































# 13 400m Individual Medley Women Final



Official
Total

Rank	Competitor	Age	Club	RT	PTS	Result
1	 Erika Fairweather	21	 North Shore Swimming Club	0.77		4:35.14 Entry: 4:43.80 <span>-8.66</span>
	25m: 13.31 50m: 29.06 (16.75) 75m: 45.78 (16.72) 100m: 1:02.43 (16.65) 125m: 1:20.49 (18.06) 150m: 1:37.72 (17.23) 175m: 1:55.23 (17.51) 200m: 2:12.56 (17.33) 225m: 2:33.22 (20.66) 250m: 2:53.21 (19.99) 275m: 3:13.68 (20.47) 300m: 3:34.28 (20.60) 325m: 3:50.22 (15.94) 350m: 4:05.47 (15.25) 375m: 4:20.74 (15.27) 400m: 4:35.14 (14.40)					
2	 Georgina McCarthy	23	 Hamilton Aquatics	0.76		4:42.96 Entry: 4:47.95 <span>-4.99</span>
	25m: 13.82 50m: 30.61 (16.79) 75m: 47.69 (17.08) 100m: 1:05.77 (18.08) 125m: 1:23.40 (17.63) 150m: 1:40.51 (17.11) 175m: 1:57.79 (17.28) 200m: 2:14.81 (17.02) 225m: 2:34.85 (20.04) 250m: 2:55.16 (20.31) 275m: 3:15.75 (20.59) 300m: 3:36.51 (20.76) 325m: 3:53.46 (16.95) 350m: 4:10.13 (16.67) 375m: 4:26.71 (16.58) 400m: 4:42.96 (16.25)					
3	 Emilia Finer	20	 Neptune Swim Club	0.74		4:50.57 Entry: 4:54.99 <span>-4.42</span>
	25m: 14.46 50m: 31.40 (16.94) 75m: 48.91 (17.51) 100m: 1:06.56 (17.65) 125m: 1:26.12 (19.56) 150m: 1:44.96 (18.84) 175m: 2:03.92 (18.96) 200m: 2:22.93 (19.01) 225m: 2:43.78 (20.85) 250m: 3:05.39 (21.61) 275m: 3:26.83 (21.44) 300m: 3:48.21 (21.38) 325m: 4:04.72 (16.51) 350m: 4:20.41 (15.69) 375m: 4:35.88 (15.47) 400m: 4:50.57 (14.69)					
4	 Olivia Bates	17	 North Shore Swimming Club	0.81		4:51.14 Entry: 4:51.77 <span>-0.63</span>
	25m: 14.09 50m: 31.05 (16.96) 75m: 48.53 (17.48) 100m: 1:06.53 (18.00) 125m: 1:25.79 (19.26) 150m: 1:44.35 (18.56) 175m: 2:03.15 (18.80) 200m: 2:21.48 (18.33) 225m: 2:42.16 (20.68) 250m: 3:03.27 (21.11) 275m: 3:24.29 (21.02) 300m: 3:45.15 (20.86) 325m: 4:02.58 (17.43) 350m: 4:19.16 (16.58) 375m: 4:35.61 (16.45) 400m: 4:51.14 (15.53)					
5	 Maia Adams	21	 Pirates Swim Team	0.71		4:53.79 Entry: 4:55.34 <span>-1.55</span>
	25m: 14.02 50m: 31.19 (17.17) 75m: 48.89 (17.70) 100m: 1:07.13 (18.24) 125m: 1:26.22 (19.09) 150m: 1:45.06 (18.84) 175m: 2:04.12 (19.06) 200m: 2:23.26 (19.14) 225m: 2:43.64 (20.38) 250m: 3:04.69 (21.05) 275m: 3:25.70 (21.01) 300m: 3:47.00 (21.30) 325m: 4:04.02 (17.02) 350m: 4:20.95 (16.93) 375m: 4:37.93 (16.98) 400m: 4:53.79 (15.86)					
6	 Hope Wang	14	 Phoenix Aquatics	0.71		4:56.42 Entry: 4:58.65 <span>-2.23</span>
	25m: 14.18 50m: 31.44 (17.26) 75m: 49.97 (18.53) 100m: 1:08.70 (18.73) 125m: 1:27.73 (19.03) 150m: 1:45.89 (18.16) 175m: 2:04.39 (18.50) 200m: 2:22.68 (18.29) 225m: 2:43.38 (20.70) 250m: 3:04.59 (21.21) 275m: 3:25.90 (21.31) 300m: 3:47.25 (21.35) 325m: 4:05.48 (18.23) 350m: 4:22.78 (17.30) 375m: 4:39.93 (17.15) 400m: 4:56.42 (16.49)					
7	 Deotille Videau (V)	16	 Tahiti	0.76		4:58.23 Entry: 4:59.10 <span>-0.87</span>
	25m: 14.11 50m: 31.55 (17.44) 75m: 49.30 (17.75) 100m: 1:08.37 (19.07) 125m: 1:27.67 (19.30) 150m: 1:46.12 (18.45) 175m: 2:04.75 (18.63) 200m: 2:23.17 (18.42) 225m: 2:44.26 (21.09) 250m: 3:05.57 (21.31) 275m: 3:27.18 (21.61) 300m: 3:49.35 (22.17) 325m: 4:07.08 (17.73) 350m: 4:24.31 (17.23) 375m: 4:41.67 (17.36) 400m: 4:58.23 (16.56)					
