

Scottish Amateur Swimming Association East District Records - Long Course

AGE GROUP 11 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig Bowman	CE	00.34.66	11.04.08	Backstroke 50	Chelsea Lawson	IS	00.35.57	26.01.08
Craig Bowman	CE	01.10.57	11..04.08	Backstroke 100	Rachael O'Donnell	IS	01.16.47	17.05.08
Craig Bowman	CE	02.34.93	11.04.08	Backstroke 200	Ellie Brisbane	CE	02.47.18	12.04.07
Ewan Chalmers	WB	00.41.52	23.11.00	Breaststroke 50	Clare Hyland	PO	00.39.99	27.01.07
Craig Benson	LD	01.31.94	30.06.05	Breaststroke 100	Clare Hyland	PO	01.27.85	18.02.07
Gavin Scoular	PO	03.17.04	10.02.07	Breaststroke 200	Zoe Mitchell	CE	03.06.74	01.06.08
Mark Szaranek	CE	00.31.96	27.01.07	Butterfly 50	Raquel Matos	PO	00.33.45	22.11.07
Mark Szaranek	CE	01.09.26	23.07.07	Butterfly 100	Rachael O'Donnell	IS	01.12.37	17.05.08
Mark Szaranek	CE	02.38.82	23.07.07	Butterfly 200	Rachael O'Donnell	IS	02.42.26	17.05.08
Mark Szaranek	CE	00.29.82	23.07.07	Freestyle 50	Yasmin Khera	UT	00.31.58	17.11.05
Mark Szaranek	CE	01.01.20	23.07.07	Freestyle 100	Rachael O'Donnell	IS	01.05.64	10.04.08
Mark Szaranek	CE	02.12.70	23.07.07	Freestyle 200	Rachael O'Donnell	IS	02.19.51	10.04.08
Jamie Coulter	FP	04.57.16	11.12.04	Freestyle 400	Rachael O'Donnell	IS	04.52.42	17.05.08
Unclaimed				Freestyle 800	Rachael O'Donnell	IS	10.14.99	10.04.08
Jamie Coulter	FP	20.18.39	22.05.04	Freestyle 1500	Unclaimed			
Mark Szaranek	CE	02.37.14	03.06.07	Ind. Med. 200	Rachael O'Donnell	IS	02.37.11	17.05.08
Mark Szaranek	CE	05.46.40	13.04.07	Ind. Med. 400	Rachael O'Donnell	IS	05.40.92	10.04.08

AGE GROUP 12 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Zach Courtney	WB	00.31.88	23.02.07	Backstroke 50	Elizabeth Gasken	DS	00.31.32	22.06.00
Zach Courtney	WB	01.07.16	12.04.07	Backstroke 100	Raquel Matos	PO	01.12.31	15.11.08
Mark Szaranek	CE	02.24.04	24.07.08	Backstroke 200	Ellie Brisbane	CE	02.33.09	04.05.08
Craig Benson	LD	00.34.30	10.03.07	Breaststroke 50	Kathryn Johnstone	CE	00.37.58	19.06.02
Craig Benson	LD	01.12.62	10.03.07	Breaststroke 100	Lorna McCallum	WB	01.20.97	21.06.88
Craig Benson	LD	02.40.16	14.04.07	Breaststroke 200	Katelyn Stewart	WB	02.55.99	18.06.03
Mark Szaranek	CE	00.29.93	01.06.08	Butterfly 50	Raquel Matos	PO	00.31.27	16.11.08
Mark Szaranek	CE	01.05.46	29.06.08	Butterfly 100	Mairi Morrison	IS	01.09.84	29.06.04
Mark Szaranek	CE	02.28.01	24.07.08	Butterfly 200	Emma Harrison	WB	02.38.38	17.05.02
Mark Szaranek	CE	00.27.94	01.06.08	Freestyle 50	Raquel Matos	PO	00.29.80	15.11.08
Mark Szaranek	CE	00.58.52	24.07.08	Freestyle 100	Lucy Ellis	IS	01.03.76	31.07.05
Mark Szaranek	CE	02.07.83	24.07.08	Freestyle 200	Emma Harrison	WB	02.14.50	20.06.02
Mark Szaranek	CE	04.26.83	24.07.08	Freestyle 400	Emma Harrison	WB	04.40.76	05.08.02
Mark Szaranek	CE	09.34.12	04.05.08	Freestyle 800	Emma Harrison	WB	09.56.55	22.06.02
Jamie Coulter	FP	18.52.28	01.08.05	Freestyle 1500	Unclaimed			
Mark Szaranek	CE	02.26.25	24.07.08	Ind. Med. 200	Emma Harrison	WB	02.34.07	05.08.02
Mark Szaranek	WB	05.18.48	04.05.08	Ind. Med. 400	Emma Harrison	WB	05.19.47	05.08.02
The following relays are for 12 years and under								
Carnegie		01.59.10	29.06.08	F/S Relay 4x50	Warrender		02.03.79	08.08.87
Carnegie		04.20.91	12.04.08	F/S Relay 4x100	East Lothain S-T	EL	04.30.16	15.11.08
Carnegie		09.21.99	12.04.08	F/S Relay 4x200	Unclaimed			
Carnegie		02.16.55	29.06.08	Med. Relay 4x50	Warrender		02.16.58	08.08.87
Carnegie		04.49.13	12.04.08	Med. Relay 4x100	East Lothian S-T		05.01.97	15.11.08

