
Individual Meet Results
2016 Irish SC Championships 02-Dec-16 to 14-Dec-16 [Ageup: 12/31/2016] SC Meters
Location: Lagan Valley Leisureplex
Sundays Well Swimming Club [SWSC] Coach: Richard Cassidy

Time	F/P/S	Event	Place	Points	Improv
Nicola Bragagna (17) M					
24.63S	P # 1	Male 50 Free	23	---	-0.17
56.68S	F # 5	Male 100 Fly	7	---	1.10
56.69S	P # 5	Male 100 Fly	6	---	1.11
1:00.90S	P # 11	Male 100 IM	13	---	0.36
1:02.13S	F # 11	Male 100 IM	15	---	1.59
54.26S	P # 24	Male 100 Free	25	---	0.13
25.63S	P # 32	Male 50 Fly	5	---	0.43
25.73S	F # 32	Male 50 Fly	8	---	0.53
Emma Cassidy (22) F					
30.01S	F # 6	Female 50 Back	7	---	0.67
30.01S	P # 6	Female 50 Back	7	---	0.67
58.02S	P # 10	Female 100 Free	5	---	0.15
58.29S	F # 10	Female 100 Free	5	---	0.42
1:05.35S	F # 13	400 Medley Relay Lead Off	---	---	1.77
27.30S	P # 15	Female 50 Free	12	---	0.52
27.34S	F # 15	Female 50 Free	12	---	0.56
58.63S	F # 28	400 Free Relay Lead Off	---	---	0.76
2:07.78S	P # 33	Female 200 Free	11	---	2.14
1:03.73S	F # 35	Female 100 Back	5	---	0.15
1:04.65S	P # 35	Female 100 Back	6	---	1.07
31.05S	F # 39	200 Medley Relay Lead Off	---	---	1.71
27.37S	F # 41	200 Free Relay Lead Off	---	---	0.59
Ally Cunningham (17) F					
31.25S	P # 6	Female 50 Back	20	---	-0.52
58.65S	P # 10	Female 100 Free	11	---	-0.19
59.08S	F # 10	Female 100 Free	11	---	0.24
2:17.30S	F # 17	Female 200 Back	5	---	1.11
2:18.81S	P # 17	Female 200 Back	7	---	2.62
2:06.28S	F # 33	Female 200 Free	5	---	2.18
2:06.64S	P # 33	Female 200 Free	6	---	2.54
1:10.19S	P # 35	Female 100 Back	39	---	4.86
Hanna D'Aughton (14) F					
31.49S	P # 6	Female 50 Back	24	---	-0.77
1:02.26S	P # 10	Female 100 Free	51	---	-0.86
28.62S	P # 15	Female 50 Free	47	---	-0.55
4:45.56S	P # 23	Female 400 Free	36	---	-9.17
2:15.97S	P # 33	Female 200 Free	63	---	-1.21
1:11.25S	P # 35	Female 100 Back	50	---	-0.02
Andrew Feenan (15) M					
1:13.47S	P # 16	Male 100 Breast	34	---	0.47
2:44.35S	P # 38	Male 200 Breast	32	---	4.04
Anna Feenan (13) F					
33.33S	P # 6	Female 50 Back	47	---	-0.51
1:03.01S	P # 10	Female 100 Free	70	---	0.11
29.04S	P # 15	Female 50 Free	66	---	0.04
2:16.68S	P # 33	Female 200 Free	68	---	-0.82