8	 Bridie Quayle	17	 Wharenui Swim Club	0.84		5:02.63 Entry: 4:55.58 <span>+7.05</span>
	25m: 14.40 50m: 31.90 (17.50) 75m: 50.45 (18.55) 100m: 1:09.69 (19.24) 125m: 1:28.99 (19.30) 150m: 1:47.69 (18.70) 175m: 2:06.27 (18.58) 200m: 2:24.85 (18.58) 225m: 2:46.15 (21.30) 250m: 3:07.77 (21.62) 275m: 3:29.46 (21.69) 300m: 3:51.30 (21.84) 325m: 4:09.18 (17.88) 350m: 4:27.24 (18.06) 375m: 4:45.49 (18.25) 400m: 5:02.63 (17.14)					
9	 Kate Hurley	17	 Pirates Swim Team	0.76		5:06.61 Entry: 4:59.90 <span>+6.71</span>
	25m: 14.68 50m: 31.92 (17.24) 75m: 50.39 (18.47) 100m: 1:09.62 (19.23) 125m: 1:29.73 (20.11) 150m: 1:49.31 (19.58) 175m: 2:08.81 (19.50) 200m: 2:28.47 (19.66) 225m: 2:49.91 (21.44) 250m: 3:11.48 (21.57) 275m: 3:33.03 (21.55) 300m: 3:55.17 (22.14) 325m: 4:13.43 (18.26) 350m: 4:31.46 (18.03) 375m: 4:49.41 (17.95) 400m: 5:06.61 (17.20)					
10	 Freya Hingston	18	 United Swimming Club	0.80		5:11.04 Entry: 4:55.05 <span>+15.99</span>
	25m: 13.58 50m: 30.33 (16.75) 75m: 47.99 (17.66) 100m: 1:07.61 (19.62) 125m: 1:28.81 (21.20) 150m: 1:49.55 (20.74) 175m: 2:10.31 (20.76) 200m: 2:31.29 (20.98) 225m: 2:52.79 (21.50) 250m: 3:15.68 (22.89) 275m: 3:38.28 (22.60) 300m: 4:00.45 (22.17) 325m: 4:18.27 (17.82) 350m: 4:36.31 (18.04) 375m: 4:54.05 (17.74) 400m: 5:11.04 (16.99)					
11	 Maisy Pronk (V)	17	 South Australia	0.74		4:54.93 Entry: 5:01.67 <span>-6.74</span>
	25m: 13.62 50m: 30.68 (17.06) 75m: 48.67 (17.99) 100m: 1:07.54 (18.87) 125m: 1:26.01 (18.47) 150m: 1:43.68 (17.67) 175m: 2:01.53 (17.85) 200m: 2:19.19 (17.66) 225m: 2:41.83 (22.64) 250m: 3:04.18 (22.35) 275m: 3:26.60 (22.42) 300m: 3:48.89 (22.29) 325m: 4:05.76 (16.87) 350m: 4:22.37 (16.61) 375m: 4:39.25 (16.88) 400m: 4:54.93 (15.68)					
12	 Kezia Buisinne	17	 North Shore Swimming Club	0.81		4:58.48 Entry: 5:08.63 <span>-10.15</span>
	25m: 14.06 50m: 31.38 (17.32) 75m: 49.30 (17.92) 100m: 1:08.37 (19.07) 125m: 1:29.05 (20.68) 150m: 1:48.81 (19.76) 175m: 2:08.23 (19.42) 200m: 2:27.61 (19.38) 225m: 2:48.76 (21.15) 250m: 3:09.96 (21.20) 275m: 3:30.95 (20.99) 300m: 3:52.43 (21.48) 325m: 4:09.60 (17.17) 350m: 4:26.26 (16.66) 375m: 4:42.67 (16.41) 400m: 4:58.48 (15.81)					
13	 Alinta Dingwall (V)	18	 South Australia	0.66		4:59.04 Entry: 5:02.10 <span>-3.06</span>
	25m: 14.46 50m: 31.72 (17.26) 75m: 50.06 (18.34) 100m: 1:09.04 (18.98) 125m: 1:28.41 (19.37) 150m: 1:47.03 (18.62) 175m: 2:05.95 (18.92) 200m: 2:24.63 (18.68) 225m: 2:45.94 (21.31) 250m: 3:07.82 (21.88) 275m: 3:29.92 (22.10) 300m: 3:52.18 (22.26) 325m: 4:09.40 (17.22) 350m: 4:26.05 (16.65) 375m: 4:42.85 (16.80) 400m: 4:59.04 (16.19)					
14	 Charlotte McLaren	15	 Trojans Swim Club	0.73		5:05.26 Entry: 5:07.15 <span>-1.89</span>
	25m: 14.46 50m: 32.09 (17.63) 75m: 50.55 (18.46) 100m: 1:09.92 (19.37) 125m: 1:29.09 (19.17) 150m: 1:47.75 (18.66)					



