

3 400m Freestyle Women Final

Official

























NZR	Open New Zealand Long Course Record	3:59.44	2024-02-02 Doha, Qatar	Erika Fairweather Neptune Swim Club
18yr NZR	18 Years New Zealand Long Course Record	4:03.84	2022-03-08	Erika Fairweather Neptune Swim Club
17yr	17 Years New Zealand Long Course	4:02.28	2021-04-08	Erika Fairweather























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☰ Qualified 1/2 ☰ Heats 🏊 Summary

Total

Rank	Competitor	Age	Club	RT	PTS	Result
1	Bennett Brooke	17	North Canterbury Swi...	+0.82		4:19.16 Entry: 4:21.70 (-2.54)
	50m: 29.78	100m: 1:02.29 (32.51)	150m: 1:35.15 (32.86)			
	200m: 2:08.38 (33.23)	250m: 2:40.99 (32.61)	300m: 3:13.97 (32.98)			
	350m: 3:47.24 (33.27)	400m: 4:19.16 (31.92)				
2	Abdou Hanna	17	Wharenui Swim Club	+0.81		4:21.85 Entry: 4:29.52 (-7.67)
	50m: 30.45	100m: 1:03.80 (33.35)	150m: 1:36.83 (33.03)			
	200m: 2:09.92 (33.09)	250m: 2:42.81 (32.89)	300m: 3:16.35 (33.54)			
	350m: 3:49.34 (32.99)	400m: 4:21.85 (32.51)				
3	Emmett Olivia	16	37^c Club 37	+0.77		4:22.35 Entry: 4:29.75 (-7.40)
	50m: 29.12	100m: 1:00.96 (31.84)	150m: 1:34.12 (33.16)			
	200m: 2:07.74 (33.62)	250m: 2:41.37 (33.63)	300m: 3:15.15 (33.78)			
	350m: 3:48.99 (33.84)	400m: 4:22.35 (33.36)				
4	Tapper Milana	18	St Peter's Swimming ...	+0.73		4:24.79 Entry: 4:32.75 (-7.96)
	50m: 30.22	100m: 1:03.53 (33.31)	150m: 1:36.82 (33.29)			
	200m: 2:10.40 (33.58)	250m: 2:44.40 (34.00)	300m: 3:18.83 (34.43)			
	350m: 3:52.48 (33.65)	400m: 4:24.79 (32.31)				
5	McEwan Talitha	18	Mt Maunganui Swim...	+0.69		4:24.86 Entry: 4:30.59 (-5.73)
	50m: 29.80	100m: 1:02.04 (32.24)	150m: 1:34.78 (32.74)			
	200m: 2:08.35 (33.57)	250m: 2:42.00 (33.65)	300m: 3:16.51 (34.51)			
	350m: 3:51.35 (34.84)	400m: 4:24.86 (33.51)				
6	De Coster Nina	16	St Paul's Swimming ...	+0.69		4:26.87 Entry: 4:32.77 (-5.90)
	50m: 30.45	100m: 1:03.83 (33.38)	150m: 1:37.33 (33.50)			
	200m: 2:11.55 (34.22)	250m: 2:45.32 (33.77)	300m: 3:19.64 (34.32)			
	350m: 3:53.97 (34.33)	400m: 4:26.87 (32.90)				
7	Sweetman Olivia	18	Howick Pakuranga	+0.88		4:29.36 Entry: 4:35.59 (-6.23)
	50m: 30.51	100m: 1:03.39 (32.88)	150m: 1:37.39 (34.00)			
	200m: 2:11.95 (34.56)	250m: 2:46.52 (34.57)	300m: 3:21.89 (35.37)			
	350m: 3:56.32 (34.43)	400m: 4:29.36 (33.04)				
8	Hay Sophie	17	Hamilton Aquatics	+0.53		4:29.71 Entry: 4:36.27 (-6.56)
	50m: 31.06	100m: 1:04.41 (33.35)	150m: 1:38.30 (33.89)			
	200m: 2:12.76 (34.46)	250m: 2:46.79 (34.03)	300m: 3:21.50 (34.71)			
	350m: 3:56.11 (34.61)	400m: 4:29.71 (33.60)				


