















34 400m Individual Medley Women Final last heat





















Official

Entries

Heats

Total 16-18 years 13 years 14 years 15 years

Rank	Competitor	Age	Club	RT	FINA	Result
1	 Cabrera-M...	17	Swim Timaru	+0.69		5:22.29 Entry: 5:24.58 (- 2.29)
	50m: 34.96		100m: 1:16.68 (41.72)			
	150m: 1:59.76 (43.08)		200m: 2:41.17 (41.41)			
	250m: 3:27.18 (46.01)		300m: 4:13.27 (46.09)			
	350m: 4:49.28 (36.01)		400m: 5:22.29 (33.01)			
2	 MacDowall ...	15	 Selwyn Swi...	+0.55		5:24.24 Entry: 5:30.58 (- 6.34)
	50m: 34.00		100m: 1:13.90 (39.90)			
	150m: 1:55.64 (41.74)		200m: 2:36.20 (40.56)			
	250m: 3:23.45 (47.25)		300m: 4:11.02 (47.57)			
	350m: 4:48.61 (37.59)		400m: 5:24.24 (35.63)			
3	 Sturt Natalie	15	 Jasi Swim ...			5:25.60 Entry: 5:29.13 (- 3.53)
	50m: 35.20		100m: 1:16.60 (41.40)			
	150m: 1:59.51 (42.91)		200m: 2:42.32 (42.81)			
	250m: 3:27.22 (44.90)		300m: 4:12.11 (44.89)			
	350m: 4:49.38 (37.27)		400m: 5:25.60 (36.22)			
4	 Shuker Meg	17	Pukekohe S...			5:27.07 Entry: 5:35.15 (- 8.08)
	50m: 32.89		100m: 1:12.91 (40.02)			
	150m: 1:55.13 (42.22)		200m: 2:37.39 (42.26)			
	250m: 3:23.63 (46.24)		300m: 4:12.89 (49.26)			
	350m: 4:51.00 (38.11)		400m: 5:27.07 (36.07)			
5	 Harvey Tessa	15	 Liz van Wel...			5:28.77 Entry: 5:41.47 (- 12.70)
	50m: 34.11		100m: 1:13.84 (39.73)			
	150m: 1:56.16 (42.32)		200m: 2:37.14 (40.98)			
	250m: 3:25.07 (47.93)		300m: 4:14.49 (49.42)			
	350m: 4:52.11 (37.62)		400m: 5:28.77 (36.66)			
6	 Ward Sama...	16	 St Paul's S...			5:30.52 Entry: 5:37.82 (- 7.30)
	50m: 33.71		100m: 1:13.22 (39.51)			
	150m: 1:56.03 (42.81)		200m: 2:37.15 (41.12)			
	250m: 3:26.45 (49.30)		300m: 4:15.51 (49.06)			
	350m: 4:54.08 (38.57)		400m: 5:30.52 (36.44)			
7	 Lovell Nicola	14	 Blenheim S...			5:31.05 Entry: 5:31.96 (- 0.91)
	50m: 35.43		100m: 1:19.66 (44.23)			
	150m: 2:00.43 (40.77)		200m: 2:41.47 (41.04)			
	250m: 3:29.41 (47.94)		300m: 4:17.14 (47.73)			
	350m: 4:55.16 (38.02)		400m: 5:31.05 (35.89)			
8	 Menzies La...	13	 Selwyn Swi...			5:31.53 Entry: 5:53.23 (- 21.70)
	50m: 34.86		100m: 1:18.35 (43.49)			
	150m: 1:57.69 (39.34)		200m: 2:37.19 (39.50)			
	250m: 3:27.28 (50.09)		300m: 4:17.41 (50.13)			
	350m: 4:55.05 (37.64)		400m: 5:31.53 (36.48)			