175m: 2:06.80 (19.05) 200m: 2:25.67 (18.87) 225m: 2:47.13 (21.46) 250m: 3:09.52 (22.39) 275m: 3:31.65 (22.13)  
300m: 3:54.41 (22.76) 325m: 4:13.09 (18.68) 350m: 4:30.86 (17.77) 375m: 4:48.60 (17.74) 400m: 5:05.26 (16.66)



**15**  **Scout Carter** **17**  **Ice Breaker Aquatics** 0.77 **5:06.97**  
Entry: 5:04.43 **+2.54**  
25m: 15.38 50m: 33.39 (18.01) 75m: 52.20 (18.81) 100m: 1:11.05 (18.85) 125m: 1:32.10 (21.05) 150m: 1:52.00 (19.90)  
175m: 2:12.01 (20.01) 200m: 2:31.45 (19.44) 225m: 2:52.54 (21.09) 250m: 3:13.64 (21.10) 275m: 3:35.03 (21.39)  
300m: 3:56.55 (21.52) 325m: 4:15.24 (18.69) 350m: 4:32.81 (17.57) 375m: 4:50.23 (17.42) 400m: 5:06.97 (16.74)


**16**  **Tessa Scott** **16**  **St Paul's Swimming Club** 0.76 **5:09.74**  
Entry: 5:14.02 **-4.28**  
25m: 14.46 50m: 32.93 (18.47) 75m: 51.65 (18.72) 100m: 1:10.65 (19.00) 125m: 1:31.21 (20.56) 150m: 1:50.57 (19.36)  
175m: 2:10.03 (19.46) 200m: 2:29.60 (19.57) 225m: 2:51.98 (22.38) 250m: 3:14.57 (22.59) 275m: 3:37.28 (22.71)  
300m: 4:00.32 (23.04) 325m: 4:18.08 (17.76) 350m: 4:35.60 (17.52) 375m: 4:52.99 (17.39) 400m: 5:09.74 (16.75)



**17**  **Jaimee Fisher** **28**  **Enterprise Swim Team** 0.87 **5:10.58**  
Entry: 5:09.57 **+1.01**  
25m: 15.12 50m: 32.39 (17.27) 75m: 50.41 (18.02) 100m: 1:09.40 (18.99) 125m: 1:29.30 (19.90) 150m: 1:49.06 (19.76)  
175m: 2:08.57 (19.51) 200m: 2:28.67 (20.10) 225m: 2:51.06 (22.39) 250m: 3:13.71 (22.65) 275m: 3:36.45 (22.74)  
300m: 3:59.58 (23.13) 325m: 4:17.84 (18.26) 350m: 4:35.49 (17.65) 375m: 4:53.44 (17.95) 400m: 5:10.58 (17.14)

**18**  **Ella Hanley** **16**  **Tawa Swimming Club** 0.72 **5:11.11**  
Entry: 5:08.68 **+2.43**  
25m: 15.16 50m: 33.58 (18.42) 75m: 51.86 (18.28) 100m: 1:10.29 (18.43) 125m: 1:30.93 (20.64) 150m: 1:51.03 (20.10)  
175m: 2:10.79 (19.76) 200m: 2:30.80 (20.01) 225m: 2:52.97 (22.17) 250m: 3:15.61 (22.64) 275m: 3:38.20 (22.59)  
300m: 4:00.88 (22.68) 325m: 4:19.22 (18.34) 350m: 4:37.04 (17.82) 375m: 4:54.69 (17.65) 400m: 5:11.11 (16.42)



