15  | 6     | 5      | ---   |
| 5:21.69L  | P     | Rowan Saunders   | 15  | 5     | ---    | ---   |
| <b>Event #205B Female 400 IM 16-16</b>  |       |                  |     |       |        |       |
| 5:02.16L  | F     | Ellie Reilly     | 16  | 3     | 9      | 0.64  |
| 5:11.84L  | P     | Ellie Reilly     | 16  | 3     | ---    | 10.32 |
| 5:34.42L  | P     | Adele McDaid     | 16  | 12    | ---    | -3.86 |
| <b>Event #206A Male 400 Free 15-15</b>  |       |                  |     |       |        |       |
| 4:38.16L  | P     | Jack McGill      | 15  | 14    | ---    | 6.73  |
| <b>Event #206C Male 400 Free 17-18</b>  |       |                  |     |       |        |       |
| 4:08.35L  | F     | Finlay Saunders  | 18  | 3     | 9      | -7.78 |
| 4:13.11L  | P     | Finlay Saunders  | 18  | 3     | ---    | -3.02 |
| 4:13.33L  | P     | Angus Rutherford | 18  | 4     | ---    | -4.92 |
| 4:13.89L  | F     | Angus Rutherford | 18  | 5     | 6      | -4.36 |
| <b>Event #207 Female 400 Medley Relay 14-16 - Lead-Off Legs ( 100 Back )</b>      |       |                  |     |       |        |       |
| 1:06.52L  | F     | Rowan Saunders   | 15  | ---   | ---    | -0.42 |
| 1:11.77L  | F     | Rowan McGill     | 16  | ---   | ---    | 1.14  |
| <b>Event #209 Male 400 Medley Relay14 &amp; Over - Lead-Off Legs ( 100 Back )</b> |       |                  |     |       |        |       |
| 1:09.95L  | F     | Jack McGill      | 15  | ---   | ---    | 2.83  |
| <b>Event #210 Male 400 Medley Relay17 &amp; Over - Lead-Off Legs ( 100 Back )</b> |       |                  |     |       |        |       |
| 1:02.51L  | F     | Finlay Saunders  | 18  | ---   | ---    | 0.64  |
| <b>Event #222A Male 200 Fly 11-13</b>   |       |                  |     |       |        |       |
| 2:51.97L  | P     | Joseph Robertson | 13  | 16    | ---    | ---   |
| <b>Event #222B Male 200 Fly 14-14</b>   |       |                  |     |       |        |       |
| 2:38.18L  | P     | Jack Brown       | 14  | 11    | ---    | ---   |
| <b>Event #223A Female 100 Back 11-13</b>  |       |                  |     |       |        |       |
| 1:11.75L  | P     | Kate Carruthers  | 13  | 5     | ---    | -1.64 |
| 1:12.92L  | F     | Kate Carruthers  | 13  | 8     | 3      | -0.47 |

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**Heart of Midlothian [EHMX] Coach: Phil Potter**

