

**Southland Long Course Meet 2025 - 8/02/2025 to 9/02/2025**

**Psych Sheet**

**Event 3 Men 100 LC Meter Backstroke**

Name	Age	Team	Seed Time
1 Zaedyn Hollands	14	WAVSL	1:04.43
2 Lachie Shepherd	15	HOKSL	1:16.44
3 Benjamin Elder	13	CSLSL	1:17.98
4 Bodie Gilmour	12	WAVSL	1:19.80
5 Mark Lauko	13	QTNOT	1:19.92
6 Joshua Smith	12	JNWSL	1:33.25
7 Ciaran Henderson	12	QTNOT	1:35.96
8 Theodore Paganelli	12	WAVSL	1:37.88
9 Joshua Smyth	12	HOKSL	1:40.44

**Event 4 Women 100 LC Meter Backstroke**

Name	Age	Team	Seed Time
1 Olivia Johnson	15	MKUSL	1:11.97
2 Caitlin Crawford	16	MKUSL	1:12.40
3 Elsie Turrell	15	OASL	1:15.24
4 Alexandria Curtis	13	WAVSL	1:17.56
5 Nikayla Vettters	14	HOKSL	1:18.57
6 Milly Lietze	14	SOSOT	1:20.23
7 Maia Devery	15	MKUSL	1:20.57
8 Ana McWilliam	15	COLSL	1:22.30
9 Mia Tauti	12	HOKSL	1:22.98
10 Gemma Ioane	12	SOSOT	1:23.97
11 Ana Packham	13	WAVSL	1:26.06
12 Lucy Smyth	14	HOKSL	1:27.35
13 Londyn Dillinger S10/S	12	MKUSL	1:29.13
14 Hattie Olsen-Vetland	10	SOSOT	1:31.17
15 Kate Aitken	12	JNWSL	1:33.31
16 Emma-Grace Elder	10	CSLSL	1:35.36
17 Eliza Ioane	12	SOSOT	1:36.13
18 Kenzie Helman	10	JNWSL	1:36.28
19 Waverley Radka	11	KIWOT	1:37.22
20 Ella Appleton	11	KIWOT	1:38.67
21 Tavishi Arti	12	SOSOT	1:42.86
22 Mika Nakajima	11	SOSOT	1:43.29

**Event 6 Men 50 LC Meter Freestyle**

Name	Age	Team	Seed Time
1 Kale Twist	20	KIWOT	22.83
2 Neo Salomonsson	16	KIWOT	25.14
3 Marlin Bennett	16	HOKSL	25.84
4 Zaedyn Hollands	14	WAVSL	26.10
5 Taka Sugiyama	17	KIWOT	26.66
6 Alesana Lafoga	15	WAVSL	26.97
7 Owen Jack	15	NEPOT	27.56
8 Maddox Forrester	14	WAVSL	29.18
9 Eli Chabon	15	JNWSL	29.43
10 Kaiyo Nakajima	16	SOSOT	29.84
11 Lucas Campbell	13	JNWSL	30.83
12 Benjamin Elder	13	CSLSL	31.54
13 Hunter Pope	12	WAVSL	33.47
14 Joshua Smith	12	JNWSL	34.93
15 Ciaran Henderson	12	QTNOT	36.05
16 Theodore Paganelli	12	WAVSL	37.19
17 Lucas Masters	13	MKUSL	37.63
18 Ted Duncan	10	WAVSL	38.68

19 Joshua Smyth	12	HOKSL	39.99
20 Harry Heenan	11	JNWSL	40.96
21 Lex Blair-Edie	9	JNWSL	42.57
22 Kev Gerritsen	11	HOKSL	44.12
23 Ezra Chabon	8	JNWSL	44.40

