

## Scottish Amateur Swimming Association East District Records - Short Course

### BACKSTROKE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Mark Szaranek	CE	00.33.18	25.03.07	50 - 11	Caitlyn Morrison	AN	00.33.72	02.11.02
Zach Courtney	WB	00.30.52	25.03.07	50 - 12	Caitlyn Morrison	AN	00.31.90	02.11.03
Zach Courtney	DD	00.29.37	11.01.08	50 - 13	Lisa Main	DD	00.30.82	08.09.07
Daniel Scott	GS	00.29.00	07.11.04	50 - 14	Lisa Main	DD	00.29.82	11.01.08
Daniel Scott	GS	00.27.72	06.11.05	50 - 15	Ailsa Hershaw	CE	00.30.39	06.09.08
Bryan Morgan	CE	00.27.02	20.12.96	50 - 16	Eloise Barber	CE	00.29.42	16.01.09
Bryan Morgan	CE	00.27.02	20.12.96	50 - Junior	Lisa Main	DD	00.29.82	11.01.08
Billy Purnell	WB	00.25.70	12.01.07	50 - 17/18	Alexandra Hamilton	CE	00.31.18	15.12.01
Gregor Tait	HM	00.24.52	12.12.03	50 - Senior	Lisa Main	DD	00.29.82	11.01.08
Craig Bowman	CE	01.10.68	02.03.08	100 - 11	Chelsea Lawson	IS	01.12.40	02.03.08
Zach Courtney	WB	01.06.06	22.10.06	100 - 12	Caitlyn Morrison	AN	01.08.14	19.10.03
Zach Courtney	DD	01.01.93	02.03.08	100 - 13	Jennifer Dobson	DD	01.05.68	04.03.07
Colin Kerr	BE	01.01.24	15.12.01	100 - 14	Lisa Main	DD	01.04.94	13.01.08
Bryan Morgan	CE	00.57.94	16.12.95	100 - 15	Rosie Hood	WB	01.03.77	04.03.07
Daniel Scott	GS	00.57.23	04.03.07	100 - 16	Eloise Barber	CE	01.03.73	16.01.09
Bryan Morgan	CE	00.57.94	16.12.95	100 - Junior	Rosie Hood	WB	01.03.77	04.03.07
Billy Purnell	WB	00.55.44	04.03.07	100 - 17/18	Louise Pate	HM	01.05.19	04.03.07
Gregor Tait	HM	00.51.88	16.08.03	100 - Senior	Eloise Barber	CE	01.03.73	16.01.09
Craig Bowman	CE	02.34.55	15.12.07	200 - 11	Rachael O'Donnell	IS	02.33.26	21.06.08
Craig Bowman	CE	02.23.52	02.11.08	200 - 12	Caitlyn Morrison	AN	02.26.23	13.12.03
Zach Courtney	DD	02.15.65	11.01.08	200 - 13	Jennifer Dobson	DD	02.21.01	04.11.06
Craig McNally	WB	02.10.93	04.11.07	200 - 14	Jennifer Dobson	WB	02.21.19	04.11.07
Craig McNally	WB	02.02.66	01.11.08	200 - 15	Nicole Wilson	HM	02.16.84	05.11.06
Joel Roberts	DS	02.06.33	14.12.01	200 - 16	Rosie Hood	WB	02.13.31	12.01.08
Craig McNally	WB	02.02.66	01.11.08	200 - Junior	Rosie Hood	WB	02.13.31	12.01.08
Lewis Smith	WB	01.59.42	12.01.07	200 - 17/18	Sally Wood	WB	02.16.63	16.01.09
Gregor Tait	CI	01.51.66	13.04.08	200 - Senior	Rosie Hood	WB	02.13.31	12.01.08

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## Scottish Amateur Swimming Association East District Records - Short Course