| Time   | F/P/S | Name              | Age | Place | Points | Impr   |
|--|-------|-------------------|-----|-------|--------|--------|
| <b>Event #223B Female 100 Back 14-14</b>                                     |       |                   |     |       |        |        |
| 1:05.76L   | F     | Holly McGill      | 14  | 1     | 13     | -1.19  |
| 1:07.94L   | P     | Holly McGill      | 14  | 3     | ---    | 0.99   |
| 1:12.11L   | P     | Holly Lumsden     | 14  | 14    | ---    | 1.53   |
| 1:14.05L   | P     | Sophie Ferguson   | 14  | 32    | ---    | 2.51   |
| <b>Event #224B Male 50 Breast 14-14</b>                                      |       |                   |     |       |        |        |
| 35.97L   | P     | Jack Brown        | 14  | 20    | ---    | -2.14  |
| <b>Event #225A Female 400 IM 11-13</b>                                       |       |                   |     |       |        |        |
| 5:32.64L   | F     | Kate Carruthers   | 13  | 3     | 9      | ---    |
| <b>Event #225B Female 400 IM 14-14</b>                                       |       |                   |     |       |        |        |
| 5:13.72L   | F     | Holly McGill      | 14  | 2     | 11     | -18.72 |
| 5:33.97L   | F     | Holly Lumsden     | 14  | 13    | ---    | ---    |
| <b>Event #226B Male 400 Free 14-14</b>                                       |       |                   |     |       |        |        |
| 4:45.34L   | F     | Fionnlagh McGuire | 14  | 11    | ---    | -13.05 |
| <b>Event #227 Female 400 Medley Relay 11-13 - Lead-Off Legs ( 100 Back )</b> |       |                   |     |       |        |        |
| 1:18.88L   | F     | Lauren Doney      | 13  | ---   | ---    | -1.64  |
| 1:21.18L   | F     | Kirsty Funnell    | 13  | ---   | ---    | -5.97  |
| <b>Event #301C Male 200 Back 17-18</b>                                       |       |                   |     |       |        |        |
| 2:14.03L   | F     | Finlay Saunders   | 18  | 5     | 6      | -0.19  |
| 2:15.76L   | P     | Finlay Saunders   | 18  | 5     | ---    | 1.54   |
| <b>Event #302B Female 400 Free 16-16</b>                                     |       |                   |     |       |        |        |
| 4:35.40L   | P     | Emma Russell      | 16  | 4     | ---    | 7.95   |
| <b>Event #302C Female 400 Free 17-18</b>                                     |       |                   |     |       |        |        |
| 4:48.43L   | P     | Erika Coupek      | 17  | 11    | ---    | 4.14   |
| 4:54.63L   | P     | Luci Robertson    | 17  | 13    | ---    | 10.85  |
| <b>Event #303C Male 50 Free 17-18</b>  |       |                   |     |       |        |        |
| 25.81L   | P     | James Claxton     | 17  | 20    | ---    | 0.26   |
| 26.00L   | P     | Ross Kerr         | 17  | 22    | ---    | 0.06   |
| <b>Event #304B Female 50 Free 16-16</b>                                      |       |                   |     |       |        |        |
| 27.01L   | F     | Emma Russell      | 16  | 4     | 7      | 0.34   |
| 27.44L   | P     | Emma Russell      | 16  | 4     | ---    | 0.77   |
| <b>Event #304C Female 50 Free 17-18</b>                                      |       |                   |     |       |        |        |
| 28.67L   | P     | Erika Coupek      | 17  | 17    | ---    | 0.65   |
| <b>Event #306A Female 200 Fly 15-15</b>                                      |       |                   |     |       |        |        |
| 2:42.98L   | P     | Rowan Saunders    | 15  | 17    | ---    | ---    |

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**Heart of Midlothian [EHMX] Coach: Phil Potter**

