





















23 400m Freestyle Women Heat























Official

☰ Entries
☰ Heats
🏆 Summary
📄

Total
13 years
14 years
15 years
16 years

Rank	Competitor	Age	Club	RT	PTS	Result	
1	Riley Ariella	16	Hamilton Aq...	0.79		4:38.04 Entry: 4:31.34 +6.70	Q
	50m: 30.68	100m: 1:05.69 (35.01)	150m: 1:40.92 (35.23)				
	200m: 2:16.79 (35.87)	250m: 2:51.76 (34.97)	300m: 3:28.20 (36.44)				
	350m: 4:03.69 (35.49)	400m: 4:38.04 (34.35)					
2	Riley Indiana	16	Hamilton Aq...	0.70		4:39.36 Entry: 4:35.08 +4.28	Q
	50m: 30.89	100m: 1:05.81 (34.92)	150m: 1:41.40 (35.59)				
	200m: 2:17.20 (35.80)	250m: 2:52.77 (35.57)	300m: 3:28.83 (36.06)				
	350m: 4:04.68 (35.85)	400m: 4:39.36 (34.68)					
3	Aburn Charlotte	16	Neptune S...	0.55		4:39.76 Entry: 4:32.52 +7.24	Q
	50m: 30.81	100m: 1:05.83 (35.02)	150m: 1:41.62 (35.79)				
	200m: 2:18.13 (36.51)	250m: 2:54.02 (35.89)	300m: 3:29.94 (35.92)				
	350m: 4:05.79 (35.85)	400m: 4:39.76 (33.97)					
4	Conley Paige	15	Whanganui...	0.70		4:40.78 Entry: 4:38.02 +2.76	Q
	50m: 30.98	100m: 1:05.94 (34.96)	150m: 1:41.91 (35.97)				
	200m: 2:17.97 (36.06)	250m: 2:53.33 (35.36)	300m: 3:29.56 (36.23)				
	350m: 4:05.57 (36.01)	400m: 4:40.78 (35.21)					
5	Stewart Tegen	16	Nelson Sou...	0.69		4:42.58 Entry: 4:39.42 +3.16	Q
	50m: 31.76	100m: 1:06.00 (34.24)	150m: 1:41.50 (35.50)				
	200m: 2:17.46 (35.96)	250m: 2:53.74 (36.28)	300m: 3:30.00 (36.26)				
	350m: 4:06.20 (36.20)	400m: 4:42.58 (36.38)					
6	McDonnell Maeve	14	Howick Pak...	0.78		4:42.73 Entry: 4:39.62 +3.11	Q
	50m: 32.28	100m: 1:07.74 (35.46)	150m: 1:43.33 (35.59)				
	200m: 2:19.67 (36.34)	250m: 2:55.73 (36.06)	300m: 3:32.24 (36.51)				
	350m: 4:08.09 (35.85)	400m: 4:42.73 (34.64)					
6	Hains Macy	16	Club 37	0.73		4:42.73 Entry: 4:49.41 -6.68	Q
	50m: 31.62	100m: 1:07.22 (35.60)	150m: 1:43.10 (35.88)				
	200m: 2:19.20 (36.10)	250m: 2:55.11 (35.91)	300m: 3:31.43 (36.32)				
	350m: 4:07.21 (35.78)	400m: 4:42.73 (35.52)					
8	Kim Lani	14	North Shor...	0.70		4:43.65 Entry: 4:53.16 -9.51	Q
	50m: 31.38	100m: 1:06.28 (34.90)	150m: 1:42.41 (36.13)				
	200m: 2:19.36 (36.95)	250m: 2:56.10 (36.74)	300m: 3:33.04 (36.94)				
	350m: 4:09.07 (36.03)	400m: 4:43.65 (34.58)					
9	Hickford Talen	16	Aquabladz ...	0.76		4:43.94 Entry: 4:47.79 -3.85	Q
	50m: 32.08	100m: 1:07.88 (35.80)	150m: 1:43.97 (36.09)				