9	 Moleta Anika	15	 Ice Breaker... +0.54 <small>The Family Club</small>	5:31.75 Entry: 5:31.04 (+ 0.71)
	50m: 33.80 150m: 1:57.80 (43.33) 250m: 3:27.46 (46.08) 350m: 4:53.78 (39.64)		100m: 1:14.47 (40.67) 200m: 2:41.38 (43.58) 300m: 4:14.14 (46.68) 400m: 5:31.75 (37.97)	
10	 Hine Ellinor	17	 Nelson Sou... <small>The Family Club</small>	5:31.88 Entry: 5:37.78 (- 5.90)
	50m: 32.09 150m: 1:54.56 (43.07) 250m: 3:25.90 (49.86) 350m: 4:56.19 (38.67)		100m: 1:11.49 (39.40) 200m: 2:36.04 (41.48) 300m: 4:17.52 (51.62) 400m: 5:31.88 (35.69)	
11	 Wills Grace	13	 TBSS Cent... <small>CERVAL</small>	5:33.88 Entry: 5:41.73 (- 7.85)
	50m: 34.49 150m: 1:57.08 (43.07) 250m: 3:26.56 (47.46) 350m: 4:55.39 (41.11)		100m: 1:14.01 (39.52) 200m: 2:39.10 (42.02) 300m: 4:14.28 (47.72) 400m: 5:33.88 (38.49)	
12	 Johnson Ol...	13	 Murihiku S... +0.67 <small>MURIHIKU</small>	5:38.61 Entry: 5:45.69 (- 7.08)
	50m: 35.55 150m: 1:57.47 (41.64) 250m: 3:29.03 (50.59) 350m: 5:00.69 (40.69)		100m: 1:15.83 (40.28) 200m: 2:38.44 (40.97) 300m: 4:20.00 (50.97) 400m: 5:38.61 (37.92)	
13	 Spencer-M...	13	 Wharenui S... <small>Wharenui Swimming Club</small>	5:38.87 Entry: 5:41.43 (- 2.56)
	50m: 34.50 150m: 1:59.40 (42.96) 250m: 3:32.09 (50.37) 350m: 5:00.67 (39.02)		100m: 1:16.44 (41.94) 200m: 2:41.72 (42.32) 300m: 4:21.65 (49.56) 400m: 5:38.87 (38.20)	
14	 Speers Bro...	14	 Greendale ...	5:39.27 Entry: 5:43.56 (- 4.29)
	50m: 34.45 150m: 1:58.43 (41.61) 250m: 3:31.77 (51.92) 350m: 5:01.67 (39.34)		100m: 1:16.82 (42.37) 200m: 2:39.85 (41.42) 300m: 4:22.33 (50.56) 400m: 5:39.27 (37.60)	
15	 Croft Amelia	15	 Manurewa ... <small>MANUREWA</small>	5:39.96 Entry: 5:53.48 (- 13.52)
	50m: 37.71 150m: 2:10.58 (45.07) 250m: 3:39.57 (47.26) 350m: 5:05.08 (37.57)		100m: 1:25.51 (47.80) 200m: 2:52.31 (41.73) 300m: 4:27.51 (47.94) 400m: 5:39.96 (34.88)	
16	 Ferguson A...	15	 North Cant... +0.51 <small>North Canterbury Swimming Club</small>	5:40.40 Entry: 5:47.82 (- 7.42)
	50m: 34.32 150m: 1:59.39 (44.21) 250m: 3:31.79 (48.47) 350m: 5:02.95 (40.28)		100m: 1:15.18 (40.86) 200m: 2:43.32 (43.93) 300m: 4:22.67 (50.88) 400m: 5:40.40 (37.45)	
17	 Drury Jessica	14	 Wharenui S... <small>Wharenui Swimming Club</small>	5:41.39 Entry: 5:44.56 (- 3.17)
	50m: 35.55 150m: 2:03.49 (45.53) 250m: 3:38.46 (50.37) 350m: 5:05.27 (37.91)		100m: 1:17.96 (42.41) 200m: 2:48.09 (44.60) 300m: 4:27.36 (48.90) 400m: 5:41.39 (36.12)	
18	 Kennard S...	13	 Aquabladz ... <small>Aquabladz Swimming Club</small>	5:41.55 Entry: 5:42.16 (- 0.61)
	50m: 36.00 150m: 2:03.43 (43.19) 250m: 3:34.85 (48.43)		100m: 1:20.24 (44.24) 200m: 2:46.42 (42.99) 300m: 4:24.27 (49.42)	

350m: 5:03.52 (39.25) 400m: 5:41.55 (38.03)

19  Goomes R...

50m: 34.71
150m: 2:01.82 (44.78)
250m: 3:34.91 (49.93)
350m: 5:04.44 (40.16)

14  Nelson Sou...

100m: 1:17.04 (42.33)
200m: 2:44.98 (43.16)
300m: 4:24.28 (49.37)
400m: 5:41.89 (37.45)

5:41.89
Entry: 5:44.73 (- 2.84)

20  Lander Ash...

50m: 38.53
150m: 2:06.67 (42.09)
250m: 3:37.35 (50.05)
350m: 5:05.81 (39.14)