### BREASTSTROKE

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Craig Benson	LD	00.38.26	23.10.05	50 - 11	Kathryn Johnstone	CE	00.39.05	15.12.01
Craig Benson	LD	00.34.29	12.01.07	50 - 12	Kathryn Johnstone	CE	00.36.13	02.11.02
Craig Benson	WB	00.32.16	02.03.08	50 - 13	Robyn Matthews	AN	00.34.39	06.11.04
Craig Benson	WB	00.30.02	16.01.09	50 - 14	Robyn Matthews	AN	00.33.71	15.01.05
Iain Scanlon	AN	00.30.61	05.11.05	50 - 15	Kirsty Balfour	HM	00.33.58	12.12.99
Iain Scanlon	DD	00.30.16	12.01.07	50 - 16	Kirsty Balfour	HM	00.32.70	17.12.00
Dominic Sheils	WB	00.30.21	27.01.91	50 - Junior	Kirsty Balfour	HM	00.32.70	17.12.00
Andrew Rodgie	CE	00.29.13	13.01.06	50 - 17/18	Kirsty Balfour	HM	00.32.46	09.08.01
Kris Gilchrist	CI	00.27.65	16.11.08	50 - Senior	Kirsty Balfour	CI	00.31.56	12.01.08
Craig Benson	LD	01.22.17	04.12.05	100 - 11	Kathryn Johnstone	CE	01.23.44	15.12.01
Craig Benson	LD	01.12.75	04.03.07	100 - 12	Ashley Warrender	FS	01.17.70	03.11.01
Craig Benson	WB	01.07.94	22.03.08	100 - 13	Robyn Matthews	AN	01.13.49	07.11.04
Craig Benson	WB	01.04.89	16.01.09	100 - 14	Robyn Matthews	AN	01.11.63	15.01.05
Iain Scanlon	AN	01.06.64	16.10.05	100 - 15	Robyn Matthews	DD	01.10.93	12.01.07
Gary Watson	FS	01.04.05	21.12.85	100 - 16	Kirsty Balfour	HM	01.09.97	15.12.00
Gary Watson	FS	01.04.05	21.12.85	100 - Junior	Kirsty Balfour	HM	01.09.97	15.12.00
Andrew Rodgie	CE	01.02.81	18.03.06	100 - 17/18	Kirsty Balfour	HM	01.09.21	03.03.01
Ian Edmond	WB	*00.59.18	00.12.01	100 - Senior	Kirsty Balfour **	CI	01.06.51	21.01.06
Mathew Bale	DS	03.08.00	04.11.07	200 - 11	Rachael O'Donnell	IS	02.59.18	21.06.08
Lewis Smith	WB	02.39.39	17.12.00	200 - 12	Ashley Warrender	FS	02.48.61	16.12.01
Craig Benson	WB	02.29.45	13.01.08	200 - 13	Linda McLaren	WB	02.41.53	03.12.88
Craig Benson	WB	02.22.47	16.01.09	200 - 14	Robyn Matthews	AN	02.33.74	11.12.05
Lewis Smith	WB	02.22.67	17.08.03	200 - 15	Robyn Matthews	CI	02.31.33	02.12.06
Lewis Smith	WB	02.23.16	29.08.04	200 - 16	Lauren Greenshields	PS	02.31.67	05.03.00
Lewis Smith	WB	02.23.16	29.08.04	200 - Junior	Robyn Matthews	CI	02.31.33	02.12.06
Lewis Smith	WB	02.14.98	12.01.07	200 - 17/18	Lauren Greenshields	PS	02.30.31	15.12.01
Ian Edmond	WB	*02.05.63	14.12.03	200 - Senior	Kirsty Balfour **	CI	02.21.81	08.12.06

