

16

## 400m Individual Medley Women Final

Official

13NZR

13 Years New Zealand Short  
Course Record

4:55.18 2017-10-06

Erika Fairweather  
NEPOT

14NZR

14 Years New Zealand Short  
Course Record

4:49.05 2014-09-05

Mya Rasmussen  
KIWMW

NZR

Open New Zealand Short Course

4:32.48 2020-10-31

Helena Gasson

Show more



Qualified



Heats



Summary

Total

Rank	Competitor	Age	Club	RT	PTS	Result
1	McCarthy Gina	22	Hamilton Aq...	0.79		<b>4:40.43</b> Entry: 4:50.12 (-9.69)
	25m: 13.92	50m: 30.53 (16.61)	75m: 47.67 (17.14)			
	100m: 1:05.59 (17.92)	125m: 1:23.55 (17.96)	150m: 1:40.55 (17.00)			
	175m: 1:57.70 (17.15)	200m: 2:14.68 (16.98)	225m: 2:34.46 (19.78)			
	250m: 2:54.33 (19.87)	275m: 3:14.12 (19.79)	300m: 3:34.17 (20.05)			
	325m: 3:51.08 (16.91)	350m: 4:07.60 (16.52)	375m: 4:24.17 (16.57)			
	400m: 4:40.43 (16.26)					
2	Pratt-Smith Zyleika	20	Coast Swi...	0.75		<b>4:43.56</b> Entry: 4:53.16 (-9.60)
	25m: 13.46	50m: 29.83 (16.37)	75m: 46.84 (17.01)			
	100m: 1:04.62 (17.78)	125m: 1:22.85 (18.23)	150m: 1:40.93 (18.08)			
	175m: 1:59.01 (18.08)	200m: 2:16.93 (17.92)	225m: 2:35.95 (19.02)			
	250m: 2:55.47 (19.52)	275m: 3:15.43 (19.96)	300m: 3:35.62 (20.19)			
	325m: 3:52.56 (16.94)	350m: 4:09.56 (17.00)	375m: 4:26.88 (17.32)			
	400m: 4:43.56 (16.68)					
3	Finer Emilia	19	Neptune S...	0.68		<b>4:51.34</b> Entry: 4:54.91 (-3.57)
	25m: 14.22	50m: 30.99 (16.77)	75m: 48.47 (17.48)			
	100m: 1:06.33 (17.86)	125m: 1:25.77 (19.44)	150m: 1:44.50 (18.73)			
	175m: 2:03.50 (19.00)	200m: 2:22.25 (18.75)	225m: 2:43.27 (21.02)			
	250m: 3:04.76 (21.49)	275m: 3:26.42 (21.66)	300m: 3:48.27 (21.85)			
	325m: 4:05.11 (16.84)	350m: 4:21.05 (15.94)	375m: 4:36.70 (15.65)			
	400m: 4:51.34 (14.64)					
4	Bates Olivia	16	North Shor...	0.75		<b>4:51.86</b> Entry: 4:51.72 (+0.14)
	25m: 14.44	50m: 31.98 (17.54)	75m: 49.68 (17.70)			
	100m: 1:08.14 (18.46)	125m: 1:27.70 (19.56)	150m: 1:46.27 (18.57)			
	175m: 2:04.89 (18.62)	200m: 2:23.20 (18.31)	225m: 2:43.65 (20.45)			
	250m: 3:04.62 (20.97)	275m: 3:25.28 (20.66)	300m: 3:46.33 (21.05)			
	325m: 4:03.93 (17.60)	350m: 4:20.42 (16.49)	375m: 4:36.66 (16.24)			
	400m: 4:51.86 (15.20)					
5	Asiata Danielle	17	Howick Pak...	0.68		<b>4:52.35</b> Entry: 4:56.44 (-4.09)
	25m: 14.17	50m: 31.23 (17.06)	75m: 48.65 (17.42)			
	100m: 1:06.63 (17.98)	125m: 1:25.03 (18.40)	150m: 1:42.63 (17.60)			
	175m: 2:00.59 (17.96)	200m: 2:18.71 (18.12)	225m: 2:40.08 (21.37)			
	250m: 3:01.57 (21.49)	275m: 3:23.11 (21.54)	300m: 3:45.01 (21.90)			

325m: 4:02.24 (17.23) 350m: 4:19.04 (16.80) 375m: 4:36.04 (17.00)  
400m: 4:52.35 (16.31)