9	 Wilson Ava	15	 Coast Swimming Club	+0.72	4:32.39 (-6.53) Entry: 4:38.92
	50m: 30.23 100m: 1:03.75 (33.52)		150m: 1:37.67 (33.92)		
	200m: 2:12.36 (34.69) 250m: 2:47.67 (35.31)		300m: 3:23.42 (35.75)		
	350m: 3:58.94 (35.52) 400m: 4:32.39 (33.45)				
10	 Aburn Charlotte	15	 Neptune Swim Club	+0.71	4:32.52 (-8.36) Entry: 4:40.88
	50m: 30.63 100m: 1:04.18 (33.55)		150m: 1:38.69 (34.51)		
	200m: 2:13.68 (34.99) 250m: 2:49.03 (35.35)		300m: 3:25.18 (36.15)		
	350m: 3:59.53 (34.35) 400m: 4:32.52 (32.99)				
11	 McIntosh Alex	15	 United Swimming Club	+0.70	4:34.34 (-7.79) Entry: 4:42.13
	50m: 30.54 100m: 1:04.56 (34.02)		150m: 1:40.24 (35.68)		
	200m: 2:15.92 (35.68) 250m: 2:51.83 (35.91)		300m: 3:27.53 (35.70)		
	350m: 4:01.41 (33.88) 400m: 4:34.34 (32.93)				
12	 Parmenter Charlotte	16	 Jasi Swim Club	+0.72	4:34.75 (-3.05) Entry: 4:37.80
	50m: 29.82 100m: 1:03.91 (34.09)		150m: 1:38.70 (34.79)		
	200m: 2:14.42 (35.72) 250m: 2:50.26 (35.84)		300m: 3:26.63 (36.37)		
	350m: 4:01.91 (35.28) 400m: 4:34.75 (32.84)				
13	 Buissinne Kezia	16	 North Shore Swimmi...	+0.72	4:36.36 (-2.56) Entry: 4:38.92
	50m: 30.19 100m: 1:03.77 (33.58)		150m: 1:38.70 (34.93)		
	200m: 2:14.11 (35.41) 250m: 2:50.20 (36.09)		300m: 3:26.18 (35.98)		
	350m: 4:02.13 (35.95) 400m: 4:36.36 (34.23)				
14	 Botha Michaela	18	 HPK Pakuranga	+0.74	4:37.27 (-5.63) Entry: 4:42.90
	50m: 31.00 100m: 1:05.60 (34.60)		150m: 1:40.41 (34.81)		
	200m: 2:16.05 (35.64) 250m: 2:51.72 (35.67)		300m: 3:27.55 (35.83)		
	350m: 4:03.15 (35.60) 400m: 4:37.27 (34.12)				
15	 Yamagami Kiri	14	 Club 37	+0.77	4:39.23 (-7.38) Entry: 4:46.61
	50m: 31.08 100m: 1:06.42 (35.34)		150m: 1:41.20 (34.78)		
	200m: 2:16.51 (35.31) 250m: 2:51.73 (35.22)		300m: 3:28.12 (36.39)		
	350m: 4:04.29 (36.17) 400m: 4:39.23 (34.94)				
16	 Macdonald Holli	16	 Enterprise Swim Team	+0.75	4:39.31 (-4.96) Entry: 4:44.27
	50m: 31.41 100m: 1:06.26 (34.85)		150m: 1:41.77 (35.51)		
	200m: 2:17.91 (36.14) 250m: 2:53.70 (35.79)		300m: 3:29.89 (36.19)		
	350m: 4:05.61 (35.72) 400m: 4:39.31 (33.70)				
17	 Bates Olivia	16	 HPK Pakuranga		4:39.54 (-4.65) Entry: 4:44.19
	50m: 32.00 100m: 1:07.52 (35.52)		150m: 1:43.04 (35.52)		
	200m: 2:18.80 (35.76) 250m: 2:54.71 (35.91)		300m: 3:30.58 (35.87)		
	350m: 4:05.88 (35.30) 400m: 4:39.54 (33.66)				
18	 Conley Paige	14	 Whanganui Swimmin...	+0.72	4:40.13 (-7.02) Entry: 4:47.15
	50m: 31.52 100m: 1:06.79 (35.27)		150m: 1:42.34 (35.55)		
	200m: 2:17.72 (35.38) 250m: 2:54.02 (36.30)		300m: 3:30.23 (36.21)		
	350m: 4:05.97 (35.74) 400m: 4:40.13 (34.16)				
19	 Buissinne Alexis	16	 North Shore Swimmi...	+0.71	4:40.68 (-0.26) Entry: 4:40.94
	50m: 30.60 100m: 1:04.40 (33.80)		150m: 1:39.19 (34.79)		
	200m: 2:15.12 (35.93) 250m: 2:51.31 (36.19)		300m: 3:28.08 (36.77)		
	350m: 4:05.00 (36.92) 400m: 4:40.68 (35.68)				
20	 Riley Ariella	15	 Hamilton Aquatics	+0.75	4:40.96 (+1.87) Entry: 4:39.09
	50m: 30.16 100m: 1:04.37 (34.21)		150m: 1:39.68 (35.31)		