**19**  **Violet Carter** **15**  **Ice Breaker Aquatics** 0.77 **5:16.03**  
Entry: 5:14.59 **+1.44**  
25m: 14.76 50m: 32.76 (18.00) 75m: 52.28 (19.52) 100m: 1:12.84 (20.56) 125m: 1:33.72 (20.88) 150m: 1:53.71 (19.99)  
175m: 2:13.80 (20.09) 200m: 2:33.34 (19.54) 225m: 2:55.25 (21.91) 250m: 3:17.67 (22.42) 275m: 3:40.37 (22.70)  
300m: 4:03.51 (23.14) 325m: 4:22.56 (19.05) 350m: 4:40.76 (18.20) 375m: 4:58.80 (18.04) 400m: 5:16.03 (17.23)

**20**  **Evelyn Loh** **13**  **Howick Pakuranga** 0.76 **5:24.54**  
Entry: 5:16.45 **+8.09**  
25m: 15.17 50m: 33.26 (18.09) 75m: 52.46 (19.20) 100m: 1:12.06 (19.60) 125m: 1:33.40 (21.34) 150m: 1:53.60 (20.20)  
175m: 2:14.23 (20.63) 200m: 2:34.39 (20.16) 225m: 2:57.46 (23.07) 250m: 3:20.58 (23.12) 275m: 3:43.72 (23.14)  
300m: 4:07.39 (23.67) 325m: 4:27.11 (19.72) 350m: 4:46.53 (19.42) 375m: 5:05.67 (19.14) 400m: 5:24.54 (18.87)

**21**  **Rio Sasamoto** **17**  **Enterprise Swim Team** 0.70 **5:08.19**  
Entry: 5:18.88 **-10.69**  
25m: 14.98 50m: 32.24 (17.26) 75m: 49.98 (17.74) 100m: 1:08.26 (18.28) 125m: 1:28.22 (19.96) 150m: 1:46.98 (18.76)  
175m: 2:06.52 (19.54) 200m: 2:25.69 (19.17) 225m: 2:48.18 (22.49) 250m: 3:10.52 (22.34) 275m: 3:33.29 (22.77)  
300m: 3:55.95 (22.66) 325m: 4:14.64 (18.69) 350m: 4:32.74 (18.10) 375m: 4:50.95 (18.21) 400m: 5:08.19 (17.24)



**22**  **Ava Neems** **18**  **Howick Pakuranga** 0.69 **5:14.51**  
Entry: 5:17.79 **-3.28**  
25m: 15.50 50m: 33.95 (18.45) 75m: 53.28 (19.33) 100m: 1:13.04 (19.76) 125m: 1:34.67 (21.63) 150m: 1:55.14 (20.47)  
175m: 2:15.45 (20.31) 200m: 2:35.76 (20.31) 225m: 2:57.20 (21.44) 250m: 3:18.43 (21.23) 275m: 3:39.70 (21.27)  
300m: 4:01.56 (21.86) 325m: 4:20.97 (19.41) 350m: 4:39.11 (18.14) 375m: 4:57.20 (18.09) 400m: 5:14.51 (17.31)



**23**  **Isabelle Blackmore** **16**  **St Paul's Swimming Club** 0.76 **5:18.89**  
Entry: 5:20.58 **-1.69**  
25m: 15.58 50m: 34.69 (19.11) 75m: 54.72 (20.03) 100m: 1:15.80 (21.08) 125m: 1:37.08 (21.28) 150m: 1:58.04 (20.96)  
175m: 2:18.46 (20.42) 200m: 2:39.04 (20.58) 225m: 3:00.62 (21.58) 250m: 3:22.53 (21.91) 275m: 3:44.41 (21.88)  
300m: 4:06.89 (22.48) 325m: 4:25.85 (18.96) 350m: 4:43.91 (18.06) 375m: 5:01.67 (17.76) 400m: 5:18.89 (17.22)

**24**  **Eliza Williams** **16**  **North Shore Swimming Club** 0.77 **5:19.21**  
Entry: 5:25.86 **-6.65**  
25m: 15.33 50m: 33.50 (18.17) 75m: 52.55 (19.05) 100m: 1:12.12 (19.57) 125m: 1:34.01 (21.89) 150m: 1:54.69 (20.68)  
175m: 2:15.21 (20.52) 200m: 2:35.40 (20.19) 225m: 2:59.08 (23.68) 250m: 3:22.53 (23.45) 275m: 3:45.61 (23.08)  
300m: 4:09.29 (23.68) 325m: 4:27.74 (18.45) 350m: 4:45.27 (17.53) 375m: 5:02.60 (17.33) 400m: 5:19.21 (16.61)