| Time   | F/P/S | Name              | Age | Place | Points | Impr   |
|--|-------|-------------------|-----|-------|--------|--------|
| <b>Event #306B Female 200 Fly 16-16</b>                                    |       |                   |     |       |        |        |
| 2:24.32L   | F     | Ellie Reilly      | 16  | 1     | 13     | -1.11  |
| 2:29.20L   | P     | Ellie Reilly      | 16  | 2     | ---    | 3.77   |
| 2:31.16L   | P     | Adele McDaid      | 16  | 3     | ---    | 0.73   |
| 2:33.11L   | F     | Adele McDaid      | 16  | 8     | 3      | 2.68   |
| <b>Event #306C Female 200 Fly 17-18</b>                                    |       |                   |     |       |        |        |
| 2:27.38L   | F     | Luci Robertson    | 17  | 6     | 5      | 1.37   |
| 2:28.31L   | P     | Luci Robertson    | 17  | 4     | ---    | 2.30   |
| <b>Event #307A Male 1500 Free 15-15</b>                                    |       |                   |     |       |        |        |
| 18:14.01L  | F     | Jack McGill       | 15  | 10    | 1      | 29.89  |
| <b>Event #307C Male 1500 Free 17-18</b>                                    |       |                   |     |       |        |        |
| 16:46.44L  | F     | Angus Rutherford  | 18  | 2     | 11     | -7.36  |
| <b>Event #309 Female 400 Free Relay 14-16 - Lead-Off Legs ( 100 Free )</b> |       |                   |     |       |        |        |
| 58.40L   | F     | Emma Russell      | 16  | ---   | ---    | 0.76   |
| 1:05.74L   | F     | Mary Mackie       | 16  | ---   | ---    | 0.76   |
| <b>Event #321A Male 200 Back 11-13</b>                                     |       |                   |     |       |        |        |
| 2:45.70L   | P     | Joseph Robertson  | 13  | 26    | ---    | ---    |
| <b>Event #321B Male 200 Back 14-14</b>                                     |       |                   |     |       |        |        |
| 2:22.70L   | F     | Jack Brown        | 14  | 3     | 9      | -3.05  |
| 2:23.53L   | P     | Jack Brown        | 14  | 4     | ---    | -2.22  |
| 2:30.58L   | P     | Fionnlagh McGuire | 14  | 14    | ---    | -3.19  |
| 2:36.68L   | P     | Dylan Mason       | 14  | 32    | ---    | -10.73 |
| <b>Event #322A Female 400 Free 11-13</b>                                   |       |                   |     |       |        |        |
| 4:47.21L   | F     | Kate Carruthers   | 13  | 2     | 11     | ---    |
| <b>Event #322B Female 400 Free 14-14</b>                                   |       |                   |     |       |        |        |
| 4:40.01L   | F     | Holly McGill      | 14  | 3     | 9      | -11.44 |
| <b>Event #323B Male 50 Free 14-14</b>                                      |       |                   |     |       |        |        |
| 28.53L   | P     | Jack Brown        | 14  | 19    | ---    | -0.05  |
| <b>Event #324A Female 50 Free 11-13</b>                                    |       |                   |     |       |        |        |
| 28.21L   | F     | Kate Carruthers   | 13  | 1     | 13     | -1.84  |
| 28.78L   | P     | Kate Carruthers   | 13  | 2     | ---    | -1.27  |
| <b>Event #325B Male 100 Breast 14-14</b>                                   |       |                   |     |       |        |        |
| 1:19.66L   | P     | Jack Brown        | 14  | 17    | ---    | 0.91   |
| <b>Event #326A Female 200 Fly 11-13</b>                                    |       |                   |     |       |        |        |
| 2:52.69L   | P     | Orla MacInnes     | 12  | 11    | ---    | ---    |
| NS   | P     | Alice Mackie      | 13  | ---   | ---    | ---    |

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Heart of Midlothian [EHMX] Coach: Phil Potter