6  De Coster Nina

16  St Paul's S... 0.72

5:00.38  
Entry: 4:55.24 (+5.14)

25m: 14.46	50m: 31.78 (17.32)	75m: 49.91 (18.13)
100m: 1:08.36 (18.45)	125m: 1:28.96 (20.60)	150m: 1:48.18 (19.22)
175m: 2:07.30 (19.12)	200m: 2:26.24 (18.94)	225m: 2:48.31 (22.07)
250m: 3:10.62 (22.31)	275m: 3:31.63 (21.01)	300m: 3:53.69 (22.06)
325m: 4:11.34 (17.65)	350m: 4:27.92 (16.58)	375m: 4:44.42 (16.50)
400m: 5:00.38 (15.96)		

7  Riley Ariella

16  Hamilton Aq... 0.84

5:01.61  
Entry: 5:01.66 (-0.05)

25m: 14.22	50m: 31.80 (17.58)	75m: 50.34 (18.54)
100m: 1:09.32 (18.98)	125m: 1:29.14 (19.82)	150m: 1:47.83 (18.69)
175m: 2:06.90 (19.07)	200m: 2:25.78 (18.88)	225m: 2:47.44 (21.66)
250m: 3:09.68 (22.24)	275m: 3:31.79 (22.11)	300m: 3:54.02 (22.23)
325m: 4:11.62 (17.60)	350m: 4:28.44 (16.82)	375m: 4:45.23 (16.79)
400m: 5:01.61 (16.38)		


8  Hurley Kate

16  Pirates Swi... 0.78

5:02.50  
Entry: 5:04.22 (-1.72)


25m: 14.65	50m: 32.34 (17.69)	75m: 50.84 (18.50)
100m: 1:09.74 (18.90)	125m: 1:29.67 (19.93)	150m: 1:49.21 (19.54)
175m: 2:08.21 (19.00)	200m: 2:26.90 (18.69)	225m: 2:47.68 (20.78)
250m: 3:09.22 (21.54)	275m: 3:30.49 (21.27)	300m: 3:52.56 (22.07)
325m: 4:10.97 (18.41)	350m: 4:28.80 (17.83)	375m: 4:46.08 (17.28)
400m: 5:02.50 (16.42)		

9  Abdou Hanna

17  Wharenui S... 0.79

5:02.74  
Entry: 4:57.50 (+5.24)

25m: 14.57	50m: 32.05 (17.48)	75m: 50.47 (18.42)
100m: 1:10.34 (19.87)	125m: 1:29.86 (19.52)	150m: 1:48.68 (18.82)
175m: 2:07.49 (18.81)	200m: 2:26.24 (18.75)	225m: 2:48.30 (22.06)
250m: 3:10.17 (21.87)	275m: 3:32.59 (22.42)	300m: 3:55.44 (22.85)
325m: 4:13.21 (17.77)	350m: 4:30.42 (17.21)	375m: 4:47.11 (16.69)
400m: 5:02.74 (15.63)		


10  Quayle Bridie

16  Wharenui S... 0.80

5:02.89  
Entry: 4:58.36 (+4.53)

25m: 14.38	50m: 31.97 (17.59)	75m: 50.36 (18.39)
100m: 1:09.75 (19.39)	125m: 1:28.82 (19.07)	150m: 1:48.01 (19.19)
175m: 2:07.65 (19.64)	200m: 2:26.47 (18.82)	225m: 2:47.81 (21.34)
250m: 3:09.76 (21.95)	275m: 3:31.07 (21.31)	300m: 3:53.43 (22.36)
325m: 4:11.14 (17.71)	350m: 4:29.31 (18.17)	375m: 4:47.08 (17.77)
400m: 5:02.89 (15.81)		

11  Lyles Jasmine

17  Phoenix Aq... 0.71

5:03.28  
Entry: 5:09.17 (-5.89)

25m: 14.43	50m: 31.81 (17.38)	75m: 50.30 (18.49)
100m: 1:09.86 (19.56)	125m: 1:30.93 (21.07)	150m: 1:50.98 (20.05)
175m: 2:10.89 (19.91)	200m: 2:30.29 (19.40)	225m: 2:50.27 (19.98)
250m: 3:11.12 (20.85)	275m: 3:31.95 (20.83)	300m: 3:52.87 (20.92)
325m: 4:11.35 (18.48)	350m: 4:28.79 (17.44)	375m: 4:46.59 (17.80)
400m: 5:03.28 (16.69)		