**25**  **Elesiya Badenhorst** **13**  **St Peter's Swimming Club** 0.73 **5:19.22**  
Entry: 5:23.16 **-3.94**  
25m: 14.87 50m: 33.79 (18.92) 75m: 54.52 (20.73) 100m: 1:16.07 (21.55) 125m: 1:37.45 (21.38) 150m: 1:58.09 (20.64)  
175m: 2:18.05 (19.96) 200m: 2:38.19 (20.14) 225m: 3:01.10 (22.91) 250m: 3:24.32 (23.22) 275m: 3:46.32 (22.00)  
300m: 4:09.11 (22.79) 325m: 4:27.65 (18.54) 350m: 4:45.42 (17.77) 375m: 5:02.85 (17.43) 400m: 5:19.22 (16.37)

**26**  **Ashley Lander** **16**  **St Paul's Swimming Club** 0.82 **5:20.22**  
Entry: 5:26.81 **-6.59**  
25m: 15.46 50m: 34.11 (18.65) 75m: 53.65 (19.54) 100m: 1:14.20 (20.55) 125m: 1:33.60 (19.40) 150m: 1:52.45 (18.85)  
175m: 2:11.01 (18.56) 200m: 2:29.92 (18.91) 225m: 2:54.29 (24.37) 250m: 3:18.41 (24.12) 275m: 3:42.65 (24.24)  
300m: 4:06.72 (24.07) 325m: 4:25.64 (18.92) 350m: 4:43.96 (18.32) 375m: 5:02.49 (18.53) 400m: 5:20.22 (17.73)

**27**  **Sophia Neems** **15**  **Howick Pakuranga** 0.85 **5:20.28**  
Entry: 5:22.90 **-2.62**  
25m: 14.83 50m: 33.24 (18.41) 75m: 52.64 (19.40) 100m: 1:13.05 (20.41) 125m: 1:36.19 (23.14) 150m: 1:57.09 (20.90)  
175m: 2:18.30 (21.21) 200m: 2:39.16 (20.86) 225m: 3:00.56 (21.40) 250m: 3:23.40 (22.84) 275m: 3:45.75 (22.35)  
300m: 4:08.71 (22.96) 325m: 4:27.33 (18.62) 350m: 4:45.34 (18.01) 375m: 5:03.48 (18.14) 400m: 5:20.28 (16.80)

**28**  **Emma Icton** **15**  **Aquablazd NP** 0.71 **5:24.41**  
Entry: 5:26.35 **-1.94**  
25m: 15.18 50m: 34.20 (19.02) 75m: 54.46 (20.26) 100m: 1:16.44 (21.98) 125m: 1:37.74 (21.30) 150m: 1:57.91 (20.17)  
175m: 2:19.12 (21.21) 200m: 2:39.71 (20.59) 225m: 3:02.77 (23.06) 250m: 3:25.77 (23.00) 275m: 3:48.41 (22.64)  
300m: 4:11.73 (23.32) 325m: 4:30.26 (18.53) 350m: 4:48.78 (18.52) 375m: 5:06.51 (17.73) 400m: 5:24.41 (17.90)

**29**  **Tayla Cox** **15**  **Wharenui Swim Club** 0.72 **5:25.72**  
Entry: 5:25.89 **-0.17**  
25m: 14.93 50m: 33.52 (18.59) 75m: 53.33 (19.81) 100m: 1:14.22 (20.89) 125m: 1:35.22 (21.00) 150m: 1:55.24 (20.02)  
175m: 2:15.77 (20.53) 200m: 2:35.88 (20.11) 225m: 2:58.60 (22.72) 250m: 3:21.53 (22.93) 275m: 3:44.78 (23.25)

300m: 4:09.43 (24.65) 325m: 4:29.00 (19.57) 350m: 4:47.74 (18.74) 375m: 5:06.43 (18.69) 400m: 5:25.72 (19.29)

30



Shyla Kennard

16



Aquabladz NP

0.80

5:25.73

Entry: 5:26.13 -0.40

25m: 15.11 50m: 33.20 (18.09) 75m: 52.62 (19.42) 100m: 1:12.97 (20.35) 125m: 1:33.28 (20.31) 150m: 1:52.82 (19.54)  
175m: 2:12.84 (20.02) 200m: 2:33.28 (20.44) 225m: 2:56.95 (23.67) 250m: 3:20.94 (23.99) 275m: 3:45.35 (24.41)  
300m: 4:09.87 (24.52) 325m: 4:29.20 (19.33) 350m: 4:48.13 (18.93) 375m: 5:07.58 (19.45) 400m: 5:25.73 (18.15)