	200m: 2:20.31 (36.34) 350m: 4:10.04 (36.33)	250m: 2:57.06 (36.75) 400m: 4:43.94 (33.90)	300m: 3:33.71 (36.65)			
10	 McEntyre Isabella	15	 Tairi Swim...	0.62	4:44.44 Entry: 4:39.45 +4.99	Q
	50m: 31.07 200m: 2:19.25 (36.38) 350m: 4:09.25 (36.23)	100m: 1:06.55 (35.48) 250m: 2:55.96 (36.71) 400m: 4:44.44 (35.19)	150m: 1:42.87 (36.32) 300m: 3:33.02 (37.06)			
11	 Peters Sophie	14	 Hamilton Aq...	0.73	4:44.62 Entry: 4:46.29 -1.67	R1
	50m: 31.85 200m: 2:21.22 (36.88) 350m: 4:09.73 (36.13)	100m: 1:07.88 (36.03) 250m: 2:57.44 (36.22) 400m: 4:44.62 (34.89)	150m: 1:44.34 (36.46) 300m: 3:33.60 (36.16)			
12	 Lin Amber	14	 North Shor...	0.66	4:44.73 Entry: 4:43.68 +1.05	R2
	50m: 32.45 200m: 2:21.08 (36.48) 350m: 4:09.98 (36.22)	100m: 1:08.39 (35.94) 250m: 2:57.31 (36.23) 400m: 4:44.73 (34.75)	150m: 1:44.60 (36.21) 300m: 3:33.76 (36.45)			
13	 Percy Sadie	14	 Pirates Swi...	0.88	4:45.09 Entry: 4:53.95 -8.86	
	50m: 31.93 200m: 2:20.57 (36.93) 350m: 4:10.49 (36.61)	100m: 1:07.46 (35.53) 250m: 2:57.48 (36.91) 400m: 4:45.09 (34.60)	150m: 1:43.64 (36.18) 300m: 3:33.88 (36.40)			
14	 Fisher Tandia	14	 Wharenui S...	0.77	4:45.10 Entry: 4:43.23 +1.87	
	50m: 32.70 200m: 2:25.09 (37.44) 350m: 4:13.61 (35.60)	100m: 1:10.11 (37.41) 250m: 3:01.43 (36.34) 400m: 4:45.10 (31.49)	150m: 1:47.65 (37.54) 300m: 3:38.01 (36.58)			
15	 Sasamoto Rio	16	 Enterprise ...	0.69	4:46.15 Entry: 4:42.37 +3.78	
	50m: 31.96 200m: 2:21.61 (36.91) 350m: 4:10.82 (36.09)	100m: 1:08.15 (36.19) 250m: 2:57.90 (36.29) 400m: 4:46.15 (35.33)	150m: 1:44.70 (36.55) 300m: 3:34.73 (36.83)			
16	 Van Geneijgen Poppy	15	 Hamilton Aq...	0.74	4:46.62 Entry: 4:52.13 -5.51	
	50m: 33.06 200m: 2:22.22 (36.68) 350m: 4:10.94 (35.90)	100m: 1:09.44 (36.38) 250m: 2:58.37 (36.15) 400m: 4:46.62 (35.68)	150m: 1:45.54 (36.10) 300m: 3:35.04 (36.67)			
17	 Richardson Jessica	15	 Hamilton Aq...	0.72	4:47.16 Entry: 4:51.45 -4.29	
	50m: 32.28 200m: 2:20.04 (36.18) 350m: 4:11.79 (37.36)	100m: 1:07.26 (34.98) 250m: 2:57.31 (37.27) 400m: 4:47.16 (35.37)	150m: 1:43.86 (36.60) 300m: 3:34.43 (37.12)			
18	 Scott Tessa	15	 St Paul's S...	0.72	4:48.64 Entry: 4:48.41 +0.23	
	50m: 32.44 200m: 2:22.59 (36.93) 350m: 4:13.99 (37.30)	100m: 1:08.75 (36.31) 250m: 2:59.63 (37.04) 400m: 4:48.64 (34.65)	150m: 1:45.66 (36.91) 300m: 3:36.69 (37.06)			
19	 Miller Annalise	13	 Neptune S...	0.72	4:49.91 Entry: 4:47.32 +2.59	
	50m: 31.91 200m: 2:22.03 (37.48) 350m: 4:13.88 (36.73)	100m: 1:07.82 (35.91) 250m: 2:59.26 (37.23) 400m: 4:49.91 (36.03)	150m: 1:44.55 (36.73) 300m: 3:37.15 (37.89)			

