



2020-10-07 00:01:16
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 2020 New Zealand Short Course Swimming Championships
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Results for 2020 New Zealand Short Course Swimming Championships

Below are all results from the competition shown by session.

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Session Three - Heats

Unofficial Summary

After 8 of 8 heats

2020 NZ Short Course Swimming Championships

Place: Water World Te Rapa Organizer: Swimming New Zealand
 Pool: 25m Competition Date: Oct 6, 2020 to Oct 10, 2020

Event 12, 400m IM Women - Heat

NZR	4:34.05	Helen Norfolk	1981	NSSAK (NZL)	United Kingdom	9/04/2008
13NZR	4:55.18	Erika Fairweather		NEPOT		6/10/2017
14NZR	4:49.05	Mya Rasmussen		KIWMW		5/09/2014
15NZR	4:46.99	Chloe Francis		NSSAK (NZL)		30/09/2008
16NZR	4:39.95	Mya Rasmussen		KWIMW		14/08/2016
17NZR	4:36.84	Anna Wilson		NZL (NZL)		15/02/1995
18NZR	4:36.84	Standard		(NZL)		

Rank	Name	Age	Team	R.T.	FINA	Time	Diff
1	Georgina McCarthy	18	Hamilton Aquatics			4:44.54	
	Entry time: 4:40.76		(+3.78)				
	50m: 30.84	100m: 1:05.44	(34.60)	150m: 1:42.02	(36.58)	200m: 2:18.32	(36.30)
	250m: 2:57.76	300m: 3:38.18	(40.42)	350m: 4:11.83	(33.65)	400m: 4:44.54	(32.71)
2	Zyleika Pratt-Smith	16	Mt Maunganui Swimming Club			4:50.46	+5.92
	Entry time: 4:54.54		(-4.08)				
	50m: 30.79	100m: 1:07.15	(36.36)	150m: 1:44.53	(37.38)	200m: 2:21.01	(36.48)
	250m: 3:01.27	300m: 3:41.87	(40.60)	350m: 4:16.61	(34.74)	400m: 4:50.46	(33.85)
3	Nikki Chapman	23	Capital Swim Club			4:56.38	+11.84
	Entry time: 4:55.33		(+1.05)				
	50m: 32.12	100m: 1:10.07	(37.95)	150m: 1:48.74	(38.67)	200m: 2:26.32	(37.58)
	250m: 3:06.98	300m: 3:47.64	(40.66)	350m: 4:22.05	(34.41)	400m: 4:56.38	(34.33)
4	Arabella Smith	15	Napier Aquahawks			5:00.12	+15.58
	Entry time: 5:08.59		(-8.47)				
	50m: 32.52	100m: 1:10.33	(37.81)	150m: 1:48.66	(38.33)	200m: 2:26.13	(37.47)
	250m: 3:09.53	300m: 3:52.77	(43.24)	350m: 4:27.14	(34.37)	400m: 5:00.12	(32.98)
5	Sophie Irving	17	Capital Swim Club			5:00.45	+15.91
	Entry time: 5:09.24		(-8.79)				
	50m: 32.41	100m: 1:08.66	(36.25)	150m: 1:46.44	(37.78)	200m: 2:23.68	(37.24)
	250m: 3:07.55	300m: 3:52.44	(44.89)	350m: 4:27.62	(35.18)	400m: 5:00.45	(32.83)
6	Talitha McEwan	14	Evolution Aquatics Tauranga			5:01.42	+16.88
	Entry time: 5:05.99		(-4.57)				
	50m: 32.56	100m: 1:10.59	(38.03)	150m: 1:48.59	(38.00)	200m: 2:26.13	(37.54)