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

Scottish Amateur Swimming Association East District Records - Long Course

AGE GROUP 13 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Zach Courtney	DD	00.29.85	16.02.08	Backstroke 50	Lisa Main	DD	00.31.65	28.06.07
Zach Courtney	DD	01.04.94	20.01.08	Backstroke 100	Jennifer Dobson	UT	01.08.03	15.04.07
Zach Courtney	DD	02.22.75	15.02.08	Backstroke 200	Lisa Main	DD	02.27.33	28.06.07
Craig Benson	WB	00.32.06	13.04.08	Breaststroke 50	Robyn Matthews	AN	00.35.23	11.12.04
Craig Benson	WB	01.08.33	13.04.08	Breaststroke 100	Robyn Matthews	AN	01.15.38	18.11.04
Craig Benson	WB	02.32.50	13.04.08	Breaststroke 200	Robyn Matthews	AN	02.44.05	12.12.04
Zach Courtney	DD	00.28.16	11.04.16	Butterfly 50	Lucy Ellis	DD	00.30.81	27.07.06
Zach Courtney	DD	01.01.08	11.04.08	Butterfly 100	Lucy Ellis	DD	01.06.70	27.07.06
Craig Benson	WB	02.21.04	13.04.08	Butterfly 200	Kelly Hamill	CE	02.28.04	06.08.98
Craig Benson	WB	00.27.09	13.04.08	Freestyle 50	Lucy Ellis	DD	00.28.66	28.05.06
Craig Benson	WB	00.57.35	13.04.08	Freestyle 100	Lucy Ellis	DD	00.59.46	27.01.07
Ross Fleming	FP	02.08.03	14.04.07	Freestyle 200	Lucy Ellis	DD	02.08.73	27.01.07
Jamie Coulter	FP	04.28.13	10.12.06	Freestyle 400	Emma Harrison	WB	04.35.55	22.11.03
Jamie Coulter	FP	09.20.42	01.04.05	Freestyle 800	Emma Harrison	WB	09.28.50	21.11.03
Jamie Coulter	FP	17.51.82	30.03.06	Freestyle 1500	Unclaimed			
Craig Benson	WB	02.18.36	13.04.08	Ind. Med. 200	Emma Harrison	WB	02.28.91	20.11.03
Lewis Smith	WB	04.58.59	25.11.01	Ind. Med. 400	Emma Harrison	WB	05.08.97	22.11.03
The following relays are defined by the SASA Age Group Championships								
Unclaimed				F/S Relay 4x100 - 11/13	Unclaimed			
				F/S Relay 4x100 - 11/14				
Unclaimed				F/S Relay 4x200 - 11/13	Unclaimed			
				F/S Relay 4x200 - 11/14				
Unclaimed				Med. Relay 4x100 - 11/13	Unclaimed			
				Med. Relay 4x100 - 11/14				

