

# 25 400m Freestyle Men Heat

Official


13NZR 13 Years New Zealand Short Course Record  
2010-06-12

Michael Mincham  
UNIAK

14NZR 14 Years New Zealand Short Course Record  
2011-01-01

Carter Edgecombe  
FFDWK



NZR Open New Zealand Short Course Record  
1995-02-11 United Kingdom

Danyon Loader  
 ZENOT


18NZR 18 Years New Zealand Short Course Record

Standard  


Show more

 Entries  Heats



## Total

Rank	Competitor	Age	Club	RT	FINA	Result
1	 Visser Bren...	17	 Coast Swi...	+0.64		<b>3:55.48</b> Entry: 3:53.77 (+ 1.71)
	25m: 12.29	50m: 26.47 (14.18)				
	75m: 40.88 (14.41)	100m: 55.25 (14.37)				
	125m: 1:09.78 (14.53)	150m: 1:24.57 (14.79)				
	175m: 1:39.35 (14.78)	200m: 1:54.30 (14.95)				
	225m: 2:09.07 (14.77)	250m: 2:24.34 (15.27)				
	275m: 2:39.56 (15.22)	300m: 2:54.67 (15.11)				
	325m: 3:09.72 (15.05)	350m: 3:25.26 (15.54)				
	375m: 3:40.77 (15.51)	400m: 3:55.48 (14.71)				
2	 Reid Zac	23	 Neptune S...	+0.71		<b>3:58.56</b> Entry: 3:41.07 (+ 17.49) Q
	25m: 12.69	50m: 27.21 (14.52)				
	75m: 42.20 (14.99)	100m: 57.39 (15.19)				
	125m: 1:12.99 (15.60)	150m: 1:28.51 (15.52)				
	175m: 1:44.23 (15.72)	200m: 1:59.81 (15.58)				
	225m: 2:14.69 (14.88)	250m: 2:29.32 (14.63)				
	275m: 2:44.25 (14.93)	300m: 2:59.13 (14.88)				
	325m: 3:14.39 (15.26)	350m: 3:29.26 (14.87)				
	375m: 3:44.39 (15.13)	400m: 3:58.56 (14.17)				
3	 Roux (V) N...	17	Tahiti	+0.65		<b>3:59.98</b> Entry: 3:55.68 (+ 4.3)
	25m: 12.61	50m: 26.83 (14.22)				
	75m: 41.45 (14.62)	100m: 56.61 (15.16)				
	125m: 1:11.64 (15.03)	150m: 1:27.03 (15.39)				
	175m: 1:42.34 (15.31)	200m: 1:57.52 (15.18)				
	225m: 2:12.60 (15.08)	250m: 2:27.87 (15.27)				
	275m: 2:43.01 (15.14)	300m: 2:58.37 (15.36)				
	325m: 3:14.09 (15.72)	350m: 3:29.87 (15.78)				
	375m: 3:45.18 (15.31)	400m: 3:59.98 (14.80)				
4	 Clark Louis	22	 North Shor...	+0.75		<b>4:01.17</b> Entry: 3:45.94 (+ 15.23) Q
	25m: 12.79	50m: 27.45 (14.66)				
	75m: 42.54 (15.09)	100m: 57.80 (15.26)				
	125m: 1:13.20 (15.40)	150m: 1:28.65 (15.45)				
	175m: 1:44.31 (15.66)	200m: 1:59.90 (15.59)				
	225m: 2:15.41 (15.51)	250m: 2:30.25 (14.84)				

275m: 2:45.26 (15.01) 300m: 3:00.41 (15.15)  
325m: 3:15.67 (15.26) 350m: 3:31.35 (15.68)  
375m: 3:46.29 (14.94) 400m: 4:01.17 (14.88)

5  Giddens H... 15  Jasi Swim ... +0.71 **4:01.34**  
Entry: 4:06.37 (- 5.03)

25m: 13.20 50m: 27.82 (14.62)  
75m: 42.91 (15.09) 100m: 58.04 (15.13)  
125m: 1:13.24 (15.20) 150m: 1:28.72 (15.48)  
175m: 1:44.17 (15.45) 200m: 1:59.73 (15.56)  
225m: 2:14.92 (15.19) 250m: 2:30.34 (15.42)  
275m: 2:45.69 (15.35) 300m: 3:01.06 (15.37)  
325m: 3:16.45 (15.39) 350m: 3:31.78 (15.33)  
375m: 3:46.76 (14.98) 400m: 4:01.34 (14.58)