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### BUTTERFLY

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Craig Bowman	CE	00.31.78	17.05.08	50 - 11	Raquel Matos	PO	00.32.87	11.11.07
Zach Courtney	WB	00.30.38	25.03.07	50 - 12	Mairi Morrison	IS	00.31.47	02.10.04
Chris Smith	WB	00.27.81	16.12.01	50 - 13	Lucy Ellis	DD	00.30.06	14.01.07
Nathan Lamond	FS	00.27.84	12.10.02	50 - 14	Lucy Ellis	DD	00.28.88	08.09.07
Daniel Scott	GS	00.26.44	06.11.05	50 - 15	Eloise Barber	CE	00.28.77	11.01.08
Daniel Scott	GS	00.25.40	14.01.07	50 - 16	Eloise Barber	CE	00.28.97	16.01.09
Malcolm Kerr	WB	00.26.27	17.08.03	50 - Junior	Lucy Ellis	WB	00.28.88	08.09.07
Malcolm Kerr	WB	00.25.50	29.08.04	50 - 17/18	Louise Pate	HM	00.27.84	15.01.06
David Leith	CI	00.24.27	15.01.06	50 - Senior	Alena Popchanka	CI	00.26.41	02.12.06
Mark Szaranek	CE	01.09.83	04.03.07	100 - 11	Rachael O'Donnell	IS	01.11.59	02.03.08
Zach Courtney	WB	01.05.74	04.03.07	100 - 12	Amy Fraser	GA	01.07.69	04.03.07
Zach Courtney	DD	01.01.17	02.03.08	100 - 13	Grace Kerr	WB	01.06.31	12.11.88
Chris Smith	WB	01.00.63	15.12.02	100 - 14	Lucy Ellis	DD	01.03.95	21.10.07
Daniel Scott	GS	00.58.46	16.10.05	100 - 15	Megan Gilchrist	CI	01.03.85	07.05.05
Daniel Scott	GS	00.55.55	04.03.07	100 - 16	Louise Pate	HM	01.03.52	06.11.04
Lee Aitken	CE	00.57.26	15.12.02	100 - Junior	Louise Pate	HM	01.03.52	06.11.04
Daniel Scott	GS	00.55.90	02.03.08	100 - 17/18	Louise Pate	HM	00.59.67	04.03.07
David Leith	WB	00.54.63	13.01.06	100 - Senior	Alena Popchanka	CI	00.57.55	09.12.07
Jamie Coulter	FP	02.46.33	07.11.04	200 - 11	Rachael O'Donnell	IS	02.39.95	21.06.08
Mark Szaranek	CE	02.24.70	22.06.08	200 - 12	Rachael O'Donnell	IS	02.34.93	16.01.09
Simon Capaldi	WB	02.17.02	12.11.88	200 - 13	Emma Harrison	WB	02.23.11	13.12.03
Paul Latimer	WB	02.11.53	15.12.90	200 - 14	Blaine Small	CE	02.21.49	11.01.08
Lewis Smith	WB	02.09.91	04.10.03	200 - 15	Megan Gilchrist	CI	02.16.44	11.12.05
Lewis Smith	WB	02.04.16	28.08.04	200 - 16	Megan Gilchrist	CI	02.16.94	04.11.06
Lewis Smith	WB	02.04.16	28.08.04	200 - Junior	Megan Gilchrist	CI	02.16.44	11.12.05
Lewis Smith	WB	01.59.66	12.01.07	200 - 17/18	Louise Pate	HM	02.15.14	12.01.07
Chris Jones	HM	01.58.69	16.12.01	200 - Senior	Alena Popchanka	CI	02.10.95	11.11.05

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## Scottish Amateur Swimming Association East District Records - Short Course