	200m: 2:15.44 (35.76) 350m: 4:05.46 (37.23)	250m: 2:52.02 (36.58) 400m: 4:40.96 (35.50)	300m: 3:28.23 (36.21)		
21	 Leeds Indy	13	 North Canterbury Swi... +0.75	4:42.17 Entry: 4:45.66 (-3.49)	
	50m: 31.68 200m: 2:18.88 (36.27) 350m: 4:07.15 (35.80)	100m: 1:06.63 (34.95) 250m: 2:55.19 (36.31) 400m: 4:42.17 (35.02)	150m: 1:42.61 (35.98) 300m: 3:31.35 (36.16)		
22	 Denamiel (V) Marianne	15	 New Caledonia +0.79	4:42.64 Entry: 4:43.16 (-0.52)	
	50m: 32.00 200m: 2:18.21 (36.15) 350m: 4:07.56 (36.20)	100m: 1:06.81 (34.81) 250m: 2:54.49 (36.28) 400m: 4:42.64 (35.08)	150m: 1:42.06 (35.25) 300m: 3:31.36 (36.87)		
23	 McEntyre Bella	14	 Taieri Swimming Club +0.70	4:43.09 Entry: 4:49.63 (-6.54)	
	50m: 31.08 200m: 2:17.48 (36.00) 350m: 4:08.19 (36.91)	100m: 1:05.72 (34.64) 250m: 2:54.31 (36.83) 400m: 4:43.09 (34.90)	150m: 1:41.48 (35.76) 300m: 3:31.28 (36.97)		
24	 Cochran Jessica	16	 Pukekohe Swimming ... +0.69	4:43.69 Entry: 4:48.69 (-5.00)	
	50m: 31.81 200m: 2:18.17 (36.50) 350m: 4:07.80 (36.26)	100m: 1:06.37 (34.56) 250m: 2:54.37 (36.20) 400m: 4:43.69 (35.89)	150m: 1:41.67 (35.30) 300m: 3:31.54 (37.17)		
25	 Scott Anabel	16	 Swim Timaru +0.85	4:43.97 Entry: 4:49.05 (-5.08)	
	50m: 32.42 200m: 2:20.08 (36.28) 350m: 4:08.43 (36.22)	100m: 1:08.30 (35.88) 250m: 2:55.89 (35.81) 400m: 4:43.97 (35.54)	150m: 1:43.80 (35.50) 300m: 3:32.21 (36.32)		
26	 Fisher Tandia	13	 Wharenui Swim Club +0.62	4:44.59 Entry: 4:54.77 (-10.18)	
	50m: 31.57 200m: 2:21.16 (37.24) 350m: 4:09.58 (35.52)	100m: 1:07.91 (36.34) 250m: 2:57.27 (36.11) 400m: 4:44.59 (35.01)	150m: 1:43.92 (36.01) 300m: 3:34.06 (36.79)		
27	 Carter Scout	16	 Ice Breaker Aquatics +0.69	4:45.31 Entry: 4:48.17 (-2.86)	
	50m: 32.60 200m: 2:20.66 (36.18) 350m: 4:10.04 (36.67)	100m: 1:08.24 (35.64) 250m: 2:56.96 (36.30) 400m: 4:45.31 (35.27)	150m: 1:44.48 (36.24) 300m: 3:33.37 (36.41)		
28	 Martin Sophie	15	 SwimZone Racing +0.74	4:47.00 Entry: 4:49.38 (-2.38)	
	50m: 32.63 200m: 2:21.84 (36.75) 350m: 4:13.16 (36.86)	100m: 1:08.34 (35.71) 250m: 2:59.12 (37.28) 400m: 4:47.00 (33.84)	150m: 1:45.09 (36.75) 300m: 3:36.30 (37.18)		
29	 Winter Heidi	15	 Alexandra Swimming... +0.71	4:47.03 Entry: 4:48.25 (-1.22)	
	50m: 30.24 200m: 2:18.87 (37.07) 350m: 4:10.94 (37.13)	100m: 1:05.59 (35.35) 250m: 2:56.09 (37.22) 400m: 4:47.03 (36.09)	150m: 1:41.80 (36.21) 300m: 3:33.81 (37.72)		
30	 Riley Indy	15	 Hamilton Aquatics +0.58	4:47.55 Entry: 4:47.83 (-0.28)	
	50m: 32.09 200m: 2:22.32 (37.59) 350m: 4:12.89 (36.20)	100m: 1:07.86 (35.77) 250m: 2:59.27 (36.95) 400m: 4:47.55 (34.66)	150m: 1:44.73 (36.87) 300m: 3:36.69 (37.42)		
31	 Palmer Luisa	14	 Wanaka Swimming C... +0.67	4:47.68 Entry: 4:52.57 (-4.89)	
	50m: 32.71 200m: 2:21.44 (36.85) 350m: 4:11.61 (36.54)	100m: 1:08.44 (35.73) 250m: 2:57.99 (36.55) 400m: 4:47.68 (36.07)	150m: 1:44.59 (36.15) 300m: 3:35.07 (37.08)		