AGE GROUP 14 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Colin Kerr	BE	00.30.71	23.06.01	Backstroke 50	Lisa Main	DD	00.31.62	15.02.08
Bryan Morgan	CE	01.04.11	04.08.94	Backstroke 100	Ailsa Hershaw	CE	01.07.42	01.04.08
Craig McNally	WD	02.17.62	14.12.07	Backstroke 200	Jennifer Dobson	WB	02.23.31	13.04.08
Craig Benson	WB	00.31.13	24.07.08	Breaststroke 50	Robyn Matthews	AN	00.34.48	06.08.05
Craig Benson	WB	01.06.94	24.07.08	Breaststroke 100	Robyn Matthews	AN	01.12.49	29.01.05
Craig Benson	WB	02.26.41	24.07.08	Breaststroke 200	Robyn Matthews	AN	02.37.06	30.07.05
Chris Smith	WB	00.28.37	17.05.02	Butterfly 50	Lucy Ellis	DD	00.30.03	29.06.07
Simon Capaldi	WB	01.01.16	07.07.89	Butterfly 100	Lucy Ellis	DD	01.04.63	14.04.07
Paul Latimer	WB	02.15.82	28.01.90	Butterfly 200	Megan Gilchrist	FP	02.23.01	29.06.04
Iain Scanlon	TN	00.26.39	29.06.04	Freestyle 50	Lucy Ellis	DD	00.27.18	28.06.07
Jamie Coultar	FP	00.55.43	13.04.08	Freestyle 100	Lucy Ellis	DD	00.58.78	23.07.07
Jamie Coultar	FP	02.01.52	13.04.08	Freestyle 200	Lucy Ellis	DD	02.05.53	29.07.07
Jamie Coultar	FP	04.13.26	13.04.08	Freestyle 400	Carol Shiell	PS	04.27.84	21.06.88
Connor Wilson	HM	09.00.40	13.04.08	Freestyle 800	Carol Shiell	PS	09.13.14	21.06.88
Lewis Smith	WB	16.52.46	29.11.02	Freestyle 1500	Marnie Stewart	WB	17.55.92	14.04.07
Craig Benson	WB	02.15.80	24.07.08	Ind. Med. 200	Emma Harrison	WB	02.23.82	28.03.04
Lewis Smith	WB	04.46.44	05.08.02	Ind. Med. 400	Emma Harrison	WB	05.00.89	28.03.04
The following relays combine 13/14 year Age Groups.								
Warrender		01.48.68	06.07.89	F/S Relay 4x50	Dunedin		01.55.92	28.06.07
Aquanauts Livingston		04.07.70	04.03.05	F/S Relay 4x100	Carnegie		04.20.05	05.03.05
Aquanauts Livingston		08.54.06	06.03.05	F/S Relay 4x200	Aquanauts Livingston		09.28.25	06.03.05
Warrender		02.03.57	06.07.89	Med. Relay 4x50	Dunedin		02.08.55	28.06.07
Warrender		04.22.25	26.07.07	Med. Relay 4x100	Dunedin		04.48.52	31.03.06

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Scottish Amateur Swimming Association East District Records - Long Course

AGE GROUP 15 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McNally	WB	00.29.23	01.06.08	Backstroke 50	Ailsa Hershaw	CE	00.31.94	29.06.08
Craig McNally	WM	01.00.50	16.11.08	Backstroke 100	Rosie Hood	WB	01.06.50	27.01.07
Craig McNally	WB	02.09.23	02.04.08	Backstroke 200	Rosie Hood	WB	02.21.13	10.03.07
Iain Scanlon	AN	00.31.70	02.07.05	Breaststroke 50	Robyn Matthews	CI	00.33.65	24.02.07
Lewis Smith	WB	01.10.55	30.03.03	Breaststroke 100	Robyn Matthews	CI	01.13.45	01.08.06
Lewis Smith	WB	02.29.38	18.06.03	Breaststroke 200	Lauren Greenshields	PS	02.35.44	17.12.99
Daniel Scott	GS	00.27.29	02.07.05	Butterfly 50	Lucy Ellis	DD	00.28.71	15.10.08
Simon Capaldi	WB	00.58.91	30.03.90	Butterfly 100	Lucy Ellis	DD	01.02.26	13.04.08
Lewis Smith	WB	02.13.59	18.06.03	Butterfly 200	Emma Harrison	WB	02.18.02	05.08.05
Daniel Scott	GS	00.25.24	02.07.05	Freestyle 50	Lucy Ellis	DD	00.27.07	27.06.08
Jak Scott	DD	00.54.00	14.04.07	Freestyle 100	Lucy Ellis	DD	00.57.11	30.07.08
Jak Scott	DD	01.59.09	13.04.07	Freestyle 200	Lucy Ellis	DD	02.05.26	05.04.08
Daniel Ritchie	WB	04.08.22	05.08.02	Freestyle 400	Robyn Matthews	CI	04.20.29	24.02.07
Daniel Lee	DD	08.32.76	29.07.07	Freestyle 800	Robyn Matthews	CI	08.56.17	26.03.07
Daniel Ritchie	WB	16.23.30	05.08.02	Freestyle 1500	Nicole Wilson	HM	17.42.63	14.04.07
Lewis Smith	WB	02.14.78	03.08.03	Ind. Med. 200	Eloise Barber	CE	02.20.89	01.04.08
Lewis Smith	WB	04.35.06	31.07.03	Ind. Med. 400	Robyn Mathews	CI	04.53.71	26.03.07