	250m: 3:10.34	300m: 3:56.21	(45.87)	350m: 4:30.39	(34.18)	400m: 5:01.42	(31.03)
7	Hanna Abdou	14	Jasi Swim Club			5:02.22	+17.68
	Entry time: 5:04.51		(-2.29)				
	50m: 33.23	100m: 1:11.79	(38.56)	150m: 1:48.93	(37.14)	200m: 2:25.47	(36.54)
	250m: 3:10.08	300m: 3:56.09	(46.01)	350m: 4:30.24	(34.15)	400m: 5:02.22	(31.98)
8	Madison Wills	16	Kiwi ASC			5:02.38	+17.84
	Entry time: 4:58.65		(+3.73)				
	50m: 31.36	100m: 1:07.60	(36.24)	150m: 1:47.54	(39.94)	200m: 2:27.07	(39.53)
	250m: 3:08.78	300m: 3:51.05	(42.27)	350m: 4:26.93	(35.88)	400m: 5:02.38	(35.45)
9	Bree Anderson	17	Nelson South Swim Club			5:03.21	+18.67
	Entry time: 5:03.58		(-0.37)				
	50m: 32.12	100m: 1:09.32	(37.20)	150m: 1:47.31	(37.99)	200m: 2:25.40	(38.09)
	250m: 3:08.25	300m: 3:52.07	(43.82)	350m: 4:28.44	(36.37)	400m: 5:03.21	(34.77)
10	Molly Player	15	Capital Swim Club			5:05.55	+21.01
	Entry time: 5:11.28		(-5.73)				
	50m: 32.47	100m: 1:09.98	(37.51)	150m: 1:46.20	(36.22)	200m: 2:22.10	(35.90)
	250m: 3:07.28	300m: 3:53.19	(45.91)	350m: 4:30.02	(36.83)	400m: 5:05.55	(35.53)
11	Maddy Horton	15	Jasi Swim Club			5:07.02	+22.48
	Entry time: 5:10.98		(-3.96)				
	50m: 31.96	100m: 1:08.20	(36.24)	150m: 1:48.46	(40.26)	200m: 2:28.28	(39.82)
	250m: 3:13.09	300m: 3:57.62	(44.53)	350m: 4:33.17	(35.55)	400m: 5:07.02	(33.85)
12	Ciara Smith	19	Northwave Swim Club			5:07.07	+22.53
	Entry time: 4:53.28		(+13.79)				
	50m: 33.99	100m: 1:13.01	(39.02)	150m: 1:51.34	(38.33)	200m: 2:29.67	(38.33)
	250m: 3:09.90	300m: 3:52.70	(42.80)	350m: 4:30.03	(37.33)	400m: 5:07.07	(37.04)
13	Jenna Rolston-Larking	16	Capital Swim Club			5:07.66	+23.12
	Entry time: 5:03.43		(+4.23)				
	50m: 31.18	100m: 1:07.08	(35.90)	150m: 1:46.32	(39.24)	200m: 2:25.43	(39.11)
	250m: 3:09.74	300m: 3:53.93	(44.19)	350m: 4:31.06	(37.13)	400m: 5:07.66	(36.60)
14	Hannah King	14	Ashburton Swim Team			5:10.00	+25.46
	Entry time: 5:10.83		(-0.83)				
	50m: 34.68	100m: 1:14.27	(39.59)	150m: 1:55.11	(40.84)	200m: 2:35.12	(40.01)
	250m: 3:17.41	300m: 4:00.06	(42.65)	350m: 4:35.67	(35.61)	400m: 5:10.00	(34.33)
15	Maia Adams	16	Raumati Swimming Club			5:11.71	+27.17
	Entry time: 5:12.81		(-1.10)				
	50m: 32.75	100m: 1:11.48	(38.73)	150m: 1:49.94	(38.46)	200m: 2:28.52	(38.58)
	250m: 3:13.44	300m: 3:59.67	(46.23)	350m: 4:36.56	(36.89)	400m: 5:11.71	(35.15)
16	Zoe Wilkinson	14	Evolution Aquatics Tauranga			5:12.30	+27.76
	Entry time: 5:15.98		(-3.68)				