**Event 7 Women 50 LC Meter Freestyle**

Name	Age	Team	Seed Time
1 Abby Samuels	16	KIWOT	27.34
2 Caitlin Crawford	16	MKUSL	29.36
3 Ellie Olsen-Vetland	15	SOSOT	31.00
4 Cadence Gilmour	15	WAVSL	31.08
5 Nieve Peddie	14	WAVSL	31.29
6 Eilidh Gordon	11	WAVSL	31.76
7 Ana Packham	13	WAVSL	31.88
8 Piper Paganelli	14	WAVSL	32.68
9 Maia Devery	15	MKUSL	32.76
10 Nikayla Vettters	14	HOKSL	32.86
11 Nina Gerritsen	13	HOKSL	33.23
12 Mia Tauti	12	HOKSL	33.37
13 Sophia Clarke	15	NEPOT	33.41
14 Aleah Black	12	WAVSL	33.86
15 Lucy Smyth	14	HOKSL	33.94
16 Sasha Jamieson	13	JNWSL	34.27
17 Xyliana Tiburcio	11	SOSOT	34.91
18 Drew Peddie	12	WAVSL	35.02
19 Eliza Ioane	12	SOSOT	35.79
20 Waverley Radka	11	KIWOT	37.14
21 Kate Aitken	12	JNWSL	37.41
22 Londyn Dillinger S10/S	12	MKUSL	38.76
23 Emma-Grace Elder	10	CSLSL	38.92
24 Agata Elias-Drago	10	NCSCB	40.09
25 Agnes Bradford	9	CRMOT	40.32
26 Aoife Gordon	9	WAVSL	40.75
27 Clare Wilson	10	JNWSL	43.54
28 Mika Nakajima	11	SOSOT	44.77

**Event 8 Men 200 LC Meter Breaststroke**

Name	Age	Team	Seed Time
1 Luke Biggar	16	MKUSL	2:53.92
2 Mark Lauko	13	QTNOT	3:10.44

**Event 9 Women 200 LC Meter Breaststroke**

Name	Age	Team	Seed Time
1 Maleia Pou	13	JNWSL	3:27.85
2 Lexi Donald	13	WAVSL	3:35.95
3 Agata Elias-Drago	10	NCSCB	3:51.02
4 Gemma Ioane	12	SOSOT	3:53.26
5 Ella Calvert	11	JNWSL	3:55.31
6 Hattie Olsen-Vetland	10	SOSOT	3:58.79

**Event 10 Men 50 LC Meter Butterfly**

Name	Age	Team	Seed Time
1 Neo Salomonsson	16	KIWOT	25.65
2 Zaedyn Hollands	14	WAVSL	28.19
3 Maddox Forrester	14	WAVSL	32.34
4 Lachie Shepherd	15	HOKSL	33.01
5 Eli Chabon	15	JNWSL	33.21
6 Kaiyo Nakajima	16	SOSOT	34.66

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**Event 10 ... (Men 50 LC Meter Butterfly)**

Name	Age	Team	Seed Time
7 Bodie Gilmour	12	WAVSL	36.23
8 Hunter Pope	12	WAVSL	38.78
9 Ciaran Henderson	12	QTNOT	41.00
10 Theodore Paganelli	12	WAVSL	45.67
11 Lucas Masters	13	MKUSL	47.97
12 Ted Duncan	10	WAVSL	49.54

**Event 11 Women 50 LC Meter Butterfly**

Name	Age	Team	Seed Time
1 Abby Samuels	16	KIWOT	29.97
2 Caitlin Crawford	16	MKUSL	32.28
3 Milly Lietze	14	SOSOT	32.49
4 Nieve Peddie	14	WAVSL	32.79
5 Olivia Johnson	15	MKUSL	33.64
6 Ellie Olsen-Vetland	15	SOSOT	34.23
7 Lara Bradford	14	WSCOT	34.61
8 Allie De Clifford	15	MKUSL	36.73
9 Sophia Clarke	15	NEPOT	37.11
10 Nikayla Veters	14	HOKSL	37.86
11 Nina Gerritsen	13	HOKSL	38.13
12 Xyliana Tiburcio	11	SOSOT	39.67
13 Waverley Radka	11	KIWOT	43.37
14 Londyn Dillinger S10/S	12	MKUSL	44.26
15 Peyton Gilbert	10	JNWSL	46.01
16 Kenzie Helman	10	JNWSL	47.59
17 Agnes Bradford	9	CRMOT	54.06