14  St Paul's S...

100m: 1:24.58 (46.05)
200m: 2:47.30 (40.63)
300m: 4:26.67 (49.32)
400m: 5:42.37 (36.56)

5:42.37
Entry: 5:54.61 (- 12.24)

21  Doggett Ag...

50m: 37.73
150m: 2:06.31 (44.32)
250m: 3:36.90 (48.38)
350m: 5:05.59 (40.93)

14  Whanganui...

100m: 1:21.99 (44.26)
200m: 2:48.52 (42.21)
300m: 4:24.66 (47.76)
400m: 5:44.07 (38.48)

5:44.07
Entry: 5:56.43 (- 12.36)

22  Evans Lucy

50m: 39.92
150m: 2:14.29 (43.71)
250m: 3:44.10 (46.36)
350m: 5:09.10 (38.67)

15  Pirates Swi...

100m: 1:30.58 (50.66)
200m: 2:57.74 (43.45)
300m: 4:30.43 (46.33)
400m: 5:45.76 (36.66)

5:45.76
Entry: 5:46.94 (- 1.18)

23  McIntyre H...

50m: 36.51
150m: 2:03.09 (42.66)
250m: 3:36.99 (51.14)
350m: 5:08.95 (40.24)

14  St Paul's S...

100m: 1:20.43 (43.92)
200m: 2:45.85 (42.76)
300m: 4:28.71 (51.72)
400m: 5:46.33 (37.38)

5:46.33
Entry: 5:41.03 (+ 5.30)

24  Bayley Aria

50m: 34.78
150m: 2:01.40 (45.79)
250m: 3:36.79 (50.98)
350m: 5:07.98 (40.27)

15  Nelson Sou...

100m: 1:15.61 (40.83)
200m: 2:45.81 (44.41)
300m: 4:27.71 (50.92)
400m: 5:47.02 (39.04)

5:47.02
Entry: 5:40.60 (+ 6.42)

25  Hancock Lexi

50m: 36.34
150m: 2:04.64 (44.49)
250m: 3:40.10 (52.16)
350m: 5:10.37 (38.72)

13 Stratford A...

100m: 1:20.15 (43.81)
200m: 2:47.94 (43.30)
300m: 4:31.65 (51.55)
400m: 5:47.88 (37.51)

5:47.88
Entry: 6:03.89 (- 16.01)

26  Scott Tessa

50m: 36.64
150m: 2:05.06 (44.96)
250m: 3:41.92 (52.55)
350m: 5:13.23 (38.60)

13  St Paul's S...

100m: 1:20.10 (43.46)
200m: 2:49.37 (44.31)
300m: 4:34.63 (52.71)
400m: 5:49.68 (36.45)

5:49.68
Entry: 5:51.36 (- 1.68)

27  Dawson Kate

50m: 37.44
150m: 2:07.24 (45.13)
250m: 3:41.99 (52.22)
350m: 5:13.62 (40.00)

15  Wharenui S...

100m: 1:22.11 (44.67)
200m: 2:49.77 (42.53)
300m: 4:33.62 (51.63)
400m: 5:50.48 (36.86)

5:50.48
Entry: 5:53.56 (- 3.08)

28  Ealam-Smit...


50m: 37.06
150m: 2:06.24 (41.86)

14  North Cant...

100m: 1:24.38 (47.32)
200m: 2:47.08 (40.84)

5:50.64
Entry: 5:52.83 (- 2.19)

250m: 3:38.99 (51.91) 300m: 4:31.64 (52.65)
350m: 5:12.50 (40.86) 400m: 5:50.64 (38.14)

29  Singleton A...

50m: 37.49
150m: 2:09.71 (44.82)
250m: 3:41.87 (46.83)
350m: 5:13.04 (42.28)

15  Ice Breaker...

100m: 1:24.89 (47.40)
200m: 2:55.04 (45.33)
300m: 4:30.76 (48.89)
400m: 5:51.26 (38.22)

5:51.26
Entry: 5:42.98 (+ 8.28)

30  Stewart Te...

50m: 35.81
150m: 2:04.56 (45.31)
250m: 3:42.39 (52.54)
350m: 5:14.53 (40.15)

14  Nelson Sou...

100m: 1:19.25 (43.44)
200m: 2:49.85 (45.29)
300m: 4:34.38 (51.99)
400m: 5:51.50 (36.97)

5:51.50
Entry: 5:41.26 (+ 10.24)

31  Gladwin Ch...

50m: 39.08
150m: 2:07.67 (44.13)
250m: 3:44.40 (52.80)
350m: 5:15.21 (38.32)

