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Sleeman Swimming Centre - Site License 16/12/2019 - 6:39 PM  
 2019 McDonald's Queensland Championships - 14/12/2019 to 20/12/2019

### Event 76 Women Open 400 LC Metre Freestyle

=====  
 World: \$ 3:56.46 7/08/2016 Katie Ledecky, USA  
 Cwealth: + 3:58.76 21/07/2019 Ariarne Titmus, AUS  
 AUS: @ 3:58.76 21/07/2019 Ariarne Titmus, STPET  
 AUS All: \* 3:58.37 23/08/2014 Katie Ledecky, USA  
 QLD: # 3:58.76 25/07/2019 Ariarne Titmus, STPET  
 QLD All: ! 3:58.37 23/08/2014 Katie Ledecky, USA  
 Meet Qualifying: 4:39.21

Name	Age	Team	Prelims	Finals
===== === A - Final === =====				
1 Melverton, Kiah	23	TSS Aquatic-	4:12.16	4:07.12
r:+0.69	28.70	58.97 (30.27)		
		1:29.82 (30.85)	2:01.19 (31.37)	
		2:32.74 (31.55)	3:04.71 (31.97)	
		3:36.34 (31.63)	4:07.12 (30.78)	
2 Lee, Kareena	25	Noosa-	4:11.54	4:09.56
r:+0.54	29.44	1:00.74 (31.30)		
		1:32.64 (31.90)	2:04.66 (32.02)	
		2:36.40 (31.74)	3:08.41 (32.01)	
		3:40.00 (31.59)	4:09.56 (29.56)	
3 Kobori (V), Wak	19	Japan-	4:14.00	4:09.61
	29.50	1:00.81 (31.31)		
		1:32.56 (31.75)	2:04.53 (31.97)	
		2:36.24 (31.71)	3:08.28 (32.04)	
		3:39.62 (31.34)	4:09.61 (29.99)	
4 Namba (V), Miyu	17	Japan-	4:12.36	4:09.62
r:+0.73	29.42	1:00.97 (31.55)		
		1:32.85 (31.88)	2:04.84 (31.99)	
		2:36.59 (31.75)	3:08.37 (31.78)	
		3:39.18 (30.81)	4:09.62 (30.44)	
5 Neale, Leah	24	USC Spartans-	4:14.63	4:13.90
r:+0.68	29.15	1:01.09 (31.94)		
		1:33.41 (32.32)	2:05.85 (32.44)	
		2:37.97 (32.12)	3:10.77 (32.80)	
		3:43.10 (32.33)	4:13.90 (30.80)	
6 Rogers, Dahlas	24	USC Spartans-	4:15.33	4:14.27
r:+0.68	29.52	1:01.28 (31.76)		
		1:33.27 (31.99)	2:05.45 (32.18)	
		2:37.62 (32.17)	3:10.11 (32.49)	
		3:42.74 (32.63)	4:14.27 (31.53)	
7 Moriyama (V), Y	23	Japan-	4:15.55	4:14.65
	29.63	1:01.35 (31.72)		
		1:34.10 (32.75)	2:06.20 (32.10)	
		2:38.75 (32.55)	3:11.18 (32.43)	
		3:43.76 (32.58)	4:14.65 (30.89)	
8 Thomas (V), Eve	18	New Zealand-	4:15.86	4:14.70
r:+0.70	29.77	1:01.55 (31.78)		
		1:34.14 (32.59)	2:06.47 (32.33)	
		2:38.89 (32.42)	3:11.64 (32.75)	
		3:43.66 (32.02)	4:14.70 (31.04)	
9 Messer, Mikayla	20	Nudgee College-	4:15.77	4:15.46
r:+0.66	30.56	1:03.38 (32.82)		
		1:35.84 (32.46)	2:08.45 (32.61)	
		2:40.52 (32.07)	3:12.71 (32.19)	
		3:44.54 (31.83)	4:15.46 (30.92)	
10 Sheridan, Mikka	24	USC Spartans-	4:16.37	4:16.18
r:+0.74	29.23	1:00.88 (31.65)		
		1:33.44 (32.56)	2:06.03 (32.59)	