6  Tapper Tyler 21  Wharenui S... +0.66 **4:02.08** Q  
Entry: 3:52.68 (+ 9.4)



25m: 12.56 50m: 27.02 (14.46)  
75m: 41.88 (14.86) 100m: 57.20 (15.32)  
125m: 1:12.69 (15.49) 150m: 1:28.21 (15.52)  
175m: 1:44.03 (15.82) 200m: 1:59.74 (15.71)  
225m: 2:15.44 (15.70) 250m: 2:30.78 (15.34)  
275m: 2:46.20 (15.42) 300m: 3:01.56 (15.36)  
325m: 3:17.06 (15.50) 350m: 3:32.45 (15.39)  
375m: 3:47.60 (15.15) 400m: 4:02.08 (14.48)

7  Kuggeleijn ... 20  Nga Tai Tu... +0.52 **4:02.90** Q  
Entry: 4:04.67 (- 1.77)



25m: 12.92 50m: 27.31 (14.39)  
75m: 42.12 (14.81) 100m: 57.40 (15.28)  
125m: 1:12.73 (15.33) 150m: 1:28.31 (15.58)  
175m: 1:44.09 (15.78) 200m: 1:59.86 (15.77)  
225m: 2:15.41 (15.55) 250m: 2:31.21 (15.80)  
275m: 2:46.87 (15.66) 300m: 3:02.68 (15.81)  
325m: 3:17.96 (15.28) 350m: 3:33.62 (15.66)  
375m: 3:48.52 (14.90) 400m: 4:02.90 (14.38)

8  Arrowsmith... 16  United Swi... +0.64 **4:03.68**  
Entry: 4:07.55 (- 3.87)

25m: 12.77 50m: 27.02 (14.25)  
75m: 41.87 (14.85) 100m: 57.04 (15.17)  
125m: 1:12.30 (15.26) 150m: 1:27.89 (15.59)  
175m: 1:43.41 (15.52) 200m: 1:59.05 (15.64)  
225m: 2:14.78 (15.73) 250m: 2:30.57 (15.79)  
275m: 2:46.43 (15.86) 300m: 3:02.30 (15.87)  
325m: 3:17.87 (15.57) 350m: 3:33.41 (15.54)  
375m: 3:48.81 (15.40) 400m: 4:03.68 (14.87)


9  Potier Jack 16  Coast Swi... +0.69 **4:03.91**  
Entry: 4:01.98 (+ 1.93)

25m: 13.06 50m: 27.27 (14.21)  
75m: 41.93 (14.66) 100m: 56.96 (15.03)  
125m: 1:12.05 (15.09) 150m: 1:27.52 (15.47)  
175m: 1:43.01 (15.49) 200m: 1:58.71 (15.70)  
225m: 2:14.39 (15.68) 250m: 2:30.13 (15.74)  
275m: 2:46.00 (15.87) 300m: 3:01.81 (15.81)  
325m: 3:17.58 (15.77) 350m: 3:33.31 (15.73)  
375m: 3:49.00 (15.69) 400m: 4:03.91 (14.91)

10  Wrathall Hu... 18  Jasi Swim ... +0.67 **4:04.28**  
Entry: 3:59.07 (+ 5.21)

25m:	12.58	50m:	27.00 (14.42)
75m:	42.20 (15.20)	100m:	57.68 (15.48)
125m:	1:13.09 (15.41)	150m:	1:28.90 (15.81)
175m:	1:44.87 (15.97)	200m:	2:00.64 (15.77)
225m:	2:16.28 (15.64)	250m:	2:31.94 (15.66)
275m:	2:47.69 (15.75)	300m:	3:03.60 (15.91)
325m:	3:19.28 (15.68)	350m:	3:35.17 (15.89)
375m:	3:49.91 (14.74)	400m:	4:04.28 (14.37)

11  Muchirahon...

14  Swim Rotor... +0.66

**4:04.33**  
Entry: 4:04.90 (- 0.57)

25m:	12.64	50m:	26.79 (14.15)
75m:	41.45 (14.66)	100m:	56.79 (15.34)
125m:	1:12.09 (15.30)	150m:	1:27.61 (15.52)
175m:	1:43.36 (15.75)	200m:	1:59.21 (15.85)
225m:	2:14.87 (15.66)	250m:	2:30.66 (15.79)
275m:	2:46.41 (15.75)	300m:	3:02.42 (16.01)
325m:	3:18.14 (15.72)	350m:	3:33.89 (15.75)
375m:	3:49.64 (15.75)	400m:	4:04.33 (14.69)