32	 Stewart Tegen	15	 Nelson South Swim ...	+0.73	4:47.69 Entry: 4:52.33 (-4.64)
	50m: 32.43 100m: 1:08.19 (35.76) 150m: 1:44.61 (36.42)				
	200m: 2:21.47 (36.86) 250m: 2:58.31 (36.84) 300m: 3:35.63 (37.32)				
	350m: 4:12.45 (36.82) 400m: 4:47.69 (35.24)				
33	 Skidmore Millie	13	 Trojans Swim Club	+0.66	4:48.40 Entry: 4:52.61 (-4.21)
	50m: 31.78 100m: 1:07.43 (35.65) 150m: 1:43.51 (36.08)				
	200m: 2:20.49 (36.98) 250m: 2:57.08 (36.59) 300m: 3:34.41 (37.33)				
	350m: 4:12.10 (37.69) 400m: 4:48.40 (36.30)				
34	 Henderson Grace	17	 Aquagym Swimming ...	+0.72	4:48.47 Entry: 4:44.03 (+4.44)
	50m: 31.54 100m: 1:06.21 (34.67) 150m: 1:42.21 (36.00)				
	200m: 2:19.50 (37.29) 250m: 2:56.71 (37.21) 300m: 3:34.31 (37.60)				
	350m: 4:11.33 (37.02) 400m: 4:48.47 (37.14)				
35	 Gwiazdzinski Meila	15	 Stratford Flyers Swim...	+0.71	4:48.85 Entry: 4:50.59 (-1.74)
	50m: 30.71 100m: 1:05.27 (34.56) 150m: 1:41.49 (36.22)				
	200m: 2:18.70 (37.21) 250m: 2:55.77 (37.07) 300m: 3:33.85 (38.08)				
	350m: 4:11.51 (37.66) 400m: 4:48.85 (37.34)				
36	 Vivian Olivia	13	 Wharenui Swim Club	+0.70	4:49.26 Entry: 4:53.11 (-3.85)
	50m: 31.81 100m: 1:08.02 (36.21) 150m: 1:44.35 (36.33)				
	200m: 2:21.85 (37.50) 250m: 2:59.41 (37.56) 300m: 3:37.82 (38.41)				
	350m: 4:14.34 (36.52) 400m: 4:49.26 (34.92)				
37	 McDonnell Maeve	13	 Howick Pakuranga	+0.58	4:50.98 Entry: 4:54.05 (-3.07)
	50m: 33.40 100m: 1:09.21 (35.81) 150m: 1:45.98 (36.77)				
	200m: 2:22.98 (37.00) 250m: 3:00.51 (37.53) 300m: 3:37.56 (37.05)				
	350m: 4:15.06 (37.50) 400m: 4:50.98 (35.92)				
38	 Scott Tessa	14	 St Paul's Swimming ...	+0.58	4:51.03 Entry: 4:55.70 (-4.67)
	50m: 32.20 100m: 1:08.06 (35.86) 150m: 1:44.53 (36.47)				
	200m: 2:21.82 (37.29) 250m: 2:59.09 (37.27) 300m: 3:37.08 (37.99)				
	350m: 4:14.07 (36.99) 400m: 4:51.03 (36.96)				
39	 Ah Scha (V) Lusia Laa	13	 Dumbea New Caledo...	+0.94	4:51.72 Entry: 4:52.84 (-1.12)
	50m: 33.56 100m: 1:09.54 (35.98) 150m: 1:45.89 (36.35)				
	200m: 2:22.99 (37.10) 250m: 3:00.30 (37.31) 300m: 3:37.79 (37.49)				
	350m: 4:15.40 (37.61) 400m: 4:51.72 (36.32)				
40	 Peters Sophie	13	 Hamilton Aquatics	+0.75	4:52.94 Entry: 4:55.97 (-3.03)
	50m: 32.08 100m: 1:08.44 (36.36) 150m: 1:45.63 (37.19)				
	200m: 2:22.97 (37.34) 250m: 3:01.12 (38.15) 300m: 3:38.59 (37.47)				
	350m: 4:17.26 (38.67) 400m: 4:52.94 (35.68)				
41	 Yule Helena	13	 Phoenix Aquatics	+0.70	4:53.97 Entry: 4:56.10 (-2.13)
	50m: 33.04 100m: 1:09.44 (36.40) 150m: 1:46.39 (36.95)				
	200m: 2:23.75 (37.36) 250m: 3:01.72 (37.97) 300m: 3:39.44 (37.72)				
	350m: 4:17.25 (37.81) 400m: 4:53.97 (36.72)				
42	 Harper Stella	13	 Wanaka Swimming C...	+0.79	4:54.02 Entry: 4:56.89 (-2.87)
	50m: 33.00 100m: 1:09.63 (36.63) 150m: 1:47.28 (37.65)				
	200m: 2:25.13 (37.85) 250m: 3:03.24 (38.11) 300m: 3:41.13 (37.89)				
	350m: 4:18.68 (37.55) 400m: 4:54.02 (35.34)				
43	 Menzies Laura	14	 Selwyn Swim Club	+0.78	4:54.75 Entry: 4:52.94 (+1.81)
	50m: 32.13 100m: 1:08.29 (36.16) 150m: 1:46.72 (38.43)				