15 Whakatane ...

100m: 1:23.54 (44.46)
200m: 2:51.60 (43.93)
300m: 4:36.89 (52.49)
400m: 5:52.38 (37.17)

5:52.38
Entry: 5:51.20 (+ 1.18)

32  Jiang Olivia

50m: 36.82
150m: 2:07.79 (46.69)
250m: 3:45.16 (51.29)
350m: 5:16.16 (39.61)

13 Roskill Swi...

100m: 1:21.10 (44.28)
200m: 2:53.87 (46.08)
300m: 4:36.55 (51.39)
400m: 5:54.24 (38.08)

5:54.24
Entry: 5:49.80 (+ 4.44)

33  Horton Katie

50m: 38.53
150m: 2:07.80 (43.49)
250m: 3:43.58 (52.24)
350m: 5:15.06 (40.07)

15  Jasi Swim ...

100m: 1:24.31 (45.78)
200m: 2:51.34 (43.54)
300m: 4:34.99 (51.41)
400m: 5:54.68 (39.62)

5:54.68
Entry: 5:53.96 (+ 0.72)

34  Lovell Jessi...

50m: 33.46
150m: 2:03.30 (46.92)
250m: 3:40.73 (51.04)
350m: 5:13.73 (40.90)

15  Blenheim S...

100m: 1:16.38 (42.92)
200m: 2:49.69 (46.39)
300m: 4:32.83 (52.10)
400m: 5:54.83 (41.10)

5:54.83
Entry: 5:39.61 (+ 15.22)

35  Sharp Abigail

50m: 35.70
150m: 2:04.16 (44.88)
250m: 3:39.77 (51.62)
350m: 5:15.62 (44.63)

16  Parnell Swi...

100m: 1:19.28 (43.58)
200m: 2:48.15 (43.99)
300m: 4:30.99 (51.22)
400m: 5:55.70 (40.08)

5:55.70
Entry: 5:47.05 (+ 8.65)

36  Campbell E...

50m: 38.83
150m: 2:12.20 (44.05)
250m: 3:46.79 (51.52)
350m: 5:19.82 (38.71)

14 Swim Timaru

100m: 1:28.15 (49.32)
200m: 2:55.27 (43.07)
300m: 4:41.11 (54.32)
400m: 5:57.38 (37.56)

5:57.38
Entry: 5:54.22 (+ 3.16)

37  Leon Merissa

50m: 39.26
150m: 2:13.19 (46.44)
250m: 3:49.65 (52.24)
350m: 5:21.70 (40.54)

14  Howick Pak...

100m: 1:26.75 (47.49)
200m: 2:57.41 (44.22)
300m: 4:41.16 (51.51)
400m: 6:01.29 (39.59)

6:01.29
Entry: 5:54.03 (+ 7.26)

38  Van Der He...

50m: 40.43


14  Selwyn Swi...

100m: 1:30.81 (50.38)

6:02.43
Entry: 5:50.17 (+ 12.26)

150m: 2:13.22 (42.41) 200m: 2:55.82 (42.60)
250m: 3:47.33 (51.51) 300m: 4:41.12 (53.79)
350m: 5:22.57 (41.45) 400m: 6:02.43 (39.86)

39  Tau Sakura

13  Bay of Islan... +0.56

6:05.23
Entry: 6:04.53 (+ 0.70)

50m: 35.26 100m: 1:20.19 (44.93)
150m: 2:07.07 (46.88) 200m: 2:53.54 (46.47)
250m: 3:46.80 (53.26) 300m: 4:41.36 (54.56)
350m: 5:22.46 (41.10) 400m: 6:05.23 (42.77)


40  Croucher D...

16  Oamaru Sw...

6:05.46
Entry: 5:49.61 (+ 15.85)

50m: 36.64 100m: 1:22.36 (45.72)
150m: 2:08.61 (46.25) 200m: 2:54.12 (45.51)
250m: 3:46.77 (52.65) 300m: 4:42.01 (55.24)
350m: 5:24.23 (42.22) 400m: 6:05.46 (41.23)

41  Chalke Jas...

14  Ashburton ... +0.58

6:11.13
Entry: 5:59.73 (+ 11.40)

50m: 36.57 100m: 1:22.52 (45.95)
150m: 2:10.99 (48.47) 200m: 2:58.30 (47.31)
250m: 3:53.44 (55.14) 300m: 4:49.74 (56.30)
350m: 5:30.63 (40.89) 400m: 6:11.13 (40.50)