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50m: 33.80 250m: 3:16.17 (46.39)	100m: 1:12.17 (38.37) 300m: 4:02.16 (45.99)	150m: 1:50.86 (38.69) 350m: 4:38.32 (36.16)	200m: 2:29.78 (38.92) 400m: 5:12.30 (33.98)
17 Elisia Wong	18 Pirates Swim Team	5:13.48	+28.94
Entry time: 5:22.47 (-8.99)			
50m: 33.23 250m: 3:11.66 (43.55)	100m: 1:12.17 (38.94) 300m: 3:57.34 (45.68)	150m: 1:49.83 (37.66) 350m: 4:36.53 (39.19)	200m: 2:28.11 (38.28) 400m: 5:13.48 (36.95)
18 Ashleigh Lawlor	14 Whakatane Swimming Club	5:15.49	+30.95
Entry time: 5:15.95 (-0.46)			
50m: 32.99 250m: 3:16.49 (47.77)	100m: 1:12.13 (39.14) 300m: 4:03.85 (47.36)	150m: 1:50.80 (38.67) 350m: 4:39.90 (36.05)	200m: 2:28.72 (37.92) 400m: 5:15.49 (35.59)
19 Emilia Finer	15 Bream Bay Swim Club	5:15.52	+30.98
Entry time: 5:18.05 (-2.53)			
50m: 33.20 250m: 3:19.46 (46.79)	100m: 1:10.95 (37.75) 300m: 4:06.50 (47.04)	150m: 1:52.06 (41.11) 350m: 4:41.52 (35.02)	200m: 2:32.67 (40.61) 400m: 5:15.52 (34.00)
20 Alina Wong	13 Kiwi West Aquatics	5:16.64	+32.10
Entry time: 5:22.08 (-5.44)			
50m: 31.69 250m: 3:16.59 (47.76)	100m: 1:09.44 (37.75) 300m: 4:04.10 (47.51)	150m: 1:49.46 (40.02) 350m: 4:41.77 (37.67)	200m: 2:28.83 (39.37) 400m: 5:16.64 (34.87)
21 Lucy Borlase	18 Pirates Swim Team	5:17.36	+32.82
Entry time: 5:07.74 (+9.62)			
50m: 34.32 250m: 3:17.26 (43.50)	100m: 1:14.41 (40.09) 300m: 4:01.15 (43.89)	150m: 1:54.63 (40.22) 350m: 4:39.58 (38.43)	200m: 2:33.76 (39.13) 400m: 5:17.36 (37.78)
22 Rhianna Short	16 Orca Swimming Club	5:18.17	+33.63
Entry time: 5:15.51 (+2.66)			
50m: 33.60 250m: 3:18.40 (43.36)	100m: 1:12.54 (38.94) 300m: 4:02.65 (44.25)	150m: 1:54.41 (41.87) 350m: 4:41.44 (38.79)	200m: 2:35.04 (40.63) 400m: 5:18.17 (36.73)
23 Sarah Cummings	16 Liz van Welie Aquatics	5:18.26	+33.72
Entry time: 5:15.82 (+2.44)			
50m: 35.04 250m: 3:23.00 (45.18)	100m: 1:17.05 (42.01) 300m: 4:08.54 (45.54)	150m: 1:57.94 (40.89) 350m: 4:44.37 (35.83)	200m: 2:37.82 (39.88) 400m: 5:18.26 (33.89)
24 Jade Vesty	16 Jasi Swim Club	5:18.62	+34.08
Entry time: 5:14.48 (+4.14)			
50m: 34.10 250m: 3:17.41 (47.62)	100m: 1:12.86 (38.76) 300m: 4:05.90 (48.49)	150m: 1:51.58 (38.72) 350m: 4:42.79 (36.89)	200m: 2:29.79 (38.21) 400m: 5:18.62 (35.83)
25 Samantha Wilson	14 Tasman Swim Club	5:18.64	+34.10
Entry time: 5:25.81 (-7.17)			
50m: 31.85 250m: 3:19.16 (47.56)	100m: 1:08.95 (37.10) 300m: 4:06.32 (47.16)	150m: 1:51.02 (42.07) 350m: 4:42.99 (36.67)	200m: 2:31.60 (40.58) 400m: 5:18.64 (35.65)
26 Savanna Bourke	15 St Peter's Swimming Club	5:19.01	+34.47
Entry time: 5:19.94 (-0.93)			
50m: 31.52 250m: 3:15.87 (47.24)	100m: 1:08.15 (36.63) 300m: 4:04.32 (48.45)	150m: 1:48.24 (40.09) 350m: 4:42.56 (38.24)	200m: 2:28.63 (40.39) 400m: 5:19.01 (36.45)
27 Eva McGeoch	14 Stratford Amateur Swimming Cl	5:19.26	+34.72
Entry time: 5:23.64 (-4.38)			
50m: 34.24 250m: 3:18.53 (48.12)	100m: 1:13.55 (39.31) 300m: 4:06.39 (47.86)	150m: 1:52.43 (38.88) 350m: 4:43.43 (37.04)	200m: 2:30.41 (37.98) 400m: 5:19.26 (35.83)
28 Annelyse Cowie	16 Swim Rotorua	5:19.59	+35.05
Entry time: 5:10.88 (+8.71)			
50m: 34.96 250m: 3:21.99 (44.26)	100m: 1:14.69 (39.73) 300m: 4:05.38 (43.39)	150m: 1:56.59 (41.90) 350m: 4:43.49 (38.11)	200m: 2:37.73 (41.14) 400m: 5:19.59 (36.10)