| Time   | F/P/S | Name             | Age | Place | Points | Impr  |
|--|-------|------------------|-----|-------|--------|-------|
| <b>Event #326B Female 200 Fly 14-14</b>  |       |                  |     |       |        |       |
| 2:30.59L   | F     | Holly McGill     | 14  | 3     | 9      | -9.10 |
| 2:34.10L   | P     | Holly McGill     | 14  | 2     | ---    | -5.59 |
| <b>Event #328 Mixed 400 Medley Relay17 &amp; Over - Lead-Off Legs ( 100 Back )</b> |       |                  |     |       |        |       |
| 1:07.45L   | F     | Erika Coupek     | 17  | ---   | ---    | 0.52  |
| <b>Event #401A Female 200 IM 15-15</b>   |       |                  |     |       |        |       |
| 2:28.74L   | F     | Rowan Saunders   | 15  | 5     | 6      | -2.17 |
| 2:32.26L   | P     | Rowan Saunders   | 15  | 6     | ---    | 1.35  |
| <b>Event #401B Female 200 IM 16-16</b>   |       |                  |     |       |        |       |
| 2:22.61L   | F     | Ellie Reilly     | 16  | 4     | 7      | 3.39  |
| 2:26.58L   | P     | Ellie Reilly     | 16  | 5     | ---    | 7.36  |
| 2:27.71L   | F     | Emma Russell     | 16  | 7     | 4      | 5.09  |
| 2:29.89L   | P     | Emma Russell     | 16  | 8     | ---    | 7.27  |
| <b>Event #401C Female 200 IM 17-18</b>   |       |                  |     |       |        |       |
| 2:29.88L   | F     | Erika Coupek     | 17  | 9     | 2      | -0.42 |
| 2:30.59L   | P     | Erika Coupek     | 17  | 9     | ---    | 0.29  |
| <b>Event #402C Male 200 Free 17-18</b>   |       |                  |     |       |        |       |
| 1:56.85L   | F     | Finlay Saunders  | 18  | 4     | 7      | -2.72 |
| 1:58.41L   | P     | Finlay Saunders  | 18  | 4     | ---    | -1.16 |
| 2:00.56L   | P     | Angus Rutherford | 18  | 9     | ---    | -3.60 |
| 2:02.60L   | F     | Angus Rutherford | 18  | 10    | 1      | -1.56 |
| <b>Event #403B Female 100 Fly 16-16</b>  |       |                  |     |       |        |       |
| 1:04.94L   | F     | Emma Russell     | 16  | 5     | 6      | -0.66 |
| 1:07.08L   | P     | Emma Russell     | 16  | 8     | ---    | 1.48  |
| 1:09.77L   | P     | Mary Mackie      | 16  | 19    | ---    | -0.43 |
| 1:10.55L   | P     | Adele McDaid     | 16  | 23    | ---    | 3.23  |
| <b>Event #403C Female 100 Fly 17-18</b>  |       |                  |     |       |        |       |
| 1:08.62L   | P     | Luci Robertson   | 17  | 12    | ---    | 1.08  |
| <b>Event #405A Female 50 Back 15-15</b>  |       |                  |     |       |        |       |
| 30.92L   | F     | Rowan Saunders   | 15  | 4     | 7      | -0.33 |
| 31.25L   | P     | Rowan Saunders   | 15  | 2     | ---    | ---   |
| <b>Event #405C Female 50 Back 17-18</b>  |       |                  |     |       |        |       |
| 32.94L   | P     | Erika Coupek     | 17  | 15    | ---    | 1.13  |
| <b>Event #406A Male 400 IM 15-15</b>   |       |                  |     |       |        |       |
| 5:06.16L   | P     | Jack McGill      | 15  | 8     | ---    | -9.10 |
| 5:06.55L   | F     | Jack McGill      | 15  | 9     | 2      | -8.71 |

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**Heart of Midlothian [EHMX] Coach: Phil Potter**