20	 Nettle Phoebe	14	 Trojans Swi...	0.65	4:50.20 Entry: 4:51.65 -1.45
	50m: 33.11	100m: 1:09.51 (36.40)	150m: 1:45.99 (36.48)		
	200m: 2:23.28 (37.29)	250m: 3:00.63 (37.35)	300m: 3:37.94 (37.31)		
	350m: 4:14.78 (36.84)	400m: 4:50.20 (35.42)			
21	 Carter Violet	15	 Ice Breaker...	0.80	4:50.82 Entry: 4:48.73 +2.09
	50m: 32.86	100m: 1:09.73 (36.87)	150m: 1:46.93 (37.20)		
	200m: 2:23.62 (36.69)	250m: 3:00.99 (37.37)	300m: 3:38.15 (37.16)		
	350m: 4:14.75 (36.60)	400m: 4:50.82 (36.07)			
22	 Nadilo Marina	16	 Nga Tai Tu...	0.71	4:51.14 Entry: 4:43.25 +7.89
	50m: 31.96	100m: 1:07.86 (35.90)	150m: 1:44.19 (36.33)		
	200m: 2:21.45 (37.26)	250m: 2:58.45 (37.00)	300m: 3:36.01 (37.56)		
	350m: 4:13.49 (37.48)	400m: 4:51.14 (37.65)			
23	 Winter Heidi	16	 Alexandra ...	0.72	4:51.65 Entry: 4:42.94 +8.71
	50m: 31.71	100m: 1:08.25 (36.54)	150m: 1:45.94 (37.69)		
	200m: 2:24.07 (38.13)	250m: 3:02.50 (38.43)	300m: 3:40.71 (38.21)		
	350m: 4:17.24 (36.53)	400m: 4:51.65 (34.41)			
24	 Martin Sophie	16	 SwimZone ...	0.72	4:51.70 Entry: 4:47.00 +4.70
	50m: 31.83	100m: 1:07.60 (35.77)	150m: 1:44.43 (36.83)		
	200m: 2:21.68 (37.25)	250m: 2:59.08 (37.40)	300m: 3:37.50 (38.42)		
	350m: 4:14.91 (37.41)	400m: 4:51.70 (36.79)			
25	 Mahoney Octavia	14	 United Swi...	0.54	4:52.36 Entry: 4:42.59 +9.77
	50m: 31.03	100m: 1:07.12 (36.09)	150m: 1:44.14 (37.02)		
	200m: 2:21.89 (37.75)	250m: 2:59.95 (38.06)	300m: 3:37.92 (37.97)		
	350m: 4:15.65 (37.73)	400m: 4:52.36 (36.71)			
26	 Knight Kayla	16	 United Swi...	0.75	4:52.39 Entry: 4:53.29 -0.90
	50m: 31.76	100m: 1:07.51 (35.75)	150m: 1:44.60 (37.09)		
	200m: 2:22.36 (37.76)	250m: 2:59.36 (37.00)	300m: 3:37.66 (38.30)		
	350m: 4:15.54 (37.88)	400m: 4:52.39 (36.85)			
27	 Gwiazdzinski Meila	16	 Stratford Fl...	0.72	4:52.42 Entry: 4:41.77 +10.65
	50m: 31.77	100m: 1:07.66 (35.89)	150m: 1:43.80 (36.14)		
	200m: 2:21.56 (37.76)	250m: 2:59.00 (37.44)	300m: 3:37.20 (38.20)		
	350m: 4:15.05 (37.85)	400m: 4:52.42 (37.37)			
28	 Wang Hope	13	 Phoenix Aq...	0.64	4:52.84 Entry: 4:44.32 +8.52
	50m: 32.53	100m: 1:09.97 (37.44)	150m: 1:47.02 (37.05)		
	200m: 2:24.39 (37.37)	250m: 3:01.49 (37.10)	300m: 3:39.03 (37.54)		
	350m: 4:15.70 (36.67)	400m: 4:52.84 (37.14)			
29	 Hay Gemma	14	 Hamilton Aq...	0.74	4:53.57 Entry: 4:48.93 +4.64
	50m: 32.40	100m: 1:08.30 (35.90)	150m: 1:45.06 (36.76)		
	200m: 2:22.71 (37.65)	250m: 3:00.06 (37.35)	300m: 3:38.39 (38.33)		
	350m: 4:16.20 (37.81)	400m: 4:53.57 (37.37)			
30	 Humphries Brooke	14	 North Shor...	0.69	4:53.95 Entry: 4:53.81 +0.14


