

# 23 400m Freestyle Women Final

Official

☰ Qualified   1/2 ☰ Heats   📄 Summary   📄

## 1 heat Final 13 years

Started at: 04:58 PM (- 2 min) Official

Lane	Competitor	Age	Club	RT	PTS	Rank	Result
1	Keira Watt	13	Whar...	0.82		7	5:12.67 Entry: 5:12.69 -0.02
	50m: 33.30      100m: 1:11.98 (38.68)      150m: 1:51.75 (39.77)						
	200m: 2:32.96 (41.21)      250m: 3:13.91 (40.95)      300m: 3:54.47 (40.56)						
	350m: 4:34.27 (39.80)      400m: 5:12.67 (38.40)						
2	Emilia Hoglinger	13	Unite...	0.56		6	4:59.03 Entry: 5:04.17 -5.14
	50m: 33.24      100m: 1:10.27 (37.03)      150m: 1:47.86 (37.59)						
	200m: 2:26.64 (38.78)      250m: 3:05.04 (38.40)      300m: 3:44.37 (39.33)						
	350m: 4:22.20 (37.83)      400m: 4:59.03 (36.83)						
3	Marli Coverdale	13	Club ...	0.74		3	4:52.44 Entry: 4:59.04 -6.60
	50m: 31.70      100m: 1:08.03 (36.33)      150m: 1:44.41 (36.38)						
	200m: 2:22.13 (37.72)      250m: 2:59.73 (37.60)      300m: 3:38.30 (38.57)						
	350m: 4:16.42 (38.12)      400m: 4:52.44 (36.02)						
4	Annalise Miller	13	Nept...	0.76		2	4:42.67 Entry: 4:49.91 -7.24
	50m: 31.58      100m: 1:07.18 (35.60)      150m: 1:42.54 (35.36)						
	200m: 2:18.75 (36.21)      250m: 2:54.60 (35.85)      300m: 3:31.13 (36.53)						
	350m: 4:07.07 (35.94)      400m: 4:42.67 (35.60)						
5	Hope Wang	13	Phoe...			1	4:39.13 Entry: 4:52.84 -13.71
	50m: 31.91      100m: 1:07.02 (35.11)      150m: 1:42.54 (35.52)						
	200m: 2:18.09 (35.55)      250m: 2:53.50 (35.41)      300m: 3:29.24 (35.74)						
	350m: 4:04.69 (35.45)      400m: 4:39.13 (34.44)						
6	Ashley Lam	13	Howi...	0.73		4	4:55.85 Entry: 5:01.10 -5.25
	50m: 33.37      100m: 1:10.82 (37.45)      150m: 1:48.60 (37.78)						
	200m: 2:26.30 (37.70)      250m: 3:03.82 (37.52)      300m: 3:42.08 (38.26)						
	350m: 4:19.51 (37.43)      400m: 4:55.85 (36.34)						
7	Amelia-Rose Searle	13	Nort...	0.56		5	4:58.88 Entry: 5:11.49 -12.61
	50m: 32.88      100m: 1:09.14 (36.26)      150m: 1:47.70 (38.56)						
	200m: 2:25.71 (38.01)      250m: 3:04.27 (38.56)      300m: 3:43.53 (39.26)						
	350m: 4:21.86 (38.33)      400m: 4:58.88 (37.02)						

## 2 heat Final 14 years

Started at: 05:05 PM (- 2 min) Official

Lane	Competitor	Age	Club	RT	PTS	Rank	Result
0	Gemma Hay	14	Hamil...	0.73		9	4:50.68 Entry: 4:53.57 -2.89
	50m: 32.03      100m: 1:07.37 (35.34)      150m: 1:43.21 (35.84)						
	200m: 2:20.42 (37.21)      250m: 2:57.61 (37.19)      300m: 3:35.07 (37.46)						
	350m: 4:13.08 (38.01)      400m: 4:50.68 (37.60)						