29 Cate Barton	16 Nelson South Swim Club	5:19.96	+35.42
Entry time: 5:21.90 (-1.94)			
50m: 33.26 250m: 3:16.20 (45.60)	100m: 1:12.75 (39.49) 300m: 4:02.97 (46.77)	150m: 1:51.89 (39.14) 350m: 4:41.85 (38.88)	200m: 2:30.60 (38.71) 400m: 5:19.96 (38.11)
30 Evie Skidmore	13 Napier Aquahawks	5:20.52	+35.98
Entry time: 5:31.33 (-10.81)			
50m: 32.19 250m: 3:16.85 (50.26)	100m: 1:11.38 (39.19) 300m: 4:07.30 (50.45)	150m: 1:48.62 (37.24) 350m: 4:44.91 (37.61)	200m: 2:26.59 (37.97) 400m: 5:20.52 (35.61)
31 Sarah Mabin	20 Jasi Swim Club	5:20.54	+36.00
Entry time: 5:10.52 (+10.02)			
50m: 34.30 250m: 3:18.92 (43.16)	100m: 1:14.03 (39.73) 300m: 4:02.49 (43.57)	150m: 1:55.16 (41.13) 350m: 4:42.12 (39.63)	200m: 2:35.76 (40.60) 400m: 5:20.54 (38.42)
32 Amelia Black	14 Waverley Swimming Club	5:20.79	+36.25
Entry time: 5:29.00 (-8.21)			
50m: 33.68 250m: 3:21.37 (47.37)	100m: 1:13.21 (39.53) 300m: 4:09.03 (47.66)	150m: 1:53.64 (40.43) 350m: 4:45.55 (36.52)	200m: 2:34.00 (40.36) 400m: 5:20.79 (35.24)
33 Jemima Barr	14 Tasman Swim Club	5:20.85	+36.31
Entry time: 5:28.45 (-7.60)			
50m: 32.12 250m: 3:18.45 (47.56)	100m: 1:09.64 (37.52) 300m: 4:06.42 (47.97)	150m: 1:49.97 (40.33) 350m: 4:44.89 (38.47)	200m: 2:30.89 (40.92) 400m: 5:20.85 (35.96)
34 Charlotte Gibbs	15 Tawa Swimming Club	5:21.58	+37.04
Entry time: 5:25.22 (-3.64)			
50m: 32.75 250m: 3:21.02 (45.93)	100m: 1:11.67 (38.92) 300m: 4:09.38 (48.36)	150m: 1:53.12 (41.45) 350m: 4:46.17 (36.79)	200m: 2:35.09 (41.97) 400m: 5:21.58 (35.41)
35 Holly Fisher	17 Comet Swim Club	5:21.62	+37.08
Entry time: 5:16.02 (+5.60)			
50m: 33.18 250m: 4:07.09 (46.91)	100m: 1:12.21 (39.03) 300m: 4:45.40 (38.31)	150m: 2:34.47 (1:22.26)	200m: 3:20.18 (45.71) 400m: 5:21.62 (5:21.62)
36 Noemie Savry	16 North Canterbury Swim Club Inc	5:22.14	+37.60
Entry time: 5:18.04 (+4.10)			
50m: 34.08 250m: 3:20.56 (48.53)	100m: 1:13.47 (39.39) 300m: 4:08.79 (48.23)	150m: 1:53.31 (39.84) 350m: 4:46.51 (37.72)	200m: 2:32.03 (38.72) 400m: 5:22.14 (35.63)
37 Isabel Hogg	16 Pirates Swim Team	5:22.44	+37.90
Entry time: 5:24.08 (-1.64)			
50m: 34.73 250m: 3:24.27 (42.85)	100m: 1:16.74 (42.01) 300m: 4:08.30 (44.03)	150m: 1:59.23 (42.49) 350m: 4:45.89 (37.59)	200m: 2:41.42 (42.19) 400m: 5:22.44 (36.55)
38 Chloe Newbigging	15 Selwyn Swim Club	5:22.74	+38.20
Entry time: 5:27.05 (-4.31)			
50m: 32.68 250m: 3:17.58 (47.30)	100m: 1:11.80 (39.12) 300m: 4:06.52 (48.94)	150m: 1:51.48 (39.68) 350m: 4:45.59 (39.07)	200m: 2:30.28 (38.80) 400m: 5:22.74 (37.15)
39 Tara Shotter	14 Aquablazd New Plymouth Swim	5:23.16	+38.62
Entry time: 5:23.41 (-0.25)			
50m: 34.08 250m: 3:25.19 (48.02)	100m: 1:14.83 (40.75) 300m: 4:13.26 (48.07)	150m: 1:56.11 (41.28) 350m: 4:48.33 (35.07)	200m: 2:37.17 (41.06) 400m: 5:23.16 (34.83)
40 Caitlin Close	16 North Canterbury Swim Club Inc	5:24.03	+39.49
Entry time: 5:18.51 (+5.52)			
50m: 34.44 250m: 3:25.09 (46.87)	100m: 1:13.30 (38.86) 300m: 4:12.61 (47.52)	150m: 1:55.49 (42.19) 350m: 4:49.26 (36.65)	200m: 2:38.22 (42.73) 400m: 5:24.03 (34.77)
41 Maisy Perriam	16 Jasi Swim Club	5:24.19	+39.65
Entry time: 5:18.16 (+6.03)			

