

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 | Chelsea Lawson | IS | 01.17.53 | 30.06.07 |
| 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 | Kirsty Hunter | HN | 03.09.83 | 13.04.08 |
| Mark Szaraneck | CE | 00.31.96 | 27.01.07 | Butterfly 50 | Raquel Matos | PO | 00.33.45 | 22.11.07 |
| Mark Szaraneck | CE | 01.09.26 | 23.07.07 | Butterfly 100 | Rachael O'Donnell | IS | 01.12.52 | 10.04.08 |
| Mark Szaraneck | CE | 02.38.82 | 23.07.07 | Butterfly 200 | Rachael O'Donnell | IS | 02.42.47 | 15.02.08 |
| Mark Szaraneck | CE | 00.29.82 | 23.07.07 | Freestyle 50 | Yasmin Khera | UT | 00.31.58 | 17.11.05 |
| Mark Szaraneck | CE | 01.01.20 | 23.07.07 | Freestyle 100 | Rachael O'Donnell | IS | 01.05.64 | 10.04.08 |
| Mark Szaraneck | 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 | 04.59.84 | 10.04.08 |
| 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 Szaraneck | CE | 02.37.14 | 03.06.07 | Ind. Med. 200 | Rachael O'Donnell | IS | 02.39.56 | 10.04.08 |
| Mark Szaraneck | 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 | Caitlyn Morrison | AN | 01.13.41 | 19.06.03 |
| Mark Szaraneck | CE | 02.27.47 | 13.04.08 | Backstroke 200 | Caitlyn Morrison | AN | 02.36.17 | 21.06.03 |
| 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 |
| Zach Courtney | WB | 00.30.19 | 23.02.07 | Butterfly 50 | Mairi Morrison | IS | 00.32.59 | 30.06.04 |
| Mark Szaraneck | CE | 01.06.68 | 13.04.08 | Butterfly 100 | Mairi Morrison | IS | 01.09.84 | 29.06.04 |
| Mark Szaraneck | CE | 02.30.63 | 16.02.08 | Butterfly 200 | Emma Harrison | WB | 02.38.38 | 17.05.02 |
| Mark Szaraneck | CE | 00.28.40 | 13.04.08 | Freestyle 50 | Lucy Ellis | IS | 00.30.24 | 31.07.05 |
| Mark Szaraneck | CE | 00.58.92 | 13.04.08 | Freestyle 100 | Lucy Ellis | IS | 01.03.76 | 31.07.05 |
| Mark Szaraneck | CE | 02.08.60 | 13.04.08 | Freestyle 200 | Emma Harrison | WB | 02.14.50 | 20.06.02 |
| Mark Szaraneck | CE | 04.38.57 | 13.04.08 | Freestyle 400 | Emma Harrison | WB | 04.40.76 | 05.08.02 |
| Jamie Coulter | FP | 09.57.80 | 01.08.05 | Freestyle 800 | Emma Harrison | WB | 09.56.55 | 22.06.02 |
| Jamie Coulter | FP | 18.52.28 | 01.08.05 | Freestyle 1500 | Unclaimed | | | |
| Craig Benson | LD | 02.26.82 | 15.04.07 | Ind. Med. 200 | Emma Harrison | WB | 02.34.07 | 05.08.02 |
| Zach Courtney | WB | 05.26.65 | 23.02.07 | Ind. Med. 400 | Emma Harrison | WB | 05.19.47 | 05.08.02 |
| The following relays are for 12 years and under | | | | | | | | |
| Kingdom Swim Team | | 02.03.73 | 27.06.98 | F/S Relay 4x50 | Warrender | | 02.03.79 | 08.08.87 |
| Carnegie | | 04.20.91 | 12.04.08 | F/S Relay 4x100 | Unclaimed | | | |
| Carnegie | | 09.21.99 | 12.04.08 | F/S Relay 4x200 | Unclaimed | | | |
| Warrender | | 02.18.67 | 24.06.87 | Med. Relay 4x50 | Warrender | | 02.16.58 | 08.08.87 |
| Carnegie | | 04.49.13 | 12.04.08 | Med. Relay 4x100 | Unclaimed | | | |

