

400m Individual Medley Women Heat


Official

OLY QT **Olympic Standard**

4:39.92

NZR **Open New Zealand Long Course Record**

4:39.07 2008-03-25

Helen Norfolk
 AK

18yr **18 Years New Zealand Long Course**
















4:47.19 2021-04-06





Georgina McCarthy

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☰ Entries ☰ Heats Summary

Total

Rank	Competitor	Age	Club	RT	PTS	Result	
1	 Pratt-Smith Zyleika	20	 Coast Swimming Club	+0.72		5:02.32 Entry: 4:55.31 (+7.01)	Q
	50m: 30.73 100m: 1:06.28 (35.55) 150m: 1:46.29 (40.01)					200m: 2:24.10 (37.81) 250m: 3:06.20 (42.10) 300m: 3:49.20 (43.00)	
	350m: 4:26.05 (36.85) 400m: 5:02.32 (36.27)						
2	 Finer Emilia	19	 Neptune Swim Club	+0.69		5:09.14 Entry: 5:02.94 (+6.20)	Q
	50m: 32.27 100m: 1:08.93 (36.66) 150m: 1:48.31 (39.38)					200m: 2:27.58 (39.27) 250m: 3:14.26 (46.68) 300m: 4:01.52 (47.26)	
	350m: 4:35.80 (34.28) 400m: 5:09.14 (33.34)						
3	 Adams Maia	19	 Raumati Swimming C...	+0.68		5:13.02 Entry: 5:05.21 (+7.81)	Q
	50m: 32.37 100m: 1:09.94 (37.57) 150m: 1:49.59 (39.65)					200m: 2:30.58 (40.99) 250m: 3:13.94 (43.36) 300m: 3:58.78 (44.84)	
	350m: 4:36.26 (37.48) 400m: 5:13.02 (36.76)						
4	 Riley Ariella	15	 Hamilton Aquatics	+0.71		5:14.80 Entry: 5:06.69 (+8.11)	Q
	50m: 32.87 100m: 1:10.72 (37.85) 150m: 1:50.29 (39.57)					200m: 2:28.50 (38.21) 250m: 3:17.25 (48.75) 300m: 4:04.64 (47.39)	
	350m: 4:40.25 (35.61) 400m: 5:14.80 (34.55)						
5	 Twose Charlie	19	 Coast Swimming Club	+0.72		5:18.17 Entry: 5:02.57 (+15.60)	Q
	50m: 32.47 100m: 1:10.07 (37.60) 150m: 1:49.51 (39.44)					200m: 2:28.56 (39.05) 250m: 3:16.39 (47.83) 300m: 4:04.28 (47.89)	
	350m: 4:41.39 (37.11) 400m: 5:18.17 (36.78)						
6	 Carter Scout	16	 Ice Breaker Aquatics	+0.65		5:19.96 Entry: 5:25.06 (-5.10)	Q
	50m: 34.13 100m: 1:12.34 (38.21) 150m: 1:55.97 (43.63)					200m: 2:37.82 (41.85) 250m: 3:22.14 (44.32) 300m: 4:07.21 (45.07)	
	350m: 4:44.63 (37.42) 400m: 5:19.96 (35.33)						
7	 van Veldhuizen Breeze	16	 Heretaunga Sundevils	+0.75		5:20.77 Entry: 5:13.40 (+7.37)	Q
	50m: 31.81 100m: 1:10.94 (39.13) 150m: 1:49.81 (38.87)					200m: 2:28.59 (38.78) 250m: 3:16.57 (47.98) 300m: 4:05.38 (48.81)	
	350m: 4:43.32 (37.94) 400m: 5:20.77 (37.45)						
8	 Fisher Jaimee	26	Enterprise Swim Team	+0.75		5:22.98 Entry: 5:12.75 (+10.23)	Q
	50m: 32.96 100m: 1:10.75 (37.79) 150m: 1:52.25 (41.50)					200m: 2:33.07 (40.82) 250m: 3:21.04 (47.97) 300m: 4:09.38 (48.34)	
	350m: 4:46.63 (37.25) 400m: 5:22.98 (36.35)						

9	 Carter Violet	14	 Ice Breaker Aquatics	+0.76	5:23.73 (+3.62) Entry: 5:20.11	R1
	50m: 33.79 200m: 2:36.45 (39.80) 350m: 4:48.06 (37.27)	100m: 1:14.37 (40.58) 250m: 3:23.50 (47.05) 400m: 5:23.73 (35.67)	150m: 1:56.65 (42.28) 300m: 4:10.79 (47.29)			
10	 Austin Amelie	17	 St Paul's Swimming ...	+0.73	5:42.04 (+21.72) Entry: 5:20.32	R2
	50m: 33.74 200m: 2:45.24 (45.58) 350m: 5:05.24 (37.70)	100m: 1:13.69 (39.95) 250m: 3:35.78 (50.54) 400m: 5:42.04 (36.80)	150m: 1:59.66 (45.97) 300m: 4:27.54 (51.76)			