Function	Insert	Insert Scale	Append	Append Scale
tinyArray	28.1 µs	O(n)	81 µs	O(n)
smallArray	41.2 µs	O(n)	93.8 µs	O(n)
mediumArray	141.8 µs	O(n)	127.8 µs	O(n)
largeArray	7.6423 ms	O(n)	430.8 µs	O(n)
extraLargeArray	805.2947 ms	O(n)	2.9805 ms	O(n)

It looks like the larger the array gets, the longer it takes for each function to run. As far as scaling, all functions have the same linear runtime complexity as they all only loop once through the arrays.