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 |

| 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 |
| Ruaraidh Disher | IH | 00.33.08 | 31.07.01 | Breaststroke 50 | Robyn Matthews | AN | 00.34.48 | 06.08.05 |
| Dominic Sheils | WB | 01.09.79 | 04.08.89 | Breaststroke 100 | Robyn Matthews | AN | 01.12.49 | 29.01.05 |
| Dominic Sheils | WB | 02.31.66 | 06.07.89 | 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 Coulter | 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 |
| Dominic Sheils | WB | 02.17.60 | 04.08.89 | 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 |
| Callum Shaw | CE | 00.29.51 | 03.06.07 | Backstroke 50 | Rosie Hood | WB | 00.32.17 | 29.06.06 |
| Bryan Morgan | CE | 01.00.88 | 03.08.95 | 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 | Eloise Barber | CE | 00.29.52 | 01.04.08 |
| 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 | Robyn Matthews | CI | 00.27.19 | 24.02.07 |
| Jak Scott | DD | 00.54.00 | 14.04.07 | Freestyle 100 | Lucy Ellis | DD | 00.57.85 | 31.03.08 |
| 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 |
| Bryan Morgan | CE | 00.59.98 | 07.04.96 | Backstroke 100 | Rosie Hood | WB | 01.06.19 | 28.06.07 |
| Lewis Smith | WB | 02.10.30 | 15.04.04 | 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 |
| Graeme Wilson | CE | *01.55.37 | 16.07.81 | Freestyle 200 | Robtn Matthews | DD | 02.02.68 | 05.04.08 |
| Daniel Ritchie | WB | 04.04.66 | 01.08.03 | Freestyle 400 | Megan Gilchrist | CI | 04.17.15 | 29.07.07 |
| Daniel Ritchie | WB | 08.32.85 | 02.08.03 | Freestyle 800 | Megan Gilchrist | CI | 08.44.57 | 29.07.07 |
| 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 | 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 | Warrender | | 01.56.91 | 01.08.90 |
| 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 | Alexandria Hamilton | CE | 00.31.95 | 23.06.01 |
| 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 |
| Andrew Rodgie | CE | 00.30.03 | 28.01.06 | 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 |
| DanoelScott | GS | 00.25.43 | 03.04.08 | Butterfly 50 | Louise Pate | HM | 00.27.92 | 27.03.07 |
| Daniel Scott | DD | 00.54.77 | 03.04.08 | 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 | 02.04.92 | 17.12.07 |
| Daniel Ritchie | WB | 04.01.46 | 07.04.04 | Freestyle 400 | Megan Gilchrist | CI | 04.21.46 | 20.12.27 |
| Daniel Ritchie | WB | 08.20.69 | 11.04.04 | Freestyle 800 | Jillian Rees | HM | 09.22.35 | 21.02.98 |
| Daniel Ritchie | WB | 15.45.67 | 11.04.04 | Freestyle 1500 | Carol Thain | HM | 18.12.86 | 21.06.03 |
| Lewis Smith | WB | 02.05.09 | 06.04.06 | Ind. Med. 200 | Sally Wood | WB | 02.21.05 | 02.04.08 |
| Lewis Smith | WB | 04.21.25 | 06.07.06 | Ind. Med. 400 | Kirsty Orr | HM | 04.57.97 | 25.05.00 |
| | | | | | | | | |
| 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 |

East District records are based on, age on day of competition.
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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 |
| Lewis Smith | WB | 02.10.30 | 15.04.04 | 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 | 00.57.85 | 31.03.08 |
| 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 | Emma Harrison | WB | 02.22.12 | 06.08.05 |
| 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 | 02.10.32 | 23.08.07 | Breaststroke 200 | Kirsty Balfour | HM | **02.24.04 | 18.03.06 |
| David Leith | CI | 00.24.40 | 05.04.06 | Butterfly 50 | Alena Popchanka | CI | 00.26.97 | 29.03.07 |
| Daniel Scott | DD | 00.54.77 | 03.04.08 | 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 | 00.25.57 | 05.08.06 |
| 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 | Megan Gilchrist | CI | 02.20.86 | 05.08.07 |
| 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