| Time  | F/P/S | Name              | Age | Place | Points | Impr  |
|---|-------|-------------------|-----|-------|--------|-------|
| <b>Event #406C Male 400 IM 17-18</b>  |       |                   |     |       |        |       |
| 4:53.89L  | F     | Finlay Saunders   | 18  | 8     | 3      | -2.20 |
| 4:54.76L  | P     | Finlay Saunders   | 18  | 8     | ---    | -1.33 |
| 4:58.99L  | P     | Angus Rutherford  | 18  | 12    | ---    | 3.97  |
| <b>Event #407B Female 400 Free 16-16</b>  |       |                   |     |       |        |       |
| 4:39.92L  | F     | Ellie Reilly      | 16  |       | ---    | -0.61 |
| <b>Event #407B Female 800 Free 16-16</b>  |       |                   |     |       |        |       |
| 9:21.69L  | F     | Ellie Reilly      | 16  | 3     | 9      | -1.15 |
| 9:34.17L  | F     | Emma Russell      | 16  | 4     | 7      | 11.61 |
| <b>Event #408 Male 400 Free Relay17 &amp; Over - Lead-Off Legs ( 100 Free )</b> |       |                   |     |       |        |       |
| 56.38L  | F     | Finlay Saunders   | 18  | ---   | ---    | 2.06  |
| <b>Event #409 Male 400 Free Relay 14-16 - Lead-Off Legs ( 100 Free )</b>        |       |                   |     |       |        |       |
| 1:02.24L  | F     | Jack McGill       | 15  | ---   | ---    | 2.13  |
| <b>Event #421A Female 200 IM 11-13</b>  |       |                   |     |       |        |       |
| 2:35.34L  | F     | Kate Carruthers   | 13  | 3     | 9      | -2.79 |
| 2:36.98L  | F     | Alice Mackie      | 13  | 5     | 6      | -3.35 |
| 2:37.19L  | P     | Kate Carruthers   | 13  | 2     | ---    | -0.94 |
| 2:37.90L  | P     | Alice Mackie      | 13  | 4     | ---    | -2.43 |
| <b>Event #421B Female 200 IM 14-14</b>  |       |                   |     |       |        |       |
| 2:29.02L  | F     | Holly McGill      | 14  | 3     | 9      | -2.01 |
| 2:30.99L  | P     | Holly McGill      | 14  | 3     | ---    | -0.04 |
| <b>Event #422B Male 200 Free 14-14</b>  |       |                   |     |       |        |       |
| 2:15.11L  | P     | Fionnlagh McGuire | 14  | 14    | ---    | -0.87 |
| <b>Event #423A Female 100 Fly 11-13</b>   |       |                   |     |       |        |       |
| 1:08.71L  | F     | Alice Mackie      | 13  | 2     | 11     | -1.48 |
| 1:08.73L  | P     | Alice Mackie      | 13  | 1     | ---    | -1.46 |
| 1:10.95L  | F     | Kate Carruthers   | 13  | 5     | 6      | -1.32 |
| 1:12.38L  | P     | Kate Carruthers   | 13  | 5     | ---    | 0.11  |
| 1:13.57L  | P     | Orla MacInnes     | 12  | 9     | ---    | -0.54 |
| 1:15.04L  | F     | Orla MacInnes     | 12  | 10    | 1      | 0.93  |
| <b>Event #423B Female 100 Fly 14-14</b>   |       |                   |     |       |        |       |
| 1:12.43L  | P     | Holly Lumsden     | 14  | 16    | ---    | 0.72  |
| <b>Event #424A Male 100 Fly 11-13</b>   |       |                   |     |       |        |       |
| 1:14.23L  | P     | Joseph Robertson  | 13  | 20    | ---    | -1.15 |
| <b>Event #424B Male 100 Fly 14-14</b>   |       |                   |     |       |        |       |
| 1:09.15L  | P     | Jack Brown        | 14  | 15    | ---    | -1.27 |

### Individual Meet Results

**Scottish National Age Group Championships 27-Mar-19 to 31-Mar-19 [Ageup: 31/12/2019] LC Meters**  
**Heart of Midlothian [EHMX] Coach: Phil Potter**