200m: 2:24.94 (38.22) 250m: 3:02.87 (37.93) 300m: 3:40.46 (37.59)
350m: 4:18.25 (37.79) 400m: 4:54.75 (36.50)


44  Sonerson Catherine

17  Pirates Swim Team +0.74

4:55.20
Entry: 4:50.15 (+5.05)

50m: 32.32 100m: 1:08.93 (36.61) 150m: 1:45.99 (37.06)
200m: 2:23.08 (37.09) 250m: 3:00.39 (37.31) 300m: 3:38.96 (38.57)
350m: 4:17.17 (38.21) 400m: 4:55.20 (38.03)

45  Humphries Brooke

13  North Shore Swimmi... +0.67

4:55.31
Entry: 4:58.00 (-2.69)

50m: 33.96 100m: 1:10.86 (36.90) 150m: 1:48.40 (37.54)
200m: 2:26.25 (37.85) 250m: 3:04.08 (37.83) 300m: 3:41.88 (37.80)
350m: 4:19.18 (37.30) 400m: 4:55.31 (36.13)

46  Jory Pippa

14  Jeri Swim Club +0.76

4:59.44
Entry: 5:03.26 (-3.82)

50m: 34.44 100m: 1:12.39 (37.95) 150m: 1:50.23 (37.84)
200m: 2:28.78 (38.55) 250m: 3:06.87 (38.09) 300m: 3:45.60 (38.73)
350m: 4:22.94 (37.34) 400m: 4:59.44 (36.50)

47  Maltai-Spence Sophia

14  Liz van Welie Aquatics +0.68

5:01.12
Entry: 5:13.29 (-12.17)

50m: 33.04 100m: 1:10.62 (37.58) 150m: 1:49.30 (38.68)
200m: 2:27.98 (38.68) 250m: 3:06.32 (38.34) 300m: 3:45.91 (39.59)
350m: 4:23.73 (37.82) 400m: 5:01.12 (37.39)

48  Kaddour (V) Keyla

14  Dumbea New Caledo... +0.78

5:02.95
Entry: 5:06.05 (-3.10)

50m: 32.81 100m: 1:09.48 (36.67) 150m: 1:47.46 (37.98)
200m: 2:26.67 (39.21) 250m: 3:06.02 (39.35) 300m: 3:45.55 (39.53)
350m: 4:24.55 (39.00) 400m: 5:02.95 (38.40)