**Event 12 Mixed 10 & Over 400 LC Meter IM**

Name	Age	Team	Seed Time
1 Taka Sugiyama	M17	KIWOT	4:55.21

**Event 13 Men 200 LC Meter Freestyle**

Name	Age	Team	Seed Time
1 Neo Salomonsson	16	KIWOT	2:06.32
2 Owen Jack	15	NEPOT	2:09.26
3 Benjamin Elder	13	CSLSL	2:28.65
4 Lachie Shepherd	15	HOKSL	2:31.74
5 Lucas Campbell	13	JNWSL	2:37.35
6 Lucas Masters	13	MKUSL	2:58.53
7 Ciaran Henderson	12	QTNOT	3:02.67

**Event 14 Women 200 LC Meter Freestyle**

Name	Age	Team	Seed Time
1 Elsie Turrell	15	OCASL	2:24.20
2 Cadence Gilmour	15	WAVSL	2:27.40
3 Lara Bradford	14	WSCOT	2:30.10
4 Alexandria Curtis	13	WAVSL	2:31.59
5 Nina Gerritsen	13	HOKSL	2:33.00
6 Mia Tauti	12	HOKSL	2:33.32
7 Sophia Clarke	15	NEPOT	2:34.37
8 Nikayla Veters	14	HOKSL	2:35.30
9 Eilidh Gordon	11	WAVSL	2:40.29
10 Xyliana Tiburcio	11	SOSOT	2:53.21
11 Eliza Ioane	12	SOSOT	2:57.23
12 Ella Appleton	11	KIWOT	2:59.46
13 Sasha Jamieson	13	JNWSL	3:00.13
14 Kate Aitken	12	JNWSL	3:03.43

15 Emma-Grace Elder	10	CSLSL	3:16.72
16 Mika Nakajima	11	SOSOT	3:21.91
17 Kenzie Helman	10	JNWSL	3:24.82

**Event 15 Men 100 LC Meter Breaststroke**

Name	Age	Team	Seed Time
1 Alesana Lafoga	15	WAVSL	1:11.07
2 Luke Biggar	16	MKUSL	1:20.67
3 Mark Lauko	13	QTNOT	1:26.09
4 Kaiyo Nakajima	16	SOSOT	1:28.33
5 Sam Tengco	13	CSLSL	1:31.64
6 Lucas Campbell	13	JNWSL	1:37.04
7 Joshua Smith	12	JNWSL	1:40.18
8 Eli Chabon	15	JNWSL	1:41.74
9 Ciaran Henderson	12	QTNOT	1:59.90
10 Harry Heenan	11	JNWSL	1:59.99
11 Kev Gerritsen	11	HOKSL	2:04.47

**Event 16 Women 100 LC Meter Breaststroke**

Name	Age	Team	Seed Time
1 Lara Bradford	14	WSCOT	1:24.42
2 Olivia Johnson	15	MKUSL	1:29.58
3 Maia Devery	15	MKUSL	1:32.78
4 Ana McWilliam	15	COLSL	1:34.36
5 Maleia Pou	13	JNWSL	1:35.58
6 Lexi Donald	13	WAVSL	1:39.50
7 Allie De Clifford	15	MKUSL	1:40.69
8 Lucy Smyth	14	HOKSL	1:44.16
9 Agata Elias-Drago	10	NCSCB	1:47.16
10 Tavishi Arti	12	SOSOT	1:47.30
11 Gemma Ioane	12	SOSOT	1:49.20
12 Waverley Radka	11	KIWOT	1:50.10
13 Ella Calvert	11	JNWSL	1:52.09
14 Hattie Olsen-Vetland	10	SOSOT	1:52.22
15 Drew Peddie	12	WAVSL	1:53.12
16 Aoife Gordon	9	WAVSL	2:08.66

**Event 17 Mixed 12 & Under 200 LC Meter Freestyle Relay**

Team	Relay	Seed Time
1 WAVSL	A	2:12.19
1) Eilidh Gordon W11	2) Hunter Pope M12	
3) Drew Peddie W12	4) Bodie Gilmour M12	