50m: 33.62	100m: 1:12.93 (39.31)	150m: 1:54.46 (41.53)	200m: 2:34.11 (39.65)
250m: 3:21.67 (47.56)	300m: 4:09.80 (48.13)	350m: 4:48.54 (38.74)	400m: 5:24.19 (35.65)
42 Heidi Uys	14 Swim Timaru	5:24.40	+39.86
Entry time: 5:25.46 (-1.06)			
50m: 34.43	100m: 1:14.60 (40.17)	150m: 1:57.35 (42.75)	200m: 2:38.83 (41.48)
250m: 3:24.15 (45.32)	300m: 4:09.94 (45.79)	350m: 4:47.86 (37.92)	400m: 5:24.40 (36.54)
43 Sara Jameson	14 Queenstown Swimming Club	5:24.72	+40.18
Entry time: 5:27.93 (-3.21)			
50m: 34.06	100m: 1:13.79 (39.73)	150m: 1:55.73 (41.94)	200m: 2:36.49 (40.76)
250m: 3:24.73 (48.24)	300m: 4:12.38 (47.65)	350m: 4:49.15 (36.77)	400m: 5:24.72 (35.57)
44 Sophie Buchanan	16 Pirates Swim Team	5:24.73	+40.19
Entry time: 5:26.30 (-1.57)			
50m: 33.45	100m: 1:12.19 (38.74)	150m: 1:53.45 (41.26)	200m: 2:33.70 (40.25)
250m: 3:22.33 (48.63)	300m: 4:10.65 (48.32)	350m: 4:48.72 (38.07)	400m: 5:24.73 (36.01)
45 Elaina Neal	15 Pirates Swim Team	5:24.84	+40.30
Entry time: 5:24.57 (+0.27)			
50m: 34.09	100m: 1:13.16 (39.07)	150m: 2:34.52 (1:21.36)	200m: 3:21.51 (46.99)
	300m: 4:09.57 (4:09.57)	350m: 4:47.83 (38.26)	400m: 5:24.84 (37.01)
46 Madeline Coombes	14 Hamilton Aquatics	5:24.88	+40.34
Entry time: 5:27.30 (-2.42)			
50m: 35.52	100m: 1:18.60 (43.08)	150m: 1:59.41 (40.81)	200m: 2:39.85 (40.44)
250m: 3:25.67 (45.82)	300m: 4:12.68 (47.01)	350m: 4:49.85 (37.17)	400m: 5:24.88 (35.03)
47 Brooke Swan	13 Tasman Swim Club	5:25.72	+41.18
Entry time: 5:25.34 (+0.38)			
50m: 32.98	100m: 1:12.95 (39.97)	150m: 1:57.12 (44.17)	200m: 2:40.03 (42.91)
250m: 3:26.43 (46.40)	300m: 4:12.62 (46.19)	350m: 4:49.80 (37.18)	400m: 5:25.72 (35.92)
48 Laura Jones	17 Pirates Swim Team	5:26.01	+41.47
Entry time: 5:21.92 (+4.09)			
50m: 34.35	100m: 1:15.23 (40.88)	150m: 1:55.66 (40.43)	200m: 2:35.64 (39.98)
250m: 3:24.53 (48.89)	300m: 4:13.06 (48.53)	350m: 4:49.87 (36.81)	400m: 5:26.01 (36.14)
49 Rylee Britton	16 St Peter's Swimming Club	5:26.31	+41.77
Entry time: 5:14.83 (+11.48)			
50m: 33.30	100m: 1:11.66 (38.36)	150m: 1:54.84 (43.18)	200m: 2:38.40 (43.56)
250m: 3:21.99 (43.59)	300m: 4:08.41 (46.42)	350m: 4:47.05 (38.64)	400m: 5:26.31 (39.26)
50 Emily Bryant	16 Nelson South Swim Club	5:26.90	+42.36
Entry time: 5:22.32 (+4.58)			
50m: 33.77	100m: 1:13.46 (39.69)	150m: 1:54.61 (41.15)	200m: 2:35.28 (40.67)
