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**Individual Meet Results**
**East District Time Trials 01-Oct-16 to 02-Oct-16 [Ageup: 31/12/2017] SC Meters**
**Location: Mercat Gait Centre**
**Livingston & District Dolphins [ELDX]**

Time	F/P/S	Event	Place	Points	Improv
<b>Ross Andrews (14) M</b>					
3:23.33S	F # 301C	Male 14-14 200 Breast	1	---	-22.66
<b>Jenny Ashworth (14) F</b>					
6:32.77S	F # 102B	Female 14-14 400 IM	10	---	-24.65
2:44.19S	F # 104C	Female 14-14 200 Free	15	---	-4.39
3:07.21S	F # 105E	Female 14-14 200 IM	2	---	-3.39
3:32.18S	F # 204C	Female 14-14 200 Breast	11	---	-11.73
3:29.78S	F # 302C	Female 14-14 200 Fly	2	---	-16.46
5:53.52S	F # 304C	Female 14-14 400 Free	14	---	-13.24
3:07.38S	F # 401C	Female 14-14 200 Back	10	---	-8.42
<b>Jasmine Barnet (12) F</b>					
3:37.77S	F # 104A	Female 10-12 200 Free	29	---	2.91
3:56.60S	F # 204A	Female 10-12 200 Breast	10	---	-20.45
<b>Emily Brown (13) F</b>					
2:42.74S	F # 104B	Female 13-13 200 Free	9	---	-9.48
3:04.28S	F # 105C	Female 13-13 200 IM	1	---	-10.88
3:04.27S	F # 401B	Female 13-13 200 Back	7	---	-18.84
<b>Robert Burgess (12) M</b>					
3:24.61S	F # 105B	Male 10-12 200 IM	1	---	-24.88
<b>Jake Cowan (12) M</b>					
3:43.76S	F # 105B	Male 10-12 200 IM	2	---	-23.88
<b>Jessica Dempster (11) F</b>					
3:00.07S	F # 104A	Female 10-12 200 Free	12	---	-25.31
3:13.90S DQ	F # 105A	Female 10-12 200 IM	---	---	---
3:02.97S	F # 401A	Female 10-12 200 Back	4	---	---
<b>Emma Freeborn (13) F</b>					
6:27.56S	F # 102A	Female 13-13 400 IM	5	---	-21.70
2:37.62S	F # 104B	Female 13-13 200 Free	2	---	-6.61
3:17.07S	F # 302B	Female 13-13 200 Fly	1	---	-18.87
5:38.89S	F # 304B	Female 13-13 400 Free	5	---	-15.72
<b>Kaitlyn Gillies (14) F</b>					
6:31.42S	F # 102B	Female 14-14 400 IM	8	---	-28.11
2:43.78S	F # 104C	Female 14-14 200 Free	13	---	-9.26
3:25.19S	F # 204C	Female 14-14 200 Breast	8	---	-14.95
3:04.01S	F # 205E	Female 14-14 200 IM	3	---	0.90
<b>Beth Hailstones (14) F</b>					
2:58.60S	F # 104C	Female 14-14 200 Free	19	---	-33.82
3:29.64S	F # 105E	Female 14-14 200 IM	4	---	-23.16
<b>Joseph Harte (13) M</b>					
3:17.39S	F # 105D	Male 13-13 200 IM	1	---	-2.52
3:05.10S	F # 404B	Male 13-13 200 Free	6	---	-11.71
<b>Kirsten Heath (17) F</b>					
2:29.10S	F # 104F	Female 17 & Over 200 Free	3	---	0.85
10:51.95S	F # 202F	Female 17 & Over 800 Free	3	---	35.27
3:25.98S	F # 204F	Female 17 & Over 200 Breast	1	---	12.60
3:06.20S	F # 302F	Female 17 & Over 200 Fly	3	---	14.78
5:18.20S	F # 304F	Female 17 & Over 400 Free	2	---	15.75
2:55.58S	F # 401F	Female 17 & Over 200 Back	1	---	4.14
2:54.05S	F # 405K	Female 17 & Over 200 IM	1	---	3.23

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Livingston &amp; District Dolphins [ELDX]

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<b>Christopher King (14) M</b>					
22:41.49S	F # 303B	Male 14-14 1500 Free	4	---	-75.01
5:56.32S DQ	F # 402B	Male 14-14 400 IM	---	---	---
<b>Seona MacDonald (12) F</b>					
3:05.02S	F # 104A	Female 10-12 200 Free	20	---	1.67
<b>Niamh McCreadie (14) F</b>					
3:17.58S	F # 104C	Female 14-14 200 Free	24	---	-15.77
3:40.53S DQ	F # 105E	Female 14-14 200 IM	---	---	---
<b>Alix McIlhoney (14) F</b>					
2:56.73S	F # 305E	Female 14-14 200 IM	3	---	-18.32
<b>Penny Moffat (14) F</b>					
6:11.63S	F # 102B	Female 14-14 400 IM	4	---	-14.74
2:33.78S	F # 104C	Female 14-14 200 Free	1	---	-4.27
3:22.42S	F # 204C	Female 14-14 200 Breast	5	---	-1.28
<b>Paige Ross (15) F</b>					
NS	F # 104D	Female 15-15 200 Free	---	---	---
NS	F # 105G	Female 15-15 200 IM	---	---	---
<b>Emma Russell (10) F</b>					
3:38.64S	F # 105A	Female 10-12 200 IM	3	---	-23.98
<b>Stephanie Sansom (14) F</b>					
3:08.19S	F # 104C	Female 14-14 200 Free	23	---	19.96
3:41.18S	F # 105E	Female 14-14 200 IM	7	---	18.01
<b>Emma Smart (14) F</b>					
3:03.60S	F # 104C	Female 14-14 200 Free	22	---	8.86
3:31.74S	F # 105E	Female 14-14 200 IM	5	---	-12.89
<b>Grant Smith (15) M</b>					
3:16.94S	F # 301D	Male 15-15 200 Breast	5	---	-4.31
20:03.81S	F # 303C	Male 15-15 1500 Free	2	---	27.68
<b>Beth Templeton (14) F</b>					
3:20.97S	F # 204C	Female 14-14 200 Breast	4	---	-4.82
<b>Millie Thomson (12) F</b>					
3:08.75S	F # 104A	Female 10-12 200 Free	22	---	-5.25
3:35.67S	F # 105A	Female 10-12 200 IM	2	---	-15.35
3:36.09S	F # 204A	Female 10-12 200 Breast	3	---	---
4:29.56S	F # 302A	Female 10-12 200 Fly	5	---	-17.05
3:27.79S	F # 401A	Female 10-12 200 Back	15	---	-18.63
<b>Ross Thomson (14) M</b>					
11:04.05S	F # 103C	Male 14-14 800 Free	2	---	-65.58
20:44.80S	F # 303B	Male 14-14 1500 Free	2	---	-87.86
5:59.76S	F # 402B	Male 14-14 400 IM	2	---	-12.75
2:32.94S	F # 404C	Male 14-14 200 Free	1	---	-7.10
<b>Carrie Turner (13) F</b>					
3:17.44S	F # 105C	Female 13-13 200 IM	3	---	-41.54
3:39.47S	F # 204B	Female 13-13 200 Breast	6	---	-27.28