### FREESTYLE

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Craig Bowman	CE	00.29.55	17.05.08	50 - 11	Caitlyn Morrison	AN	00.29.89	08.09.02
Mark Szaranek	CE	00.27.58	02.03.08	50 - 12	Chelsea Lawson	IS	00.28.91	16.01.09
Nathan Lamond	FS	00.26.21	10.11.01	50 - 13	Lucy Ellis	DD	00.27.14	13.01.07
Daniel Scott	GS	00.24.98	06.11.04	50 - 14	Lucy Ellis	DD	00.26.32	08.09.07
Daniel Scott	GS	00.23.92	16.10.05	50 - 15	Lynn McLaren	CE	00.26.81	01.12.96
Daniel Scott	GS	00.23.50	04.06.06	50 - 16	Eloise Barber	CE	00.26.61	16.01.09
Daniel Scott	GS	00.23.50	04.06.06	50 - Junior	Lucy Ellis	DD	00.26.32	08.09.07
Bryan Morgan	CE	00.23.06	22.03.98	50 - 17/18	Megan Gilchrist	CI	00.27.03	12.01.08
David Leith	CI	00.22.94	13.01.06	50 - Senior	Alena Popchanka	CI	00.24.79	09.12.05
Mark Szaranek	CE	01.01.05	04.03.07	100 - 11	Rachael O'Donnell	IS	01.04.07	02.03.08
Callum Prentice	FP	00.59.70	14.12.01	100 - 12	Rachael Sharples	EL	01.01.82	16.01.09
Zachary Courtney	DD	00.55.21	02.03.08	100 - 13	Lucy Ellis	DD	00.58.00	12.01.07
Iain MacMillan	IH	00.54.46	16.12.00	100 - 14	Lucy Ellis	DD	00.56.72	08.09.07
Daniel Scott	GS	00.52.95	08.05.05	100 - 15	Lucy Ellis	DD	00.57.45	02.03.08
Daniel Scott	GS	00.51.43	04.03.07	100 - 16	Eloise Barber	CE	00.57.27	16.01.09
Graeme Wilson	CE	00.52.26	11.04.81	100 - Junior	Lucy Ellis	DD	00.56.72	08.09.07
Bryan Morgan	CE	00.50.53	21.03.98	100 - 17/18	Megan Gilchrist	CI	00.57.47	28.10.07
Nicholas Shackell	HM	00.49.33	19.12.98	100 - Senior	Alena Popchanka	CI	00.52.91	08.12.06
Callum Prentice	FP	02.16.30	16.12.00	200 - 11	Rachael O'Donnell	IS	02.16.68	21.06.08
Mark Szaranek	CE	02.04.36	22.06.08	200 - 12	Rachael O'Donnell	IS	02.12.86	16.01.09
Mark Szaranek	CE	02.00.60	16.01.09	200 - 13	Lucy Ellis	DD	02.04.54	14.01.07
Iain MacMillan	IH	01.57.82	17.12.00	200 - 14	Lucy Ellis	DD	02.02.24	08.09.07
Richard Schafers	DD	01.54.16	03.12.06	200 - 15	Robyn Matthews	CI	02.02.56	03.12.06
Ewan Johnston	WB	01.52.69	12.01.07	200 - 16	Megan Gilchrist	CI	02.02.02	12.01.07
Richard Schafers	DD	01.54.16	03.12.06	200 - Junior	Lucy Ellis	DD	02.02.24	08.09.07
Jak Scott	DD	01.49.04	07.12.08	200 - 17/18	Megan Gilchrist	CI	02.03.87	28.10.07
Jamie Salter	WB	01.44.99	14.12.01	200 - Senior	Alena Popchanka	CI	01.54.25	10.12.06