250m: 3:24.73 (49.45)	300m: 4:14.68 (49.95)	350m: 4:51.66 (36.98)	400m: 5:26.90 (35.24)
51 Samantha Harman	15 Tasman Swim Club	5:27.28	+42.74
Entry time: 5:13.58 (+13.70)			
50m: 33.42	100m: 1:15.10 (41.68)	150m: 1:54.38 (39.28)	200m: 2:34.24 (39.86)
250m: 3:22.35 (48.11)	300m: 4:10.06 (47.71)	350m: 4:49.30 (39.24)	400m: 5:27.28 (37.98)
52 Tessa Dodson	17 Whakatane Swimming Club	5:28.55	+44.01
Entry time: 5:27.08 (+1.47)			
50m: 34.21	100m: 1:14.88 (40.67)	150m: 1:57.13 (42.25)	200m: 2:38.06 (40.93)
250m: 3:25.33 (47.27)	300m: 4:12.11 (46.78)	350m: 4:51.13 (39.02)	400m: 5:28.55 (37.42)
53 Hanna Cohr	16 Masterton Swimming Club	5:28.75	+44.21
Entry time: 5:25.93 (+2.82)			
50m: 33.03	100m: 1:13.94 (40.91)	150m: 1:54.56 (40.62)	200m: 2:33.57 (39.01)
250m: 3:23.28 (49.71)	300m: 4:13.06 (49.78)	350m: 4:51.41 (38.35)	400m: 5:28.75 (37.34)
54 Alice Petrie	17 Oamaru Swimming Club	5:29.73	+45.19
Entry time: 5:20.57 (+9.16)			
50m: 33.43	100m: 1:12.95 (39.52)	150m: 1:54.26 (41.31)	200m: 2:35.08 (40.82)
250m: 3:24.25 (49.17)	300m: 4:13.93 (49.68)	350m: 4:52.23 (38.30)	400m: 5:29.73 (37.50)
55 Florence Nelson	14 Jasi Swim Club	5:30.99	+46.45
Entry time: 5:29.02 (+1.97)			
50m: 34.23	100m: 1:13.54 (39.31)	150m: 1:56.57 (43.03)	200m: 2:39.02 (42.45)
250m: 3:29.38 (50.36)	300m: 4:18.70 (49.32)	350m: 4:55.40 (36.70)	400m: 5:30.99 (35.59)
56 Teegan Strudwicke	17 Waverley Swimming Club	5:32.71	+48.17
Entry time: 5:25.83 (+6.88)			
50m: 33.82	100m: 1:15.62 (41.80)	150m: 1:56.22 (1:56.22)	200m: 2:41.15 (44.93)
250m: 3:29.36 (48.21)	300m: 4:20.82 (51.46)	350m: 4:57.13 (36.31)	400m: 5:32.71 (35.58)
57 Meg Christophers	17 Neptune Swim Club	5:33.72	+49.18
Entry time: 5:10.53 (+23.19)			
50m: 33.35	100m: 1:13.78 (40.43)	150m: 1:57.30 (43.52)	200m: 2:39.31 (42.01)
250m: 3:27.16 (47.85)	300m: 4:15.93 (48.77)	350m: 4:55.69 (39.76)	400m: 5:33.72 (38.03)
58 Sophie Hay	13 Hamilton Aquatics	5:35.06	+50.52
Entry time: 5:30.30 (+4.76)			
50m: 36.19	100m: 1:19.91 (43.72)	150m: 2:01.71 (41.80)	200m: 2:42.65 (40.94)
250m: 3:31.26 (48.61)	300m: 4:20.70 (49.44)	350m: 4:58.13 (37.43)	400m: 5:35.06 (36.93)
- Neve Tassicker	14 Capital Swim Club	DSQ	
- Jessica Scott	18 Neptune Swim Club	DNS	

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