50m: 32.53 100m: 1:08.72 (36.19) 150m: 1:46.13 (37.41)
 200m: 2:24.22 (38.09) 250m: 3:02.01 (37.79) 300m: 3:40.31 (38.30)
 350m: 4:17.23 (36.92) 400m: 4:53.95 (36.72)

31  Harper Stella

14  Wanaka Sw... 0.83

4:54.29
Entry: 4:53.04 +1.25

50m: 32.83 100m: 1:09.08 (36.25) 150m: 1:46.23 (37.15)
 200m: 2:23.92 (37.69) 250m: 3:01.92 (38.00) 300m: 3:39.87 (37.95)
 350m: 4:17.59 (37.72) 400m: 4:54.29 (36.70)

32  Barnes Macey

16  North Cant... 0.74

4:54.67
Entry: 4:46.13 +8.54

50m: 31.21 100m: 1:07.37 (36.16) 150m: 1:44.23 (36.86)
 200m: 2:22.39 (38.16) 250m: 2:59.56 (37.17) 300m: 3:38.14 (38.58)
 350m: 4:16.33 (38.19) 400m: 4:54.67 (38.34)

33  Thompson Maggie

14  Kiwi West A... 0.73

4:54.74
Entry: 4:58.43 -3.69

50m: 32.51 100m: 1:09.65 (37.14) 150m: 1:46.84 (37.19)
 200m: 2:25.36 (38.52) 250m: 3:03.19 (37.83) 300m: 3:41.17 (37.98)
 350m: 4:18.79 (37.62) 400m: 4:54.74 (35.95)

34  Jarcet (V) Camille

16  Olympique ...

4:54.79
Entry: 4:47.90 +6.89

50m: 32.11 100m: 1:08.35 (36.24) 150m: 1:45.26 (36.91)
 200m: 2:23.34 (38.08) 250m: 3:01.22 (37.88) 300m: 3:39.47 (38.25)
 350m: 4:17.43 (37.96) 400m: 4:54.79 (37.36)


35  Turrell Elsie

15  Orca Swim... 0.80

4:55.32
Entry: 4:49.07 +6.25

50m: 33.33 100m: 1:09.93 (36.60) 150m: 1:47.20 (37.27)
 200m: 2:24.83 (37.63) 250m: 3:02.62 (37.79) 300m: 3:41.23 (38.61)
 350m: 4:19.31 (38.08) 400m: 4:55.32 (36.01)

36  Jory Pippa

15  Jasi Swim ... 0.76

4:55.70
Entry: 4:55.08 +0.62

50m: 33.05 100m: 1:10.42 (37.37) 150m: 1:48.62 (38.20)
 200m: 2:27.53 (38.91) 250m: 3:05.70 (38.17) 300m: 3:43.25 (37.55)
 350m: 4:20.22 (36.97) 400m: 4:55.70 (35.48)

37  Smith Kaylee

14  St Paul's S... 0.60

4:56.12
Entry: 4:53.70 +2.42

50m: 32.94 100m: 1:09.24 (36.30) 150m: 1:46.48 (37.24)
 200m: 2:25.05 (38.57) 250m: 3:03.30 (38.25) 300m: 3:41.98 (38.68)
 350m: 4:20.05 (38.07) 400m: 4:56.12 (36.07)