| Time  | F/P/S | Name            | Age | Place | Points | Impr   |
|---|-------|-----------------|-----|-------|--------|--------|
| <b>Event #425A Female 50 Back 11-13</b>                                     |       |                 |     |       |        |        |
| 34.83L  | P     | Alice Mackie    | 13  | 19    | ---    | -3.98  |
| <b>Event #425B Female 50 Back 14-14</b>                                     |       |                 |     |       |        |        |
| 31.46L  | F     | Holly McGill    | 14  | 2     | 11     | -0.58  |
| 32.58L  | P     | Holly McGill    | 14  | 3     | ---    | 0.54   |
| 33.55L  | P     | Holly Lumsden   | 14  | 13    | ---    | -2.47  |
| 35.88L  | P     | Sophie Ferguson | 14  | 34    | ---    | 2.02   |
| <b>Event #426B Male 400 IM 14-14</b>  |       |                 |     |       |        |        |
| 5:10.03L  | F     | Jack Brown      | 14  | 4     | 7      | -40.25 |
| <b>Event #427A Female 800 Free 11-13</b>                                    |       |                 |     |       |        |        |
| 9:58.13L  | F     | Kate Carruthers | 13  | 2     | 11     | ---    |
| <b>Event #427B Female 800 Free 14-14</b>                                    |       |                 |     |       |        |        |
| 9:34.52L  | F     | Holly McGill    | 14  | 2     | 11     | -25.86 |
| <b>Event #428 Mixed 400 Medley Relay 11-13 - Lead-Off Legs ( 100 Back )</b> |       |                 |     |       |        |        |
| 1:12.62L  | F     | Kate Carruthers | 13  | ---   | ---    | -0.77  |
| <b>Event #501A Male 200 IM 15-15</b>  |       |                 |     |       |        |        |
| 2:29.12L  | P     | Jack McGill     | 15  | 19    | ---    | 2.34   |
| <b>Event #501C Male 200 IM 17-18</b>  |       |                 |     |       |        |        |
| 2:20.49L  | P     | Finlay Saunders | 18  | 19    | ---    | 2.52   |
| <b>Event #502A Female 200 Free 15-15</b>                                    |       |                 |     |       |        |        |
| 2:18.92L  | P     | Rowan Saunders  | 15  | 25    | ---    | -2.21  |
| <b>Event #502B Female 200 Free 16-16</b>                                    |       |                 |     |       |        |        |
| 2:04.18L  | F     | Emma Russell    | 16  | 1     | 13     | 0.65   |
| 2:07.24L  | P     | Emma Russell    | 16  | 2     | ---    | 3.71   |
| <b>Event #503C Male 100 Free 17-18</b>                                      |       |                 |     |       |        |        |
| 55.52L  | P     | Finlay Saunders | 18  | 14    | ---    | 1.20   |
| <b>Event #504A Female 100 Breast 15-15</b>                                  |       |                 |     |       |        |        |
| 1:21.81L  | P     | Rowan Saunders  | 15  | 17    | ---    | 1.09   |
| <b>Event #504B Female 100 Breast 16-16</b>                                  |       |                 |     |       |        |        |
| 1:13.95L  | F     | Ellie Reilly    | 16  | 3     | 9      | 0.99   |
| 1:15.33L  | P     | Ellie Reilly    | 16  | 2     | ---    | 2.37   |
| <b>Event #505C Male 50 Back 17-18</b>                                       |       |                 |     |       |        |        |
| 29.80L  | P     | Finlay Saunders | 18  | 16    | ---    | 0.20   |



## Individual Meet Results

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**Heart of Midlothian [EHMX] Coach: Phil Potter**

| Time   | F/P/S | Name              | Age | Place | Points | Impr   |
|--|-------|-------------------|-----|-------|--------|--------|
| <b>Event #506B Female 50 Fly 16-16</b>                                     |       |                   |     |       |        |        |
| 28.91L   | F     | Emma Russell      | 16  | 2     | 11     | 0.51   |
| 29.38L   | P     | Emma Russell      | 16  | 3     | ---    | 0.98   |
| 30.83L   | P     | Mary Mackie       | 16  | 15    | ---    | 0.32   |
| <b>Event #507A Male 800 Free 15-15</b>                                     |       |                   |     |       |        |        |
| 9:45.74L   | F     | Jack McGill       | 15  | 9     | 2      | 24.89  |
| <b>Event #507C Male 800 Free 17-18</b>                                     |       |                   |     |       |        |        |
| 8:48.11L   | F     | Angus Rutherford  | 18  | 3     | 9      | -8.09  |
| <b>Event #509 Female 800 Free Relay 14-16 - Lead-Off Legs ( 200 Free )</b> |       |                   |     |       |        |        |
| 2:15.24L   | F     | Rowan Saunders    | 15  | ---   | ---    | -5.89  |
| 2:21.44L   | F     | Adele McDaid      | 16  | ---   | ---    | -7.17  |
| <b>Event #521B Male 200 IM 14-14</b>                                       |       |                   |     |       |        |        |
| 2:25.27L   | F     | Jack Brown        | 14  | 5     | 6      | -3.37  |
| 2:27.39L   | P     | Jack Brown        | 14  | 4     | ---    | -1.25  |
| <b>Event #522A Female 200 Free 11-13</b>                                   |       |                   |     |       |        |        |
| 2:15.47L   | F     | Kate Carruthers   | 13  | 2     | 11     | -16.29 |
| 2:17.70L   | P     | Kate Carruthers   | 13  | 2     | ---    | -14.06 |
| 2:20.45L   | F     | Alice Mackie      | 13  | 5     | 6      | ---    |
| 2:20.86L   | P     | Alice Mackie      | 13  | 5     | ---    | ---    |
| <b>Event #522B Female 200 Free 14-14</b>                                   |       |                   |     |       |        |        |
| 2:16.29L   | P     | Holly McGill      | 14  | 9     | ---    | -4.67  |
| 2:16.51L   | F     | Holly McGill      | 14  | 10    | 1      | -4.45  |
| <b>Event #523B Male 100 Free 14-14</b>                                     |       |                   |     |       |        |        |
| 1:02.69L   | P     | Fionnlagh McGuire | 14  | 22    | ---    | -0.10  |
| <b>Event #524B Female 100 Breast 14-14</b>                                 |       |                   |     |       |        |        |
| 1:23.80L   | P     | Holly Lumsden     | 14  | 22    | ---    | -3.02  |
| 1:27.32L   | P     | Holly McGill      | 14  | 34    | ---    | -0.40  |
| <b>Event #525B Male 50 Back 14-14</b>                                      |       |                   |     |       |        |        |
| 30.60L   | F     | Jack Brown        | 14  | 6     | 5      | -2.85  |
| 30.96L   | P     | Jack Brown        | 14  | 7     | ---    | -2.49  |
| 33.28L   | P     | Fionnlagh McGuire | 14  | 22    | ---    | -0.84  |
| 33.85L   | P     | Dylan Mason       | 14  | 34    | ---    | 0.39   |
| <b>Event #526A Female 50 Fly 11-13</b>                                     |       |                   |     |       |        |        |
| 30.60L   | F     | Kate Carruthers   | 13  | 1     | 13     | -1.63  |
| 30.67L   | F     | Alice Mackie      | 13  | 2     | 11     | -2.77  |
| 31.49L   | P     | Alice Mackie      | 13  | 1     | ---    | -1.95  |
| 31.80L   | P     | Kate Carruthers   | 13  | 3     | ---    | -0.43  |
| 32.08L   | P     | Orla MacInnes     | 12  | 5     | ---    | -1.21  |
| 32.83L   | F     | Orla MacInnes     | 12  | 10    | 1      | -0.46  |

