

### Garioch Time Band, 19th September 2004

SHANNON	CORDINER	200	BACK	3:09.24	
SHANNON	CORDINER	200	BREAST	3:30.01	Gold
SHANNON	CORDINER	200	FREE	3:05.40	
DANIELLE	DEWSBURY	200	FREE	3:01.98	
MARGARET	TOUGH	200	BACK	2:59.24	
MARGARET	TOUGH	200	FLY	3:24.03	Bronze
MARGARET	TOUGH	200	FREE	2:47.07	

### COAST Time Trials, 19th September 2004

FIONA	ANDERSON	400	FREE	5:43.53	
FIONA	ANDERSON	400	I.M.	6:28.50	
FIONA	ANDERSON	200	I.M.	3:05.06	
ARIANNA	BEWICK	200	BACK	3:04.96	
ARIANNA	BEWICK	200	BREAST	3:26.09	
ARIANNA	BEWICK	200	I.M.	3:01.34	
KENDALL	DEANS	200	BACK	3:14.37	
KENDALL	DEANS	200	BREAST	3:49.59	
KENDALL	DEANS	400	FREE	6:50.12	
KENDALL	DEANS	200	I.M.	3:25.65	
HANNAH	MCKENZIE	200	BACK	3:08.25	
HANNAH	MCKENZIE	200	BREAST	3:41.81	
HANNAH	MCKENZIE	200	FREE	3:05.50	
HANNAH	MCKENZIE	200	I.M.	3:21.37	
DEBORAH	MOORE	100	FLY	1:13.06	
REBECCA	THOMSON	200	BACK	2:44.90	
REBECCA	THOMSON	200	FREE	2:30.71	
STUART	MCINTOSH	200	BACK	3:04.28	
STUART	MCINTOSH	200	BREAST	3:36.46	
STUART	MCINTOSH	400	FREE	5:58.71	
STUART	MCINTOSH	200	I.M.	3:08.62	