38  Leon Merissa

16  HPK Howick Pak... 0.82

4:56.34
Entry: 4:51.07 +5.27

50m: 33.55 100m: 1:10.33 (36.78) 150m: 1:48.17 (37.84)
 200m: 2:25.98 (37.81) 250m: 3:04.13 (38.15) 300m: 3:41.99 (37.86)
 350m: 4:19.83 (37.84) 400m: 4:56.34 (36.51)

39  Campbell Emma

16  Swim Timaru 0.80

4:56.63
Entry: 4:52.85 +3.78

50m: 33.78 100m: 1:10.07 (36.29) 150m: 1:47.90 (37.83)
 200m: 2:25.57 (37.67) 250m: 3:03.91 (38.34) 300m: 3:41.50 (37.59)
 350m: 4:20.02 (38.52) 400m: 4:56.63 (36.61)

40  Migounoff Lara





















14  Pukekohe ... 0.58















4:56.66
Entry: 4:54.35 +2.31

50m: 32.26 100m: 1:08.48 (36.22) 150m: 1:45.71 (37.23)
 200m: 2:24.16 (38.45) 250m: 3:01.78 (37.62) 300m: 3:40.98 (39.20)

350m: 4:18.94 (37.96)

400m: 4:56.66 (37.72)

41	 Neems Sophia	15	 Howick Pak...	0.89	4:56.77 Entry: 4:45.53 +11.24
	50m: 33.46	100m: 1:10.22 (36.76)	150m: 1:48.65 (38.43)		
	200m: 2:25.08 (36.43)	250m: 3:03.72 (38.64)	300m: 3:41.89 (38.17)		
	350m: 4:20.00 (38.11)	400m: 4:56.77 (36.77)			
42	 Dresner Renee	14	 Evolution A...	0.82	4:57.26 Entry: 4:48.70 +8.56
	50m: 32.24	100m: 1:08.39 (36.15)	150m: 1:45.21 (36.82)		
	200m: 2:23.66 (38.45)	250m: 3:01.96 (38.30)	300m: 3:40.83 (38.87)		
	350m: 4:19.32 (38.49)	400m: 4:57.26 (37.94)			
43	 Drennan Aimee	15	 Jasi Swim ...	0.82	4:58.74 Entry: 4:52.19 +6.55
	50m: 33.93	100m: 1:10.58 (36.65)	150m: 1:48.15 (37.57)		
	200m: 2:26.26 (38.11)	250m: 3:04.63 (38.37)	300m: 3:43.40 (38.77)		
	350m: 4:22.26 (38.86)	400m: 4:58.74 (36.48)			
44	 Coverdale Marli	13	 Club 37	0.75	4:59.04 Entry: 4:58.78 +0.26
	50m: 33.97	100m: 1:11.81 (37.84)	150m: 1:50.02 (38.21)		
	200m: 2:29.02 (39.00)	250m: 3:06.21 (37.19)	300m: 3:44.73 (38.52)		
	350m: 4:22.82 (38.09)	400m: 4:59.04 (36.22)			
45	 Jarrett Lani	15	 St Paul's S...	0.75	4:59.22 Entry: 4:52.37 +6.85
	50m: 33.40	100m: 1:10.21 (36.81)	150m: 1:47.31 (37.10)		
	200m: 2:26.32 (39.01)	250m: 3:04.15 (37.83)	300m: 3:43.10 (38.95)		
	350m: 4:21.31 (38.21)	400m: 4:59.22 (37.91)			
46	 Cox Tayla	14	 Wharenui S...	0.65	4:59.68 Entry: 4:59.34 +0.34
	50m: 32.69	100m: 1:08.64 (35.95)	150m: 1:46.06 (37.42)		
	200m: 2:24.47 (38.41)	250m: 3:02.87 (38.40)	300m: 3:41.80 (38.93)		
	350m: 4:21.40 (39.60)	400m: 4:59.68 (38.28)			
47	 Lam Ashley	13	 Howick Pak...	0.70	5:01.10 Entry: 4:59.43 +1.67
	50m: 34.29	100m: 1:12.78 (38.49)	150m: 1:51.05 (38.27)		
	200m: 2:29.71 (38.66)	250m: 3:07.75 (38.04)	300m: 3:46.14 (38.39)		
	350m: 4:23.07 (36.93)	400m: 5:01.10 (38.03)			
48	 Henderson Mia	14	 Waitaha S...	0.72	5:02.17 Entry: 4:57.66 +4.51
	50m: 34.05	100m: 1:12.01 (37.96)	150m: 1:50.11 (38.10)		
	200m: 2:29.68 (39.57)	250m: 3:07.95 (38.27)	300m: 3:46.77 (38.82)		
	350m: 4:24.75 (37.98)	400m: 5:02.17 (37.42)			
49	 Old Keisha	14	 Tasman Sw...	0.74	5:02.71 Entry: 4:54.95 +7.76
	50m: 33.57	100m: 1:11.44 (37.87)	150m: 1:50.07 (38.63)		
	200m: 2:29.34 (39.27)	250m: 3:08.49 (39.15)	300m: 3:47.93 (39.44)		
	350m: 4:26.34 (38.41)	400m: 5:02.71 (36.37)			
50	 Hoglinger Emilia	13	 United Swi...	0.75	5:04.17 Entry: 5:00.80 +3.37
	50m: 33.63	100m: 1:11.44 (37.81)	150m: 1:48.86 (37.42)		
	200m: 2:27.78 (38.92)	250m: 3:05.89 (38.11)	300m: 3:45.89 (40.00)		
	350m: 4:24.27 (38.38)	400m: 5:04.17 (39.90)			