<b>1</b>	Phoebe Nettle	14	Troja... 0.65	<b>7</b>	<b>4:45.92</b> Entry: 4:50.20 -4.28
	50m: 32.40      100m: 1:08.54 (36.14)      150m: 1:44.29 (35.75)				
	200m: 2:21.01 (36.72)      250m: 2:57.39 (36.38)      300m: 3:34.28 (36.89)				
	350m: 4:10.52 (36.24)      400m: 4:45.92 (35.40)				
<b>2</b>	Sadie Percy	14	Pirat... 0.96	<b>4</b>	<b>4:41.90</b> Entry: 4:45.09 -3.19
	50m: 31.50      100m: 1:06.44 (34.94)      150m: 1:41.84 (35.40)				
	200m: 2:18.58 (36.74)      250m: 2:54.49 (35.91)      300m: 3:31.63 (37.14)				
	350m: 4:07.47 (35.84)      400m: 4:41.90 (34.43)				
<b>3</b>	Sophie Peters	14	Hamil... 0.72	<b>2</b>	<b>4:39.41</b> Entry: 4:44.62 -5.21
	50m: 31.26      100m: 1:06.18 (34.92)      150m: 1:41.14 (34.96)				
	200m: 2:17.53 (36.39)      250m: 2:53.28 (35.75)      300m: 3:29.40 (36.12)				
	350m: 4:04.81 (35.41)      400m: 4:39.41 (34.60)				
<b>4</b>	Maeve McDonnell	14	Howi... 0.75	<b>3</b>	<b>4:40.21</b> Entry: 4:42.73 -2.52
	50m: 31.59      100m: 1:06.10 (34.51)      150m: 1:40.90 (34.80)				
	200m: 2:16.31 (35.41)      250m: 2:52.10 (35.79)      300m: 3:28.77 (36.67)				
	350m: 4:05.37 (36.60)      400m: 4:40.21 (34.84)				
<b>5</b>	Lani Kim	14	Nort... 0.68	<b>5</b>	<b>4:42.85</b> Entry: 4:43.65 -0.80
	50m: 30.82      100m: 1:04.91 (34.09)      150m: 1:39.74 (34.83)				
	200m: 2:16.22 (36.48)      250m: 2:52.86 (36.64)      300m: 3:30.29 (37.43)				
	350m: 4:07.73 (37.44)      400m: 4:42.85 (35.12)				
<b>6</b>	Amber Lin	14	Nort... 0.64	<b>6</b>	<b>4:44.80</b> Entry: 4:44.73 +0.07
	50m: 31.26      100m: 1:05.89 (34.63)      150m: 1:41.55 (35.66)				
	200m: 2:18.10 (36.55)      250m: 2:54.78 (36.68)      300m: 3:32.00 (37.22)				
	350m: 4:08.75 (36.75)      400m: 4:44.80 (36.05)				
<b>7</b>	Tandia Fisher	14	Whar... 0.75	<b>1</b>	<b>4:36.41</b> Entry: 4:45.10 -8.69
	50m: 31.54      100m: 1:05.98 (34.44)      150m: 1:41.47 (35.49)				
	200m: 2:17.30 (35.83)      250m: 2:52.61 (35.31)      300m: 3:28.58 (35.97)				
	350m: 4:03.35 (34.77)      400m: 4:36.41 (33.06)				
<b>8</b>	Octavia Mahoney	14	Unite... 0.64	<b>8</b>	<b>4:48.12</b> Entry: 4:52.36 -4.24
	50m: 31.31      100m: 1:06.15 (34.84)      150m: 1:42.08 (35.93)				
	200m: 2:18.51 (36.43)      250m: 2:55.99 (37.48)      300m: 3:33.16 (37.17)				
	350m: 4:11.18 (38.02)      400m: 4:48.12 (36.94)				
<b>9</b>	Brooke Humphries	14	Nort... 0.70	<b>10</b>	<b>4:56.85</b> Entry: 4:53.95 +2.90
	50m: 32.69      100m: 1:08.69 (36.00)      150m: 1:46.11 (37.42)				
	200m: 2:23.99 (37.88)      250m: 3:02.48 (38.49)      300m: 3:41.10 (38.62)				
	350m: 4:19.25 (38.15)      400m: 4:56.85 (37.60)				

<b>3</b> heat	<b>Final 15 years</b>						<b>Official</b>
Started at: 05:12 PM (- 2 min)							
Lane	Competitor	Age	Club	RT	PTS	Rank	Result
<b>0</b>	Sophia Neems	15	Howi... 0.88	<b>9</b>	<b>4:54.03</b> Entry: 4:56.77 -2.74		
	50m: 32.21      100m: 1:09.17 (36.96)      150m: 1:45.49 (36.32)						
	200m: 2:23.66 (38.17)      250m: 3:00.90 (37.24)      300m: 3:38.95 (38.05)						
	350m: 4:16.40 (37.45)      400m: 4:54.03 (37.63)						
<b>1</b>	Elsie Turrell	15	Orca... 0.79	<b>7</b>	<b>4:51.65</b> Entry: 4:55.32 -3.67		