12  Ashby Eligh

19  Neptune S... +0.76

**4:05.69**  
Entry: 4:02.60 (+ 3.09) Q

25m:	12.93	50m:	27.58 (14.65)
75m:	42.80 (15.22)	100m:	58.16 (15.36)
125m:	1:13.70 (15.54)	150m:	1:29.25 (15.55)
175m:	1:44.83 (15.58)	200m:	2:00.73 (15.90)
225m:	2:16.55 (15.82)	250m:	2:32.18 (15.63)
275m:	2:47.92 (15.74)	300m:	3:03.62 (15.70)
325m:	3:19.34 (15.72)	350m:	3:34.96 (15.62)
375m:	3:50.68 (15.72)	400m:	4:05.69 (15.01)

13  Hickey (V) ...

18 ACU Blackt... +0.65

**4:05.74**  
Entry: 4:06.20 (- 0.46)

25m:	12.89	50m:	26.99 (14.10)
75m:	41.86 (14.87)	100m:	56.99 (15.13)
125m:	1:12.35 (15.36)	150m:	1:27.90 (15.55)
175m:	1:43.53 (15.63)	200m:	1:59.19 (15.66)
225m:	2:14.89 (15.70)	250m:	2:30.83 (15.94)
275m:	2:46.89 (16.06)	300m:	3:02.92 (16.03)
325m:	3:18.91 (15.99)	350m:	3:34.92 (16.01)
375m:	3:50.72 (15.80)	400m:	4:05.74 (15.02)

14  Phillips (V) ...

17 ACU Blackt... +0.59

**4:08.58**  
Entry: 4:12.46 (- 3.88) Q

25m:	13.15	50m:	28.30 (15.15)
75m:	43.78 (15.48)	100m:	59.63 (15.85)
125m:	1:15.37 (15.74)	150m:	1:31.48 (16.11)
175m:	1:47.49 (16.01)	200m:	2:03.94 (16.45)
225m:	2:19.98 (16.04)	250m:	2:35.22 (15.24)
275m:	2:51.37 (16.15)	300m:	3:06.76 (15.39)
325m:	3:22.84 (16.08)	350m:	3:38.41 (15.57)
375m:	3:54.17 (15.76)	400m:	4:08.58 (14.41)

15  Walker Fra...

15  United Swi... +0.77

**4:08.62**  
Entry: 4:12.56 (- 3.94)

25m:	12.98	50m:	27.51 (14.53)
75m:	42.62 (15.11)	100m:	57.99 (15.37)
125m:	1:13.40 (15.41)	150m:	1:29.14 (15.74)
175m:	1:44.85 (15.71)	200m:	2:00.87 (16.02)
225m:	2:16.73 (15.86)	250m:	2:32.75 (16.02)
275m:	2:48.69 (15.94)	300m:	3:04.90 (16.21)
325m:	3:20.96 (16.06)	350m:	3:37.21 (16.25)
375m:	3:53.23 (16.02)	400m:	4:08.62 (15.39)

16  Isles Ben

18  Aquagym S... +0.62

**4:08.65**  
Entry: 4:13.59 (- 4.94) Q

25m:	13.29	50m:	28.08 (14.79)
75m:	43.45 (15.37)	100m:	59.10 (15.65)

125m: 1:14.80 (15.70)	150m: 1:30.61 (15.81)
175m: 1:46.67 (16.06)	200m: 2:02.68 (16.01)
225m: 2:18.38 (15.70)	250m: 2:34.06 (15.68)
275m: 2:50.10 (16.04)	300m: 3:06.12 (16.02)
325m: 3:21.97 (15.85)	350m: 3:38.14 (16.17)
375m: 3:54.01 (15.87)	400m: 4:08.65 (14.64)

17  Kuggeleijn ...

25m: 13.27
75m: 42.88 (15.04)
125m: 1:13.79 (15.47)
175m: 1:45.36 (15.79)
225m: 2:17.20 (15.91)
275m: 2:49.51 (15.98)
325m: 3:21.93 (16.05)
375m: 3:54.33 (16.11)

17  Nga Tai Tu... +0.76

50m: 27.84 (14.57)
100m: 58.32 (15.44)
150m: 1:29.57 (15.78)
200m: 2:01.29 (15.93)
250m: 2:33.53 (16.33)
300m: 3:05.88 (16.37)
350m: 3:38.22 (16.29)
400m: 4:09.96 (15.63)