12  Fisher Jaimee

26  Enterprise ... 0.74

5:03.30  
Entry: 5:06.27 (-2.97)

25m: 15.12	50m: 32.46 (17.34)	75m: 50.43 (17.97)
100m: 1:08.95 (18.52)	125m: 1:29.00 (20.05)	150m: 1:48.25 (19.25)
175m: 2:07.69 (19.44)	200m: 2:26.79 (19.10)	225m: 2:48.30 (21.51)
250m: 3:10.17 (21.87)	275m: 3:32.55 (22.38)	300m: 3:55.03 (22.48)

325m: 4:12.94 (17.91) 350m: 4:30.11 (17.17) 375m: 4:47.38 (17.27)  
400m: 5:03.30 (15.92)


13  Buissinne Kezia

16  North Shore... 0.77

5:07.61  
Entry: 5:09.97 (-2.36)

25m: 14.68	50m: 32.93 (18.25)	75m: 51.56 (18.63)
100m: 1:11.20 (19.64)	125m: 1:31.87 (20.67)	150m: 1:51.90 (20.03)
175m: 2:11.80 (19.90)	200m: 2:31.25 (19.45)	225m: 2:53.31 (22.06)
250m: 3:15.65 (22.34)	275m: 3:37.54 (21.89)	300m: 4:00.03 (22.49)
325m: 4:17.61 (17.58)	350m: 4:34.56 (16.95)	375m: 4:51.63 (17.07)
400m: 5:07.61 (15.98)		

14  Uys Heidi

18  Swim Timaru 0.76

5:07.64  
Entry: 5:11.96 (-4.32)

25m: 15.17	50m: 33.33 (18.16)	75m: 51.76 (18.43)
100m: 1:10.98 (19.22)	125m: 1:30.68 (19.70)	150m: 1:49.72 (19.04)
175m: 2:09.08 (19.36)	200m: 2:28.43 (19.35)	225m: 2:49.10 (20.67)
250m: 3:10.52 (21.42)	275m: 3:32.08 (21.56)	300m: 3:53.81 (21.73)
325m: 4:12.79 (18.98)	350m: 4:31.07 (18.28)	375m: 4:49.76 (18.69)
400m: 5:07.64 (17.88)		

15  Wang Hope

13  Phoenix Aq... 0.80

5:08.45  
Entry: 5:07.96 (+0.49)

25m: 15.43	50m: 34.03 (18.60)	75m: 52.95 (18.92)
100m: 1:12.98 (20.03)	125m: 1:32.98 (20.00)	150m: 1:52.09 (19.11)
175m: 2:11.51 (19.42)	200m: 2:30.37 (18.86)	225m: 2:52.01 (21.64)
250m: 3:14.09 (22.08)	275m: 3:35.30 (21.21)	300m: 3:57.19 (21.89)
325m: 4:16.28 (19.09)	350m: 4:34.10 (17.82)	375m: 4:51.78 (17.68)
400m: 5:08.45 (16.67)		

16  Carter Violet

14  Ice Breaker... 0.84

5:10.36  
Entry: 5:07.78 (+2.58)

25m: 15.01	50m: 33.45 (18.44)	75m: 52.63 (19.18)
100m: 1:12.50 (19.87)	125m: 1:31.99 (19.49)	150m: 1:51.23 (19.24)
175m: 2:11.03 (19.80)	200m: 2:30.20 (19.17)	225m: 2:51.71 (21.51)
250m: 3:13.78 (22.07)	275m: 3:35.99 (22.21)	300m: 3:58.83 (22.84)
325m: 4:17.60 (18.77)	350m: 4:35.84 (18.24)	375m: 4:53.69 (17.85)
400m: 5:10.36 (16.67)		

17  Carter Scout

16  Ice Breaker... 0.75

5:10.43  
Entry: 5:13.32 (-2.89)

25m: 15.60	50m: 34.16 (18.56)	75m: 53.14 (18.98)
100m: 1:12.60 (19.46)	125m: 1:33.86 (21.26)	150m: 1:54.43 (20.57)
175m: 2:14.84 (20.41)	200m: 2:34.35 (19.51)	225m: 2:55.70 (21.35)
250m: 3:17.20 (21.50)	275m: 3:38.83 (21.63)	300m: 4:00.52 (21.69)
325m: 4:18.83 (18.31)	350m: 4:36.19 (17.36)	375m: 4:53.68 (17.49)
400m: 5:10.43 (16.75)		