51	 Streletsky Lara	15	 Triton Swim... 0.84	5:04.57 Entry: 4:51.50 +13.07
	50m: 34.31	100m: 1:12.27 (37.96)	150m: 1:50.83 (38.56)	
	200m: 2:29.42 (38.59)	250m: 3:07.61 (38.19)	300m: 3:46.98 (39.37)	
	350m: 4:26.39 (39.41)	400m: 5:04.57 (38.18)		
52	 Geursen Clare	14	 Tawa Swim... 0.73	5:05.80 Entry: 4:55.15 +10.65
	50m: 33.28	100m: 1:10.71 (37.43)	150m: 1:49.63 (38.92)	
	200m: 2:28.36 (38.73)	250m: 3:08.13 (39.77)	300m: 3:49.40 (41.27)	
	350m: 4:28.77 (39.37)	400m: 5:05.80 (37.03)		
53	 Yuan Talia	14	 Howick Pak... 0.63	5:06.36 Entry: 4:56.05 +10.31
	50m: 33.29	100m: 1:10.99 (37.70)	150m: 1:50.03 (39.04)	
	200m: 2:28.96 (38.93)	250m: 3:08.40 (39.44)	300m: 3:48.26 (39.86)	
	350m: 4:28.16 (39.90)	400m: 5:06.36 (38.20)		
54	 Searle Amelia-Rose	13	 North Shor... 0.60	5:11.49 Entry: 4:59.91 +11.58
	50m: 34.48	100m: 1:12.57 (38.09)	150m: 1:52.45 (39.88)	
	200m: 2:32.63 (40.18)	250m: 3:13.01 (40.38)	300m: 3:53.16 (40.15)	
	350m: 4:32.44 (39.28)	400m: 5:11.49 (39.05)		
55	 Watt Keira	13	 Wharenui S... 0.81	5:12.69 Entry: 5:04.46 +8.23
	50m: 34.97	100m: 1:14.15 (39.18)	150m: 1:55.34 (41.19)	
	200m: 2:35.69 (40.35)	250m: 3:16.42 (40.73)	300m: 3:55.63 (39.21)	
	350m: 4:35.39 (39.76)	400m: 5:12.69 (37.30)		
56	 Doney Aubrey	14	 Wharenui S... 0.80	5:13.40 Entry: 4:55.65 +17.75
	50m: 34.67	100m: 1:13.60 (38.93)	150m: 1:53.86 (40.26)	
	200m: 2:35.34 (41.48)	250m: 3:15.72 (40.38)	300m: 3:55.83 (40.11)	
	350m: 4:35.17 (39.34)	400m: 5:13.40 (38.23)		
-	 McGivern Aimee	16	 Phoenix Aq... 0.61	DSQ