2:38.45 (32.42)      3:11.16 (32.71)  
 3:44.12 (32.96)      4:16.18 (32.06)

=== B - Final ===

11	Doyle (V), Cari	26	New Zealand-	4:17.34	4:15.70
	r:+0.70	29.22	1:01.19 (31.97)		
			1:33.51 (32.32)	2:06.53 (33.02)	
			2:39.58 (33.05)	3:12.45 (32.87)	
			3:44.85 (32.40)	4:15.70 (30.85)	
12	McIntosh (V), H	20	New Zealand-	4:17.45	4:15.72
	r:+0.74	30.41	1:02.65 (32.24)		
			1:35.32 (32.67)	2:07.77 (32.45)	
			2:39.97 (32.20)	3:12.34 (32.37)	
			3:45.00 (32.66)	4:15.72 (30.72)	
13	Taylor, Laura	20	TSS Aquatic-	4:18.66	4:19.72
	r:+0.49	29.76	1:02.25 (32.49)		
			1:35.11 (32.86)	2:08.15 (33.04)	
			2:41.31 (33.16)	3:14.15 (32.84)	
			3:47.47 (33.32)	4:19.72 (32.25)	
14	Zavadova (V), B	26	Czech Republic-	4:21.30	4:20.08
	r:+0.74	30.41	1:03.02 (32.61)		
			1:36.17 (33.15)	2:09.37 (33.20)	
			2:42.20 (32.83)	3:15.39 (33.19)	
			3:48.22 (32.83)	4:20.08 (31.86)	
15	Gubecka, Chelse	21	Yeronga Park-	4:21.83	4:20.25
	r:+0.64	30.16	1:03.07 (32.91)		
			1:36.09 (33.02)	2:09.13 (33.04)	
			2:42.45 (33.32)	3:16.01 (33.56)	
			3:49.65 (33.64)	4:20.25 (30.60)	
16	Blackstone, Ebo	23	Yeronga Park-	4:21.94	4:20.62
	r:+0.35	30.38	1:03.17 (32.79)		
			1:36.34 (33.17)	2:09.66 (33.32)	
			2:42.92 (33.26)	3:16.11 (33.19)	
			3:49.01 (32.90)	4:20.62 (31.61)	
17	Crisp, Bianca	20	TSS Aquatic-	4:22.37	4:21.40
	r:+0.72	30.93	1:04.07 (33.14)		
			1:36.94 (32.87)	2:10.30 (33.36)	
			2:43.37 (33.07)	3:16.97 (33.60)	
			3:49.88 (32.91)	4:21.40 (31.52)	
18	Brazier, Macken	18	Kawana Waters-	4:23.24	4:22.06
	r:+0.76	30.48	1:03.06 (32.58)		
			1:36.00 (32.94)	2:09.32 (33.32)	
			2:42.78 (33.46)	3:16.05 (33.27)	
			3:49.69 (33.64)	4:22.06 (32.37)	
19	Gan (V), Ching	16	Singapore-	4:16.65	4:22.98
	r:+0.53	30.23	1:02.57 (32.34)		
			1:35.85 (33.28)	2:09.56 (33.71)	
			2:43.10 (33.54)	3:16.68 (33.58)	
			3:50.16 (33.48)	4:22.98 (32.82)	
20	Stuart, Alice	22	TSS Aquatic-	4:23.02	4:27.88
	r:+0.65	30.56	1:04.08 (33.52)		
			1:37.91 (33.83)	2:11.82 (33.91)	
			2:45.71 (33.89)	3:20.09 (34.38)	
			3:54.27 (34.18)	4:27.88 (33.61)	