**Event 18 Mixed 13 & Over 200 LC Meter Freestyle Relay**

Team	Relay	Seed Time
1 WAVSL	A	2:01.53
1) Maddox Forrester M14	2) Ana Packham W13	
3) Lexi Donald W13	4) Zaedyn Hollands M14	
2 HOKSL	A	2:02.07
1) Marlin Bennett M16	2) Nikayla Veters W14	
3) Nina Gerritsen W13	4) Lachie Shepherd M15	

**Event 19 Mixed 10 & Over 400 LC Meter Freestyle**

Name	Age	Team	Seed Time
1 Owen Jack	M15	NEPOT	4:35.00
2 Elsie Turrell	W15	OCASL	5:00.49
3 Nikayla Veters	W14	HOKSL	5:18.41
4 Mia Tauti	W12	HOKSL	5:23.00

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**Event 20 Men 50 LC Meter Backstroke**

Name	Age	Team	Seed Time
1 Zaedyn Hollands	14	WAVSL	29.69
2 Marlin Bennett	16	HOKSL	30.25
3 Taka Sugiyama	17	KIWOT	30.80
4 Kaiyo Nakajima	16	SOSOT	34.29
5 Lachie Shepherd	15	HOKSL	35.58
6 Benjamin Elder	13	CSLSL	36.33
7 Bodie Gilmour	12	WAVSL	37.94
8 Lucas Campbell	13	JNWSL	38.05
9 Eli Chabon	15	JNWSL	38.55
10 Joshua Smith	12	JNWSL	38.61
11 Sam Tengco	13	CSLSL	38.83
12 Hunter Pope	12	WAVSL	40.15
13 Lucas Masters	13	MKUSL	43.24
14 Theodore Paganelli	12	WAVSL	44.79
15 Ted Duncan	10	WAVSL	47.19
16 Joshua Smyth	12	HOKSL	48.03
17 Kev Gerritsen	11	HOKSL	50.78
18 Lex Blair-Edie	9	JNWSL	51.38
19 Harry Heenan	11	JNWSL	51.71
20 Ezra Chabon	8	JNWSL	51.92

**Event 21 Women 50 LC Meter Backstroke**

Name	Age	Team	Seed Time
1 Olivia Johnson	15	MKUSL	33.70
2 Alexandria Curtis	13	WAVSL	35.27
3 Nieve Peddie	14	WAVSL	35.70
4 Nikayla Vettters	14	HOKSL	36.17
5 Eilidh Gordon	11	WAVSL	36.60
6 Maia Devery	15	MKUSL	36.92
7 Ana Packham	13	WAVSL	38.16
8 Ana McWilliam	15	COLSL	40.02
9 Lucy Smyth	14	HOKSL	40.59
10 Londyn Dillinger S10/S	12	MKUSL	41.85
11 Jayda Templeton	11	WAVSL	42.49
12 Emma-Grace Elder	10	CSLSL	42.93
13 Kate Aitken	12	JNWSL	43.33
14 Sasha Jamieson	13	JNWSL	43.53
15 Drew Peddie	12	WAVSL	43.77
16 Peyton Gilbert	10	JNWSL	46.23
17 Aoife Gordon	9	WAVSL	47.35
18 Mika Nakajima	11	SOSOT	47.40
19 Agnes Bradford	9	CRMOT	48.10
20 Clare Wilson	10	JNWSL	54.63

**Event 22 Men 100 LC Meter Butterfly**

Name	Age	Team	Seed Time
1 Neo Salomonsson	16	KIWOT	56.68
2 Luke Biggar	16	MKUSL	1:04.87
3 Mark Lauko	13	QTNOT	1:20.82
4 Lachie Shepherd	15	HOKSL	1:23.23
5 Hunter Pope	12	WAVSL	1:26.92

**Event 23 Women 100 LC Meter Butterfly**

Name	Age	Team	Seed Time
1 Caitlin Crawford	16	MKUSL	1:11.43
2 Allie De Clifford	15	MKUSL	1:24.25