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Luc Galland (16) M					
25.70S	P # 1	Male 50 Free	42	---	0.16
2:12.86S	F # 3	Male 200 Back	11	---	1.64
2:13.82S	P # 3	Male 200 Back	11	---	2.60
1:03.71S	P # 11	Male 100 IM	27	---	-0.81
27.88S	P # 20	Male 50 Back	13	---	0.05
28.12S	F # 20	Male 50 Back	12	---	0.29
56.19S	P # 24	Male 100 Free	46	---	-0.18
2:02.10S	P # 34	Male 200 Free	39	---	0.30
59.83S	F # 36	Male 100 Back	13	---	0.24
59.84S	P # 36	Male 100 Back	13	---	0.25
Cara Lamb (15) F					
32.38S	P # 6	Female 50 Back	34	---	-0.88
1:01.19S	P # 10	Female 100 Free	41	---	-1.38
28.45S	P # 15	Female 50 Free	37	---	0.06
1:10.07S	P # 19	Female 100 Fly	34	---	0.27
2:14.55S	P # 33	Female 200 Free	52	---	-3.33
Ross Mc Auliffe (17) M					
24.50S	P # 1	Male 50 Free	20	---	-0.21
59.81S	P # 11	Male 100 IM	10	---	-1.02
1:01.04S	F # 11	Male 100 IM	12	---	0.21
58.30S	F # 14	400 Medley Relay Lead Off	---	---	0.52
26.97S	F # 20	Male 50 Back	4	---	0.12
27.14S	P # 20	Male 50 Back	7	---	0.29
55.54S	P # 24	Male 100 Free	43	---	-0.54
26.70S	P # 32	Male 50 Fly	12	---	0.70
26.86S	F # 32	Male 50 Fly	11	---	0.86
58.59S	F # 36	Male 100 Back	10	---	0.81
59.87S	P # 36	Male 100 Back	14	---	2.09
27.21S	F # 40	200 Medley Relay Lead Off	---	---	0.36
Ronan Mc Carthy (19) M					
2:13.73S	F # 3	Male 200 Back	14	---	2.40
2:15.51S	P # 3	Male 200 Back	13	---	4.18
1:06.51S	P # 11	Male 100 IM	35	---	2.33
29.29S	P # 20	Male 50 Back	21	---	0.59
56.27S	P # 24	Male 100 Free	47	---	1.38
2:01.50S	P # 34	Male 200 Free	35	---	3.13
1:03.37S	P # 36	Male 100 Back	24	---	2.80
Thomas Noel (15) M					
1:06.30S	P # 36	Male 100 Back	41	---	0.56
Beth Nolan (14) F					
1:19.43S	P # 2	Female 100 Breast	28	---	-1.49
32.25S	P # 6	Female 50 Back	33	---	-0.31
28.90S	P # 15	Female 50 Free	60	---	-0.77
2:27.46S	P # 17	Female 200 Back	24	---	-1.37
37.11S	P # 21	Female 50 Breast	34	---	-1.08
1:07.92S	P # 35	Female 100 Back	21	---	-0.01
2:52.05S	P # 37	Female 200 Breast	25	---	-4.13

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Sean O'Riordan (17) M					
27.99S	P # 1	Male 50 Free	55	---	-1.93
1:22.69S	P # 16	Male 100 Breast	40	---	-3.47
2:36.77S	P # 22	Male 200 IM	38	---	-4.03
1:01.45S	P # 24	Male 100 Free	57	---	-1.58
1:12.38S	P # 36	Male 100 Back	44	---	-3.29
Sharon Semchiy (15) F					
31.21S	P # 6	Female 50 Back	18	---	0.40
59.09S	F # 10	Female 100 Free	12	---	-0.49
59.19S	P # 10	Female 100 Free	16	---	-0.39
26.96S	F # 15	Female 50 Free	8	---	-0.17
27.02S	P # 15	Female 50 Free	9	---	-0.11
2:25.36S	P # 17	Female 200 Back	22	---	7.50
1:07.62S	F # 25	Female 100 IM	12	---	0.35
1:08.53S	P # 25	Female 100 IM	12	---	1.26
1:05.83S	F # 35	Female 100 Back	12	---	0.62
1:05.95S	P # 35	Female 100 Back	11	---	0.74
Dan Sweeney (23) M					
29.85S	F # 7	Male 50 Breast	3	---	---
29.90S	P # 7	Male 50 Breast	2	---	---
1:04.47S	F # 16	Male 100 Breast	3	---	---
1:06.21S	P # 16	Male 100 Breast	6	---	---
2:21.06S	P # 22	Male 200 IM	36	---	---
52.30S	F # 27	400 Free Relay Lead Off	---	---	---
2:24.60S DQ	P # 38	Male 200 Breast	---	---	---
23.80S	F # 42	200 Free Relay Lead Off	---	---	---