18  Sasamoto Rio

16  Enterprise ... 0.72

5:10.72  
Entry: 5:13.87 (-3.15)

25m: 15.40	50m: 33.15 (17.75)	75m: 51.72 (18.57)
100m: 1:10.70 (18.98)	125m: 1:31.09 (20.39)	150m: 1:50.67 (19.58)
175m: 2:09.70 (19.03)	200m: 2:29.06 (19.36)	225m: 2:52.25 (23.19)
250m: 3:15.11 (22.86)	275m: 3:37.96 (22.85)	300m: 4:01.33 (23.37)
325m: 4:18.90 (17.57)	350m: 4:36.32 (17.42)	375m: 4:53.62 (17.30)
400m: 5:10.72 (17.10)		

19  Buissinne Alexis


16  North Shore... 0.76

5:11.40  
Entry: 5:12.86 (-1.46)

25m: 14.34	50m: 31.74 (17.40)	75m: 50.17 (18.43)
100m: 1:09.66 (19.49)	125m: 1:30.42 (20.76)	150m: 1:49.87 (19.45)
175m: 2:09.84 (19.97)	200m: 2:28.92 (19.08)	225m: 2:51.83 (22.91)
250m: 3:14.59 (22.76)	275m: 3:37.29 (22.70)	300m: 4:00.46 (23.17)


325m: 4:18.75 (18.29) 350m: 4:36.64 (17.89) 375m: 4:54.80 (18.16)  
400m: 5:11.40 (16.60)

20  Fourie Madison

17  North Shore... 0.78

5:15.91  
Entry: 5:16.14 (-0.23)

25m: 15.35	50m: 33.81 (18.46)	75m: 52.79 (18.98)
100m: 1:12.29 (19.50)	125m: 1:32.85 (20.56)	150m: 1:52.66 (19.81)
175m: 2:12.57 (19.91)	200m: 2:32.10 (19.53)	225m: 2:54.78 (22.68)
250m: 3:17.59 (22.81)	275m: 3:40.40 (22.81)	300m: 4:03.41 (23.01)
325m: 4:22.20 (18.79)	350m: 4:40.31 (18.11)	375m: 4:58.43 (18.12)
400m: 5:15.91 (17.48)		

21  Jury Mackenzie

13  Liz van Wel... 0.70

5:12.28  
Entry: 5:18.01 (-5.73)

25m: 15.64	50m: 33.66 (18.02)	75m: 52.89 (19.23)
100m: 1:12.66 (19.77)	125m: 1:33.60 (20.94)	150m: 1:53.64 (20.04)
175m: 2:14.13 (20.49)	200m: 2:34.20 (20.07)	225m: 2:55.86 (21.66)
250m: 3:17.84 (21.98)	275m: 3:40.48 (22.64)	300m: 4:02.87 (22.39)
325m: 4:20.83 (17.96)	350m: 4:38.57 (17.74)	375m: 4:55.89 (17.32)
400m: 5:12.28 (16.39)		

22  Grenfell Annabel

16  Nelson Sou... 0.76

5:15.48  
Entry: 5:18.22 (-2.74)


25m: 14.94	50m: 33.22 (18.28)	75m: 51.90 (18.68)
100m: 1:11.23 (19.33)	125m: 1:31.62 (20.39)	150m: 1:50.51 (18.89)
175m: 2:09.64 (19.13)	200m: 2:28.36 (18.72)	225m: 2:52.17 (23.81)
250m: 3:15.78 (23.61)	275m: 3:38.73 (22.95)	300m: 4:02.35 (23.62)
325m: 4:21.40 (19.05)	350m: 4:39.48 (18.08)	375m: 4:57.57 (18.09)
400m: 5:15.48 (17.91)		


23  Delunel (V) Clara

15  New Caled... 0.75

5:16.06  
Entry: 5:20.66 (-4.60)

25m: 15.11	50m: 34.08 (18.97)	75m: 52.99 (18.91)
100m: 1:13.24 (20.25)	125m: 1:33.91 (20.67)	150m: 1:53.92 (20.01)
175m: 2:13.78 (19.86)	200m: 2:33.81 (20.03)	225m: 2:56.83 (23.02)
250m: 3:19.68 (22.85)	275m: 3:42.52 (22.84)	300m: 4:05.57 (23.05)
325m: 4:24.06 (18.49)	350m: 4:41.80 (17.74)	375m: 4:59.37 (17.57)
400m: 5:16.06 (16.69)		