AGE GROUP 16 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Daniel Scott	GS	00.28.03	28.03.07	Backstroke 50	Rosie Hood	WB	00.31.50	16.02.08
Callum Shaw	WB	00.59.91	29.07.08	Backstroke 100	Rosie Hood	WB	01.06.19	28.06.07
Callum Shaw	WB	02.09.99	31.07.08	Backstroke 200	Rosie Hood	WB	02.19.90	28.06.07
Iain Scanlon	DD	00.30.47	28.06.07	Breaststroke 50	Kirsty Balfour	HM	00.33.10	28.07.00
Gary Watson	FS	*01.05.43	25.07.85	Breaststroke 100	Kirsty Balfour	HM	*01.11.35	29.07.00
Andrew Haslett	WB	02.24.88	03.08.06	Breaststroke 200	Fiona Gray	HM	02.37.83	06.08.06
Daniel Scott	GS	00.26.06	28.06.07	Butterfly 50	Louise Pate	HM	00.29.07	01.12.04
Daniel Scott	GS	00.56.50	01.04.07	Butterfly 100	Louise Pate	HM	01.03.64	04.08.04
Lewis Smith	WB	02.06.82	15.04.04	Butterfly 200	Megan Gilchrist	CI	02.20.74	08.04.06
Daniel Scott	GS	00.23.92	31.03.07	Freestyle 50	Lynn McLaren	CE	00.26.49	21.12.97
Jak Scott	DD	00.52.44	04.04.08	Freestyle 100	Robyn Matthews	DD	00.58.21	12.04.08
Craig Hamilton	WB	01.54.82	29.07.08	Freestyle 200	Robtn Matthews	DD	02.02.68	05.04.08
Craig Hamilton	WB	04.00.94	29.07.08	Freestyle 400	Megan Gilchrist	CI	04.17.15	29.07.07
Craig Hamilton	WB	08.17.69	29.07.08	Freestyle 800	Megan Gilchrist	CI	08.44.57	29.07.07
Craig Hamilton	WB	16.00.09	29.07.08	Freestyle 1500	Megan Gilchrist	CI	16.48.88	03.12.06
Ross Woolley	WB	02.09.53	30.07.08	Ind. Med. 200	Megan Gilchrist	CI	02.20.86	05.08.07
Lewis Smith	WB	04.30.14	11.04.04	Ind. Med. 400	Helen McRoberts	WB	05.03.21	26.03.07
The following relays combine 15/16 Age Groups								
Kingdom Swim Team		01.43.14	27.06.98	F/S Relay 4x50	Dunedin		01.54.65	29.06.08
Unclaimed				F/S Relay 4x100	Warrender		04.00.13	14.04.07
Unclaimed				F/S Relay 4x200	Warrender		08.39.83	15.04.07
Warrender		01.54.96	28.07.90	Med. Relay 4x50	Warrender		02.07.32	24.06.87
Unclaimed				Med. Relay 4x100	Warrender		04.31.61	12.04.07

East District records are based on, age on day of competition.
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**Scottish Amateur Swimming Association
East District Records - Long Course**