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**Individual Meet Results**

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**Heart of Midlothian [EHMX] Coach: Phil Potter**

| <b>Time</b>  | <b>F/P/S</b> | <b>Name</b>      | <b>Age</b> | <b>Place</b> | <b>Points</b> | <b>Impr</b> |
|--|--------------|------------------|------------|--------------|---------------|-------------|
| <b>Event #526B Female 50 Fly 14-14</b>                                     |              |                  |            |              |               |             |
| 31.65L   | P            | Holly Lumsden    | 14         | 12           | ---           | 0.63        |
| <b>Event #528 Female 400 Free Relay 11-13 - Lead-Off Legs ( 100 Free )</b> |              |                  |            |              |               |             |
| 1:03.82L   | F            | Alice Mackie     | 13         | ---          | ---           | -2.77       |
| 1:10.33L   | F            | Orla MacInnes    | 12         | ---          | ---           | -1.22       |
| <b>Event #529 Male 400 Medley Relay 11-13 - Lead-Off Legs ( 100 Back )</b> |              |                  |            |              |               |             |
| 1:27.81L   | F            | Adam Funnell     | 11         | ---          | ---           | ---         |
| <b>Event #623A Female 50 Free 11-13</b>                                    |              |                  |            |              |               |             |
| 30.16L   | F            | Alice Mackie     | 13         |              | ---           | -2.16       |
| <b>Event #705A Female 50 Fly 15-15</b>                                     |              |                  |            |              |               |             |
| 33.39L   | F            | Rowan Saunders   | 15         |              | ---           | -0.04       |
| <b>Event #901A Female 50 Fly 15-15</b>                                     |              |                  |            |              |               |             |
| 32.63L   | F            | Rowan Saunders   | 15         |              | ---           | -0.80       |
| <b>Event #924A Male 50 Fly 11-13</b>                                       |              |                  |            |              |               |             |
| 34.59L   | P            | Joseph Robertson | 13         |              | ---           | -0.20       |
| <b>Event #924B Male 50 Fly 14-14</b>                                       |              |                  |            |              |               |             |
| 32.29L   | P            | Jack Brown       | 14         |              | ---           | -0.29       |