3 Sophia Clarke	15	NEPOT	1:27.48
4 Ella Appleton	11	KIWOT	1:41.62
5 Xyliana Tiburcio	11	SOSOT	1:44.35
6 Tavishi Arti	12	SOSOT	1:47.61
7 Agata Elias-Drage	10	NCSCB	1:54.70

**Event 24 Mixed 12 & Over 1500 LC Meter Freestyle**

Name	Age	Team	Seed Time
1 Ewan Beadell	M18	NEPOT	17:48.53

**Event 25 Men 200 LC Meter Backstroke**

Name	Age	Team	Seed Time
1 Lachie Shepherd	15	HOKSL	2:48.43
2 Lucas Masters	13	MKUSL	3:36.06

**Event 26 Women 200 LC Meter Backstroke**

Name	Age	Team	Seed Time
1 Ellie Olsen-Vetland	15	SOSOT	2:43.87
2 Mia Tauti	12	HOKSL	2:58.58
3 Lucy Smyth	14	HOKSL	3:07.65
4 Hattie Olsen-Vetland	10	SOSOT	3:18.28
5 Mika Nakajima	11	SOSOT	3:33.66

**Event 27 Men 50 LC Meter Breaststroke**

Name	Age	Team	Seed Time
1 Taka Sugiyama	17	KIWOT	32.44
2 Alesana Lafoga	15	WAVSL	32.49
3 Mark Lauko	13	QTNOT	39.12
4 Eli Chabon	15	JNWSL	40.12
5 Kaiyo Nakajima	16	SOSOT	40.31
6 Sam Tengco	13	CSLSL	42.74
7 Joshua Smith	12	JNWSL	43.86
8 Lucas Campbell	13	JNWSL	44.67
9 Harry Heenan	11	JNWSL	52.38
10 Kev Gerritsen	11	HOKSL	55.29

**Event 28 Women 50 LC Meter Breaststroke**

Name	Age	Team	Seed Time
1 Lara Bradford	14	WSCOT	38.61
2 Keeley Templeton	13	WAVSL	40.92
3 Maia Devery	15	MKUSL	42.04
4 Maleia Pou	13	JNWSL	42.60
5 Ana McWilliam	15	COLSL	42.95
6 Nina Gerritsen	13	HOKSL	45.76
7 Lexi Donald	13	WAVSL	45.88
8 Lucy Smyth	14	HOKSL	47.33
9 Tavishi Arti	12	SOSOT	48.94
10 Ella Calvert	11	JNWSL	51.02
11 Agata Elias-Drage	10	NCSCB	51.51
12 Sasha Jamieson	13	JNWSL	51.85
13 Emma-Grace Elder	10	CSLSL	52.39
14 Drew Peddie	12	WAVSL	52.56
15 Kate Aitken	12	JNWSL	54.29
16 Jayda Templeton	11	WAVSL	55.58
17 Peyton Gilbert	10	JNWSL	55.99
18 Agnes Bradford	9	CRMOT	56.78
19 Aoife Gordon	9	WAVSL	57.96

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**Event 29 Mixed 10 & Over 200 LC Meter Butterfly**

Name	Age	Team	Seed Time
1 Olivia Johnson	W15	MKUSL	2:45.06

**Event 30 Men 100 LC Meter Freestyle**

Name	Age	Team	Seed Time
1 Kale Twist	20	KIWOT	50.79
2 Neo Salomonsson	16	KIWOT	53.62
3 Zaedyn Hollands	14	WAVSL	57.73
4 Marlin Bennett	16	HOKSL	58.16
5 Ewan Beadell	18	NEPOT	58.50
6 Luke Biggar	16	MKUSL	58.58
7 Owen Jack	15	NEPOT	1:00.32
8 Eli Chabon	15	JNWSL	1:08.05
9 Benjamin Elder	13	CSLSL	1:08.47
10 Lucas Campbell	13	JNWSL	1:09.24
11 Sam Tengco	13	CSLSL	1:17.93
12 Hunter Pope	12	WAVSL	1:18.24
13 Joshua Smith	12	JNWSL	1:20.98
14 Lucas Masters	13	MKUSL	1:23.99
15 Theodore Paganelli	12	WAVSL	1:27.22
16 Ted Duncan	10	WAVSL	1:33.23
17 Harry Heenan	11	JNWSL	1:39.34
18 Lex Blair-Edie	9	JNWSL	1:41.97
19 Kev Gerritsen	11	HOKSL	1:43.14