50m: 32.26      100m: 1:07.87 (35.61)      150m: 1:44.61 (36.74)  
 200m: 2:22.34 (37.73)      250m: 2:59.95 (37.61)      300m: 3:38.26 (38.31)  
 350m: 4:15.75 (37.49)      400m: 4:51.65 (35.90)

**2** **Tessa Scott**      15 **St P...**      0.72      **5**      **4:42.58**  
 Entry: 4:48.64      -6.06

50m: 31.07      100m: 1:05.98 (34.91)      150m: 1:41.25 (35.27)  
 200m: 2:17.60 (36.35)      250m: 2:53.87 (36.27)      300m: 3:30.95 (37.08)  
 350m: 4:07.60 (36.65)      400m: 4:42.58 (34.98)

**3** **Poppy Van Geneijgen**      15 **Hamil...**      0.75      **4**      **4:40.93**  
 Entry: 4:46.62      -5.69

50m: 31.36      100m: 1:06.24 (34.88)      150m: 1:41.57 (35.33)  
 200m: 2:17.81 (36.24)      250m: 2:53.50 (35.69)      300m: 3:30.20 (36.70)  
 350m: 4:05.83 (35.63)      400m: 4:40.93 (35.10)

**4** **Paige Conley**      15 **Wha...**      0.76      **1**      **4:35.34**  
 Entry: 4:40.78      -5.44

50m: 30.31      100m: 1:04.22 (33.91)      150m: 1:38.31 (34.09)  
 200m: 2:13.69 (35.38)      250m: 2:49.18 (35.49)      300m: 3:25.46 (36.28)  
 350m: 4:01.36 (35.90)      400m: 4:35.34 (33.98)

**5** **Isabella McEntyre**      15 **Taieri...**      0.62      **2**      **4:37.37**  
 Entry: 4:44.44      -7.07

50m: 30.27      100m: 1:04.56 (34.29)      150m: 1:39.44 (34.88)  
 200m: 2:15.20 (35.76)      250m: 2:51.05 (35.85)      300m: 3:27.12 (36.07)  
 350m: 4:02.87 (35.75)      400m: 4:37.37 (34.50)

**6** **Jessica Richardson**      15 **Hamil...**      0.69      **3**      **4:40.73**  
 Entry: 4:47.16      -6.43

50m: 30.75      100m: 1:05.54 (34.79)      150m: 1:41.01 (35.47)  
 200m: 2:17.22 (36.21)      250m: 2:52.92 (35.70)      300m: 3:29.51 (36.59)  
 350m: 4:05.69 (36.18)      400m: 4:40.73 (35.04)

**7** **Violet Carter**      15 **Ice B...**      0.63      **6**      **4:48.88**  
 Entry: 4:50.82      -1.94

50m: 31.45      100m: 1:07.16 (35.71)      150m: 1:43.91 (36.75)  
 200m: 2:20.25 (36.34)      250m: 2:57.47 (37.22)      300m: 3:34.63 (37.16)  
 350m: 4:11.93 (37.30)      400m: 4:48.88 (36.95)

**8** **Pippa Jory**      15 **Jasi ...**      0.77      **8**      **4:51.94**  
 Entry: 4:55.70      -3.76

















50m: 32.35      100m: 1:08.40 (36.05)      150m: 1:45.51 (37.11)  
 200m: 2:23.40 (37.89)      250m: 3:01.27 (37.87)      300m: 3:38.75 (37.48)  
 350m: 4:16.25 (37.50)      400m: 4:51.94 (35.69)

**9** **Aimee Drennan**      15 **Jasi ...**      0.81      **10**      **5:00.81**  
 Entry: 4:58.74      +2.07

50m: 33.36      100m: 1:09.84 (36.48)      150m: 1:47.83 (37.99)  
 200m: 2:26.27 (38.44)      250m: 3:05.45 (39.18)      300m: 3:44.20 (38.75)  
 350m: 4:23.21 (39.01)      400m: 5:00.81 (37.60)

**4** **Final 16 years**      Started at: 05:20 PM (- 2 min)      **Official**

Lane	Competitor	Age	Club	RT	PTS	Rank	Result
<b>0</b>	<b>Heidi Winter</b>	16	<b>Alex...</b>	0.72		<b>7</b>	<b>4:49.89</b> Entry: 4:51.65      -1.76
	50m: 31.30      100m: 1:07.32 (36.02)      150m: 1:44.60 (37.28)						200m: 2:22.09 (37.49)      250m: 2:59.89 (37.80)      300m: 3:37.98 (38.09)
	350m: 4:15.32 (37.34)      400m: 4:49.89 (34.57)						
<b>1</b>	<b>Rio Sasamoto</b>	16	<b>Enter...</b>	0.65		<b>8</b>	<b>4:52.41</b> Entry: 4:46.15      +6.26
	50m: 31.26      100m: 1:06.35 (35.09)      150m: 1:42.74 (36.39)						200m: 2:20.10 (37.36)      250m: 2:57.90 (37.80)      300m: 3:36.55 (38.65)