24  Kennard Shyla

15  Aquabladz ... 0.75

5:21.79  
Entry: 5:18.85 (+2.94)

25m: 14.73	50m: 33.12 (18.39)	75m: 52.45 (19.33)
100m: 1:12.55 (20.10)	125m: 1:32.90 (20.35)	150m: 1:52.00 (19.10)
175m: 2:11.91 (19.91)	200m: 2:31.29 (19.38)	225m: 2:54.86 (23.57)
250m: 3:18.16 (23.30)	275m: 3:41.87 (23.71)	300m: 4:05.78 (23.91)
325m: 4:25.33 (19.55)	350m: 4:44.09 (18.76)	375m: 5:03.13 (19.04)
400m: 5:21.79 (18.66)		

25  Marlow Madison

15  Hamilton Aq... 0.76

5:25.39  
Entry: 5:30.32 (-4.93)

25m: 14.89	50m: 32.55 (17.66)	75m: 51.09 (18.54)
100m: 1:10.53 (19.44)	125m: 1:32.38 (21.85)	150m: 1:53.30 (20.92)
175m: 2:13.94 (20.64)	200m: 2:34.90 (20.96)	225m: 2:57.67 (22.77)
250m: 3:21.08 (23.41)	275m: 3:44.64 (23.56)	300m: 4:08.86 (24.22)
325m: 4:27.90 (19.04)	350m: 4:46.90 (19.00)	375m: 5:06.62 (19.72)
400m: 5:25.39 (18.77)		

26  Fletcher Emma

16  St Paul's S... 0.75

5:27.81  
Entry: 5:29.83 (-2.02)

25m: 15.09	50m: 33.59 (18.50)	75m: 53.22 (19.63)
100m: 1:13.61 (20.39)	125m: 1:34.77 (21.16)	150m: 1:54.75 (19.98)
175m: 2:14.90 (20.15)	200m: 2:34.72 (19.82)	225m: 2:58.37 (23.65)
250m: 3:22.32 (23.95)	275m: 3:46.13 (23.81)	300m: 4:10.20 (24.07)

325m: 4:29.63 (19.43)    350m: 4:48.81 (19.18)    375m: 5:08.47 (19.66)  
400m: 5:27.81 (19.34)

27



Searle Amelia-Rose

13



North Shore...

0.71

**5:32.74**  
Entry: 5:33.05 (-0.31)

25m: 15.18	50m: 33.34 (18.16)	75m: 52.69 (19.35)
100m: 1:13.14 (20.45)	125m: 1:34.79 (21.65)	150m: 1:55.03 (20.24)
175m: 2:15.21 (20.18)	200m: 2:36.05 (20.84)	225m: 2:59.80 (23.75)
250m: 3:24.16 (24.36)	275m: 3:49.18 (25.02)	300m: 4:14.63 (25.45)
325m: 4:35.16 (20.53)	350m: 4:55.09 (19.93)	375m: 5:14.61 (19.52)
400m: 5:32.74 (18.13)		

28



Gibbs Meghan

14



Tawa Swim...

0.79

**5:33.95**  
Entry: 5:31.75 (+2.20)

25m: 15.70	50m: 34.98 (19.28)	75m: 55.72 (20.74)
100m: 1:16.71 (20.99)	125m: 1:39.21 (22.50)	150m: 2:00.20 (20.99)
175m: 2:21.31 (21.11)	200m: 2:42.11 (20.80)	225m: 3:06.41 (24.30)
250m: 3:31.03 (24.62)	275m: 3:55.70 (24.67)	300m: 4:20.32 (24.62)
325m: 4:39.04 (18.72)	350m: 4:57.54 (18.50)	375m: 5:16.34 (18.80)
400m: 5:33.95 (17.61)		

29



Daly Harriett

13



Tasman Sw...

0.72

**5:36.59**  
Entry: 5:42.72 (-6.13)

25m: 15.72	50m: 34.97 (19.25)	75m: 55.32 (20.35)
100m: 1:17.27 (21.95)	125m: 1:39.77 (22.50)	150m: 2:01.14 (21.37)
175m: 2:22.44 (21.30)	200m: 2:43.56 (21.12)	225m: 3:07.70 (24.14)
250m: 3:31.86 (24.16)	275m: 3:55.38 (23.52)	300m: 4:17.69 (22.31)
325m: 4:38.36 (20.67)	350m: 4:58.19 (19.83)	375m: 5:17.93 (19.74)
400m: 5:36.59 (18.66)		