AGE GROUP 17/18 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Billy Purnell	WB	00.27.33	26.03.07	Backstroke 50	Rosie Hood	WB	00.31.66	31.05.08
Billy Purnell	WB	00.58.01	04.08.06	Backstroke 100	Rosie Hood	WB	01.05.26	01.04.08
Billy Purnell	WB	02.05.12	05.08.06	Backstroke 200	Rosie Hood	WB	02.18.89	01.04.08
Iain Scanlon	TN	00.29.99	15.10.08	Breaststroke 50	Kirsty Balfour	HM	00.32.80	22.06.01
Andrew Rodgie	CE	01.04.30	04.04.06	Breaststroke 100	Kirsty Balfour	HM	*01.10.34	23.06.01
Andrew Rodgie	CE	02.18.16	09.07.06	Breaststroke 200	Kirsty Balfour	HM	*02.30.78	03.03.02
Daniel Scott	GS	00.24.38	15.10.08	Butterfly 50	Louise Pate	HM	00.27.92	27.03.07
Daniel Scott	GS	00.54.66	02.08.08	Butterfly 100	Louise Pate	HM	01.00.70	04.08.06
Lewis Smith	WB	02.02.76	07.04.06	Butterfly 200	Louise Pate	HM	02.16.41	14.08.07
Bryan Morgan	CE	*00.23.28	16.09.98	Freestyle 50	Lynn McLaren	CE	00.27.42	14.06.98
Bryan Morgan	CE	*00.50.68	15.09.98	Freestyle 100	Megan Gilchrist	CI	00.57.67	31.03.08
David Leith	WB	01.54.12	30.05.98	Freestyle 200	Megan Gilchrist	CI	02.03.30	01.08.08
Daniel Ritchie	WB	04.01.46	07.04.04	Freestyle 400	Megan Gilchrist	CI	*04.15.76	30.07.08
Daniel Ritchie	WB	08.20.69	11.04.04	Freestyle 800	Megan Gilchrist	CI	08.52.88	03.04.08
Daniel Ritchie	WB	15.45.67	11.04.04	Freestyle 1500	Megan Gilchrist	CI	17.12.08	23.11.08
Lewis Smith	WB	02.05.09	06.04.06	Ind. Med. 200	Sally Wood	WB	02.19.63	26.06.08
Lewis Smith	WB	04.21.25	06.07.06	Ind. Med. 400	Sally Wood	WB	04.54.22	26.06.08
Carnegie		01.41.58	29.07.00	F/S Relay 4x50	Carnegie		01.54.54	02.06.07
Unclaimed				F/S Relay 4x100	Unclaimed			
Unclaimed				F/S Relay 4x200	Unclaimed			
Carnegie		01.53.60	28.07.00	Med. Relay 4x50	Carnegie		02.08.96	02.06.07
Warrender		03.57.52	09.08.05	Med. Relay 4x100	Carnegie		04.50.98	05.03.05
The following relays are defined by the SASA Age Group Championships								
Unclaimed				F/S Relay 4x100 - 14/17	Unclaimed			
Unclaimed				F/S Relay 4x100 - 15/18	Unclaimed			
Unclaimed				F/S Relay 4x200 - 14/17	Unclaimed			
Unclaimed				F/S Relay 4x200 - 15/18	Unclaimed			
Unclaimed				Med. Relay 4x100 - 14/17	Unclaimed			
Unclaimed				Med. Relay 4x100 - 15/18	Unclaimed			

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Scottish Amateur Swimming Association East District Records - Long Course

JUNIOR								
<i>Juniors are defined as under 17 years of age at midnight on the 31st Dec. in the year of competition (SW3.2.3)</i>								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Daniel Scott	GS	00.28.42	02.07.06	Backstroke 50	Rosie Hood	WB	00.31.50	16.02.08
Bryan Morgan	CE	*00.59.98	07.04.96	Backstroke 100	Rosie Hood	WB	01.06.19	28.06.07
Craig McNally	WB	02.09.23	02.04.08	Backstroke 200	Rosie Hood	WB	02.19.90	28.06.07
Ian Edmond	WB	00.30.87	23.04.94	Breaststroke 50	Kirsty Balfour	HM	*00.33.10	28.07.00
Gary Watson	FS	*01.05.43	25.07.85	Breaststroke 100	Kirsty Balfour	HM	*01.11.35	29.07.00
Andrew Haslett	WB	02.24.88	03.08.06	Breaststroke 200	Lauren Greenshields	PS	*02.35.44	17.12.99
Daniel Scott	GS	00.26.06	28.06.07	Butterfly 50	Louise Pate	HM	00.29.07	01.12.04
Daniel Scott	GS	00.57.02	05.08.06	Butterfly 100	Lucy Ellis	DD	01.02.26	13.04.08
Lewis Smith	WB	02.06.82	15.04.04	Butterfly 200	Emma Harrison	WB	02.18.02	05.08.05
Daniel Scott	GS	00.24.22	05.08.06	Freestyle 50	Lynn McLaren	CE	00.26.49	21.12.97
Daniel Scott	GS	00.53.29	02.08.06	Freestyle 100	Lucy Ellis	DD	00.57.11	30.07.08
Graeme Wilson	CE	*01.55.37	16.07.81	Freestyle 200	Megan Gilchrist	CI	02.05.15	04.08.06
Daniel Ritchie	WB	04.04.66	01.08.03	Freestyle 400	Robyn Matthews	CI	04.20.29	24.02.07
Daniel Lee	DD	08.32.76	29.07.07	Freestyle 800	Megan Gilchrist	CI	08.55.22	03.12.06
Daniel Ritchie	WB	16.03.69	02.08.03	Freestyle 1500	Megan Gilchrist	CI	16.48.88	03.12.06
Lewis Smith	WB	02.10.15	16.04.04	Ind. Med. 200	Eloise Barber	CE	02.20.89	01.04.08
Lewis Smith	WB	04.30.14	11.04.04	Ind. Med. 400	Robyn Mathews	CI	04.53.71	26.03.07
Warrender		01.43.84	01.07.90	F/S Relay 4x50	Warrender		01.56.91	28.08.90
Warrender		03.41.48	14.06.86	F/S Relay 4x100	Warrender		04.02.88	01.04.06
Warrender		08.25.91	26.06.88	F/S Relay 4x200	Carnegie		08.46.93	12.04.08
Warrender		01.54.96	01.07.90	Med. Relay 4x50	Heart of Midlothian		02.06.15	25.06.00
Warrender		04.11.16	07.08.82	Med. Relay 4x100	Carnegie		04.35.92	12.04.08