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### FREESTYLE

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Mark Szaranek	CE	04.49.80	17.02.07	<b>400 - 11</b>	Rachael O'Donnell	IS	04.48.06	21.06.08
Mark Szaranek	CE	04.23.90	22.06.08	<b>400 - 12</b>	Rachel Sharples	EL	04.40.38	16.01.09
Lewis Smith	WB	04.18.12	14.12.01	<b>400 - 13</b>	Lucy Ellis	DD	04.23.81	13.01.07
Lewis Smith	WB	04.09.47	12.12.02	<b>400 - 14</b>	Carol Shiell	PS	04.22.69	07.05.88
Richard Schafers	DD	04.03.97	03.12.06	<b>400 - 15</b>	Robyn Matthews	CI	04.15.52	03.12.06
Craig Hamilton	WB	03.52.29	07.12.08	<b>400 - 16</b>	Megan Gilchrist	CI	04.15.86	13.01.07
Graeme Wilson	CE	04.01.82	07.03.81	<b>400 - Junior</b>	Robyn Matthews	CI	04.15.52	03.12.06
Ewan Johnston	WB	03.50.38	16.11.08	<b>400 - 17/18</b>	Sally Wood	WB	04.16.40	17.01.09
Jamie Salter	WB	03.43.48	00.12.99	<b>400 - Senior</b>	Alena Popchanka	CI	04.00.80	16.12.07
Mark Szaranek	CEE	10.18.60	17.02.07	<b>800 - 11</b>	Rachael O'Donnell	IS	09.57.76	21.06.08
Jamie Coulter	FP	09.29.45	02.10.05	<b>800 - 12</b>	Megan Gilchrist	AN	09.44.72	13.12.02
Lewis Smith	WB	09.02.12	15.12.01	<b>800 - 13</b>	Emma Harrison	WB	09.14.95	12.12.03
Daniel Ritchie	WB	08.50.70	15.12.01	<b>800 - 14</b>	Angela Pendrich	CE	08.59.25	14.12.90
Richard Schafers	DD	08.23.13	24.06.06	<b>800 - 15</b>	Robyn Matthews	DD	08.42.31	12.01.07
Lewis Smith	WB	08.25.04	28.08.04	<b>800 - 16</b>	Megan Gilchrist	CI	08.42.43	12.01.07
Richard Schafers	DD	08.23.13	24.06.06	<b>800 - Junior</b>	Robyn Matthews	DD	08.42.31	12.01.07
Alistair Brown	DD	08.18.74	02.02.08	<b>800 - 17/18</b>	Megan Gilchrist	CI	08.40.57	11.01.08
John Owen	CI	07.58.77	14.01.06	<b>800 - Senior</b>	Megan Gilchrist	CI	08.40.57	11.01.08
James Black	AN	19.20.61	21.06.08	<b>1500 - 11</b>	Lucy Ellis	IS	19.45.80	05.12.04
Jamie Coulter	FP	18.11.14	06.11.05	<b>1500 - 12</b>	Lucy Ellis	IS	18.43.60	02.04.05
Mark Szaranek	CE	16.56.58	16.01.09	<b>1500 - 13</b>	Emma Harrison	WB	17.49.64	14.12.03
Paul Latimer	WB	16.36.02	03.06.90	<b>1500 - 14</b>	Sarah Kelly	GS	17.36.34	03.02.07
Lewis Smith	WB	15.48.06	16.08.03	<b>1500 - 15</b>	Helen McRoberts	WB	17.19.03	03.02.07
Lewis Smith	WB	15.42.64	28.08.04	<b>1500 - 16</b>	Helen McRoberts	WB	17.20.65	03.02.08
Lewis Smith	WB	15.42.64	28.08.04	<b>1500 - Junior</b>	Helen McRoberts	WB	17.19.03	03.02.07
Lewis Smith	WB	15.42.67	15.01.05	<b>1500 - 17/18</b>	Katelyn Stewart	WB	17.30.85	03.02.08
John Owen	CI	14.58.69	16.12.06	<b>1500 - Senior</b>	Helen McRoberts	WB	17.19.03	03.02.07

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## Scottish Amateur Swimming Association East District Records - Short Course