		350m: 4:15.29 (38.74)	400m: 4:52.41 (37.12)				
<b>2</b>	 <b>Macy Hains</b>	16	 Club ...	0.72	<b>5</b>	<b>4:41.28</b>	Entry: 4:42.73 <b>-1.45</b>
	50m: 30.57	100m: 1:05.41 (34.84)	150m: 1:40.83 (35.42)				
	200m: 2:17.12 (36.29)	250m: 2:52.85 (35.73)	300m: 3:29.25 (36.40)				
	350m: 4:05.62 (36.37)	400m: 4:41.28 (35.66)					
<b>3</b>	 <b>Charlotte Aburn</b>	16	 Nept...	0.66	<b>2</b>	<b>4:36.18</b>	Entry: 4:39.76 <b>-3.58</b>
	50m: 30.14	100m: 1:04.06 (33.92)	150m: 1:38.39 (34.33)				
	200m: 2:13.69 (35.30)	250m: 2:48.99 (35.30)	300m: 3:25.42 (36.43)				
	350m: 4:00.70 (35.28)	400m: 4:36.18 (35.48)					
<b>4</b>	 <b>Ariella Riley</b>	16	 Hamil...	0.76	<b>1</b>	<b>4:31.66</b>	Entry: 4:38.04 <b>-6.38</b>
	50m: 30.13	100m: 1:03.62 (33.49)	150m: 1:38.04 (34.42)				
	200m: 2:13.02 (34.98)	250m: 2:47.38 (34.36)	300m: 3:22.66 (35.28)				
	350m: 3:57.34 (34.68)	400m: 4:31.66 (34.32)					
<b>5</b>	 <b>Indiana Riley</b>	16	 Hamil...	0.62	<b>3</b>	<b>4:37.65</b>	Entry: 4:39.36 <b>-1.71</b>
	50m: 30.87	100m: 1:05.34 (34.47)	150m: 1:40.34 (35.00)				
	200m: 2:15.65 (35.31)	250m: 2:51.04 (35.39)	300m: 3:26.62 (35.58)				
	350m: 4:02.19 (35.57)	400m: 4:37.65 (35.46)					
<b>6</b>	 <b>Tegen Stewart</b>	16	 Nels...	0.74	<b>4</b>	<b>4:39.37</b>	Entry: 4:42.58 <b>-3.21</b>
	50m: 31.12	100m: 1:05.57 (34.45)	150m: 1:40.54 (34.97)				
	200m: 2:16.14 (35.60)	250m: 2:52.05 (35.91)	300m: 3:28.15 (36.10)				
	350m: 4:04.12 (35.97)	400m: 4:39.37 (35.25)					
<b>7</b>	 <b>Talen Hickford</b>	16	 Aqua...	0.74	<b>6</b>	<b>4:43.65</b>	Entry: 4:43.94 <b>-0.29</b>
	50m: 30.95	100m: 1:06.20 (35.25)	150m: 1:42.23 (36.03)				
	200m: 2:18.45 (36.22)	250m: 2:55.51 (37.06)	300m: 3:32.03 (36.52)				
	350m: 4:08.77 (36.74)	400m: 4:43.65 (34.88)					
<b>8</b>	 <b>Marina Nadilo</b>	16	 Nga ...	0.75	<b>9</b>	<b>4:54.33</b>	Entry: 4:51.14 <b>+3.19</b>
	50m: 31.86	100m: 1:07.73 (35.87)	150m: 1:44.37 (36.64)				
	200m: 2:22.06 (37.69)	250m: 2:59.91 (37.85)	300m: 3:38.28 (38.37)				
	350m: 4:16.87 (38.59)	400m: 4:54.33 (37.46)					
<b>9</b>	 <b>Kayla Knight</b>	16	 Unite...	0.76	<b>10</b>	<b>4:57.91</b>	Entry: 4:52.39 <b>+5.52</b>
	50m: 32.04	100m: 1:07.55 (35.51)	150m: 1:45.60 (38.05)				
	200m: 2:23.62 (38.02)	250m: 3:02.84 (39.22)	300m: 3:41.37 (38.53)				
	350m: 4:20.55 (39.18)	400m: 4:57.91 (37.36)					