**Event 31 Women 100 LC Meter Freestyle**

Name	Age	Team	Seed Time
1 Abby Samuels	16	KIWOT	1:02.93
2 Caitlin Crawford	16	MKUSL	1:03.72
3 Elsie Turrell	15	OCASL	1:06.32
4 Cadence Gilmour	15	WAVSL	1:07.40
5 Ana Packham	13	WAVSL	1:07.46
6 Nieve Peddie	14	WAVSL	1:07.66
7 Lara Bradford	14	WSCOT	1:07.79
8 Alexandria Curtis	13	WAVSL	1:08.06
9 Maia Devery	15	MKUSL	1:10.61
10 Nina Gerritsen	13	HOKSL	1:11.60
11 Keeley Templeton	13	WAVSL	1:11.61
12 Eilidh Gordon	11	WAVSL	1:11.82
13 Mia Tauti	12	HOKSL	1:12.41
14 Nikayla Vettters	14	HOKSL	1:12.44
15 Maleia Pou	13	JNWSL	1:13.31
16 Sasha Jamieson	13	JNWSL	1:16.04
17 Lucy Smyth	14	HOKSL	1:19.41
18 Londyn Dillinger S10/S	12	MKUSL	1:25.07
19 Ella Calvert	11	JNWSL	1:26.31
20 Kate Aitken	12	JNWSL	1:27.74
21 Emma-Grace Elder	10	CSLSL	1:28.66
22 Peyton Gilbert	10	JNWSL	1:32.97
23 Agnes Bradford	9	CRMOT	1:34.85
24 Mika Nakajima	11	SOSOT	1:35.99
25 Jayda Templeton	11	WAVSL	1:36.24
26 Aoife Gordon	9	WAVSL	1:37.97
27 Clare Wilson	10	JNWSL	1:44.08

**Event 32 Men 200 LC Meter IM**

Name	Age	Team	Seed Time
1 Taka Sugiyama	17	KIWOT	2:18.43
2 Alesana Lafoga	15	WAVSL	2:25.01
3 Kaiyo Nakajima	16	SOSOT	2:46.03
4 Lachie Shepherd	15	HOKSL	2:49.91
5 Mark Lauko	13	QTNOT	2:50.62
6 Bodie Gilmour	12	WAVSL	2:57.26

**Event 33 Women 200 LC Meter IM**

Name	Age	Team	Seed Time
1 Ellie Olsen-Vetland	15	SOSOT	2:53.90
2 Milly Lietze	14	SOSOT	2:56.07
3 Nina Gerritsen	13	HOKSL	2:59.92
4 Sophia Clarke	15	NEPOT	3:01.60
5 Allie De Clifford	15	MKUSL	3:07.54
6 Londyn Dillinger S10/S	12	MKUSL	3:25.55
7 Xyliana Tiburcio	11	SOSOT	3:25.81
8 Lexi Donald	13	WAVSL	3:27.39
9 Ella Appleton	11	KIWOT	3:28.88
10 Agata Elias-Drago	10	NCSCB	3:29.71
11 Hattie Olsen-Vetland	10	SOSOT	3:30.09
12 Tavishi Arti	12	SOSOT	3:33.17

**Event 34 Mixed 400 LC Meter Freestyle Relay**

Team	Relay	Seed Time
1 WAVSL	A	4:14.12
1) Alesana Lafoga M15	2) Cadence Gilmour W15	
3) Nieve Peddie W14	4) Zaedyn Hollands M14	
2 HOKSL	A	4:29.39
1) Lachie Shepherd M15	2) Nina Gerritsen W13	
3) Nikayla Vettters W14	4) Marlin Bennett M16	