### INDIVIDUAL MEDLEY

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Mark Szaranek	CE	01.14.27	25.03.07	100 - 11	Joanna Whitelaw	HN	01.16.64	04.05.08
Zach Courtney	WB	01.07.78	25.03.07	100 - 12	Rachael O'Donnell	IS	01.11.02	16.01.09
Craig Benson	WB	01.02.45	22.03.08	100 - 13	Lucy Ellis	DD	01.08.21	13.01.07
Craig Benson	WB	01.00.34	16.01.09	100 - 14	Ailsa Hershaw	CE	01.07.08	13.01.08
Daniel Scott	GS	01.00.32	05.11.05	100 - 15	Eloise Barber	CE	01.04.63	11.01.08
Daniel Scott	GS	00.58.53	14.01.07	100 - 16	Eloise Barber	CE	01.04.09	16.01.09
Daniel Scott	GS	00.59.15	03.06.06	100 - Junior	Sally Wood	WB	01.06.43	12.01.07
Lewis Smith	WB	00.57.17	12.01.07	100 - 17/18	Sally Wood	WB	01.04.48	16.01.09
Gregor Tait	CI	00.54.87	11.01.08	100 - Senior	Fiona Booth	WB	01.02.32	15.01.06
Mark Szaranek	CE	02.38.89	17.02.07	200 - 11	Rachael O'Donnell	IS	02.36.19	02.02.08
Lewis Smith	WB	02.26.00	17.12.00	200 - 12	Raquel Matos	PO	02.30.04	11.10.08
Craig Benson	WB	02.15.40	03.02.08	200 - 13	Emma Harrison	WB	02.22.91	12.12.03
Paul Latimer	WB	02.13.22	21.11.90	200 - 14	Lucy Ellis	DD	02.20.55	02.02.08
Lewis Smith	WB	02.09.05	14.08.03	200 - 15	Eloise Barber	CE	02.17.91	11.01.08
Ewan Johnston	WB	02.06.32	12.01.07	200 - 16	Eloise Barber	CE	02.15.84	16.01.09
Lewis Smith	WB	02.07.24	26.08.04	200 - Junior	Katy Burke	WB	02.18.37	18.12.93
Ewan Johnston	WB	02.00.66	16.11.08	200 - 17/18	Sally Wood	WB	02.15.66	16.01.09
Gregor Tait	CI	01.57.40	12.01.08	200 - Senior	Sally Wood	WB	02.15.66	16.01.09
Mark Szaranek	CE	05.34.77	03.02.07	400 - 11	Rachael O'Donnell	IS	05.24.14	21.06.08
Mark Szaranek	CE	05.05.03	22.06.08	400 - 12	Rachael O'Donnell	IS	05.14.66	16.01.09
Lewis Smith	WB	04.48.35	16.12.01	400 - 13	Emma Harrison	WB	04.56.49	11.12.03
Lewis Smith	WB	04.36.97	12.12.02	400 - 14	Robyn Mathews	AS	04.59.17	16.04.05
Lewis Smith	WB	04.27.92	15.08.03	400 - 15	Robyn Mathews	CI	04.48.97	14.01.07
Lewis Smith	WB	04.24.48	27.08.04	400 - 16	Eloise Barber	CE	04.52.36	16.01.09
Lewis Smith	WB	04.24.48	27.08.04	400 - Junior	Robyn Mathews	CI	04.48.97	14.01.07
Lewis Smith	WB	04.13.91	12.01.07	400 - 17/18	Sally Wood	WB	04.48.19	17.01.09
Lewis Smith	WB	04.10.70	14.12.07	400 - Senior	Sally Wood	WB	04.48.19	17.01.09