SENIOR								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Gregor Tait	CI	00.25.93	29.07.07	Backstroke 50	Rosie Hood	WB	00.31.50	16.02.08
Gregor Tait	CI	00.54.22	01.04.08	Backstroke 100	Rosie Hood	WB	01.05.26	01.04.08
Gregor Tait	CI	01.56.67	03.04.08	Backstroke 200	Rosie Hood	WB	02.18.89	01.04.08
Kris Gilchrist	CI	00.28.49	02.04.08	Breaststroke 50	Kirsty Balfour	CI	*00.32.08	20.03.06
Kris Gilchrist	CI	01.01.06	02.04.08	Breaststroke 100	Kirsty Balfour	CI	01.07.67	26.03.07
Kris Gilchrist	CI	02.10.27	13.08.08	Breaststroke 200	Kirsty Balfour	HM	**02.24.04	18.03.06
Daniel Scott	GS	00.24.38	15.10.08	Butterfly 50	Alena Popchanka	CI	00.26.97	29.03.07
Daniel Scott	GS	00.54.66	02.08.08	Butterfly 100	Alena Popchanka	CI	00.58.33	08.06.06
Lewis Smith	WB	02.00.90	29.07.07	Butterfly 200	Louise Pate	HM	02.16.41	14.08.07
Bryan Morgan	CE	*00.23.28	16.09.98	Freestyle 50	Alena Popchanka	CI	00.25.49	15.06.08
David Leith	CI	00.50.43	05.04.08	Freestyle 100	Alena Popchanka	CI	00.54.60	03.08.07
Jamie Salter	WB	01.48.64	00.08.00	Freestyle 200	Alena Popchanka	CI	01.57.86	26.03.07
Jamie Salter	WB	03.50.47	22.06.01	Freestyle 400	Alena Popchanka	CI	04.09.02	01.07.06
John Owen	CI	08.04.02	03.12.06	Freestyle 800	Megan Gilchrist	CI	08.44.57	29.07.07
Daniel Ritchie	WB	15.45.67	11.04.04	Freestyle 1500	Megan Gilchrist	CI	16.48.88	03.12.06
Gregor Tait	CI	01.59.15	01.04.08	Ind. Med. 200	Sally Wood	WB	02.19.63	26.06.08
Lewis Smith	WB	04.19.24	01.08.07	Ind. Med. 400	Robyn Mathews	CI	04.53.71	26.03.07
City of Edinburgh		01.33.94	28.06.07	F/S Relay 4x50	City of Edinburgh		01.48.10	28.06.07
Warrender		03.32.24	21.12.97	F/S Relay 4x100	Warrender		04.00.13	14.04.07
City of Edinburgh		07.39.35	01.04.07	F/S Relay 4x200	Warrender		08.39.83	15.04.07
City of Edinburgh		01.43.19	28.06.07	Med. Relay 4x50	City of Edinburgh		02.01.51	02.07.06
City of Edinburgh		03.46.30	15.12.07	Med. Relay 4x100	Heart of Midlothian		04.22.76	04.08.06

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record