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### FREESTYLE RELAYS

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Carnegie		02.03.50	04.03.07	<b>Free 4x50 - 11/U</b>	Musselburgh		02.05.69	02..03.08
Warrender		01.55.82	04.03.07	<b>Free 4x50 - 12</b>	East Lothian ST		01.59.13	16.01.09
Warrender		01.49.38	21.05.89	<b>Free 4x50 - 13/14</b>	Carnegie		01.56.18	02.07.95
Midlothian		01.41.02	07.11.04	<b>Free 4x50 - 15/16</b>	Warrender		01.52.07	05.03.06
Midlothian		01.41.02	07.11.04	<b>Free 4x50 - Junior</b>	Dunedin Swim Team		01.51.28	02.03.08
Carnegie		01.38.22	06.05.00	<b>Free 4x50 - 17/18</b>	Heart of Midlothian		01.55.52	05.03.06
City of Edinburgh		01.30.15	12.01.08	<b>Free 4x50 - Senior</b>	Warrender		01.46.67	12.01.07
Glenrothe		05.10.76	30.08.08	<b>Free 4x100 - 11/U</b>	Unclaimed			
Portobello		05.01.93	30.08.08	<b>Free 4x100 - 12</b>	East Lothian ST		04.16.50	16.01.09
Portobello		04.15.00	30.08.08	<b>Free 4x100 - 13/14</b>	Teviotdale ASC		04.33.35	30.08.08
Warrender		03.41.97	15.08.03	<b>Free 4x100 - 15/16</b>	Unclaimed			
Warrender		03.41.97	15.08.03	<b>Free 4x100 - Junior</b>	Teviotdale ASC		04.33.35	30.08.08
Unclaimed				<b>Free 4x100 - 17/18</b>	Unclaimed			
City of Edinburgh		03.21.85	09.08.01	<b>Free 4x100 - Senior</b>	City of Edinburgh		04.04.93	06.03.04
Unclaimed				<b>Free 4x200 - 11/U</b>	Glenrothes		11.31.39	30.08.08
Unclaimed				<b>Free 4x200 - 12</b>	Unclaimed			
Unclaimed				<b>Free 4x200 - 13/14</b>	Unclaimed			
Warrender		07.58.52	26.08.04	<b>Free 4x200 - 15/16</b>	Unclaimed			
Warrender		07.58.52	26.08.04	<b>Free 4x200 - Junior</b>	Glenrothes		11.31.39	30.08.08
Unclaimed				<b>Free 4x200 - 17/18</b>	Unclaimed			
City of Edinburgh		07.20.32	09.08.01	<b>Free 4x200 - Senior</b>	Aquanauts Livingston		08.52.41	07.03.04

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 - Short Course**

**MEDLEY RELAYS**

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Carnegie		02.20.52	04.03.07	<b>Medley 4x50 - 11/U</b>	Musselburgh		02.21.30	02.03.08
Warrender		02.16.90	09.09.00	<b>Medley 4x50 - 12</b>	East Lothian ST		02.13.53	16.01.09
Kingdom Composite		02.02.33	12.12.98	<b>Medley 4x50 - 13/14</b>	Scotland East		02.07.81	16.10.05
Scotland East		01.52.02	16.10.05	<b>Medley 4x50 - 15/16</b>	Heart of Midlothian		02.04.55	05.03.06
Scotland East		01.52.02	16.10.05	<b>Medley 4x50 - Junior</b>	Carnegie		02.04.32	06.03.93
Scotland East		01.47.80	16.10.05	<b>Medley 4x50 - 17/18</b>	Scotland East		02.06.10	16.10.05
City of Edinburgh		01.38.78	11.01.08	<b>Medley 4x50 - Senior</b>	Warrender		01.59.03	12.01.07
Portobello		06.08.28	30.08.08	<b>Medley 4x100 - 11/U</b>	Glenrothes		05.58.13	30.08.08
Unclaimed				<b>Medley 4x100 - 12</b>	Portobello		05.21.66	30.08.08
Unclaimed				<b>Medley 4x100 - 13/14</b>	Unclaimed			
Warrender		04.02.80	16.08.03	<b>Medley 4x100 - 15/16</b>	Unclaimed			
Warrender		04.02.80	16.08.03	<b>Medley 4x100 - Junior</b>	Unclaimed			
Unclaimed				<b>Medley 4x100 - 17/18</b>	Unclaimed			
City of Edinburgh		03.36.96	28.08.04	<b>Medley 4x100 - Senior</b>	City of Edinburgh		04.23.48	07.03.04

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