**4:09.96**  
Entry: 4:10.58 (- 0.62)

18  Mellsop Cu...

25m: 13.27
75m: 43.56 (15.28)
125m: 1:14.80 (15.71)
175m: 1:46.70 (16.12)
225m: 2:18.76 (15.97)
275m: 2:50.56 (15.94)
325m: 3:23.02 (16.14)
375m: 3:54.78 (15.82)

20  Neptune S... +0.73

50m: 28.28 (15.01)
100m: 59.09 (15.53)
150m: 1:30.58 (15.78)
200m: 2:02.79 (16.09)
250m: 2:34.62 (15.86)
300m: 3:06.88 (16.32)
350m: 3:38.96 (15.94)
400m: 4:10.01 (15.23)

**4:10.01**  
Entry: 4:02.60 (+ 7.41) -

19  Fawkner D...

25m: 13.42
75m: 43.90 (15.42)
125m: 1:15.08 (15.59)
175m: 1:46.15 (15.30)
225m: 2:18.01 (16.03)
275m: 2:50.82 (16.40)
325m: 3:23.69 (16.36)
375m: 3:55.61 (15.40)

19  Mt Maunga... +0.74

50m: 28.48 (15.06)
100m: 59.49 (15.59)
150m: 1:30.85 (15.77)
200m: 2:01.98 (15.83)
250m: 2:34.42 (16.41)
300m: 3:07.33 (16.51)
350m: 3:40.21 (16.52)
400m: 4:10.20 (14.59)

**4:10.20**  
Entry: 4:05.25 (+ 4.95) Q

20  Weathersto...

25m: 13.25
75m: 44.25 (15.81)
125m: 1:15.55 (15.49)
175m: 1:47.57 (16.07)
225m: 2:19.13 (15.80)
275m: 2:50.96 (15.91)
325m: 3:22.89 (15.99)
375m: 3:55.06 (16.02)

15  Kiwi ASC +0.66

50m: 28.44 (15.19)
100m: 1:00.06 (15.81)
150m: 1:31.50 (15.95)
200m: 2:03.33 (15.76)
250m: 2:35.05 (15.92)
300m: 3:06.90 (15.94)
350m: 3:39.04 (16.15)
400m: 4:10.25 (15.19)

**4:10.25**  
Entry: 4:12.86 (- 2.61)

20  Humphries ...

25m: 13.15
75m: 43.04 (15.15)
125m: 1:14.86 (15.91)
175m: 1:46.79 (15.95)
225m: 2:18.72 (15.80)
275m: 2:50.49 (15.73)
325m: 3:22.64 (16.07)
375m: 3:55.09 (16.17)

14  North Shore... +0.76

50m: 27.89 (14.74)
100m: 58.95 (15.91)
150m: 1:30.84 (15.98)
200m: 2:02.92 (16.13)
250m: 2:34.76 (16.04)
300m: 3:06.57 (16.08)
350m: 3:38.92 (16.28)
400m: 4:10.25 (15.16)

**4:10.25**  
Entry: 4:12.80 (- 2.55)

22  Close Nick


25m: 13.37
75m: 43.37 (15.01)
125m: 1:14.37 (15.37)
175m: 1:45.81 (15.63)
225m: 2:17.51 (15.66)


21  Pirates Swi... +0.69

50m: 28.36 (14.99)
100m: 59.00 (15.63)
150m: 1:30.18 (15.81)
200m: 2:01.85 (16.04)
250m: 2:33.69 (16.18)

**4:10.34**  
Entry: 4:06.67 (+ 3.67) Q

275m: 2:49.70 (16.01) 300m: 3:06.06 (16.36)  
325m: 3:22.09 (16.03) 350m: 3:38.72 (16.63)  
375m: 3:54.95 (16.23) 400m: 4:10.34 (15.39)

23  English Leo

14  Swim Rotor... +0.75

4:11.12  
Entry: 4:12.50 (- 1.38)


25m: 13.30 50m: 28.00 (14.70)  
75m: 43.31 (15.31) 100m: 58.77 (15.46)  
125m: 1:14.75 (15.98) 150m: 1:30.72 (15.97)  
175m: 1:46.76 (16.04) 200m: 2:02.76 (16.00)  
225m: 2:18.99 (16.23) 250m: 2:35.42 (16.43)  
275m: 2:51.49 (16.07) 300m: 3:07.82 (16.33)  
325m: 3:24.25 (16.43) 350m: 3:40.31 (16.06)  
375m: 3:56.13 (15.82) 400m: 4:11.12 (14.99)

24  Blair Angus

17  Comet Swi... +0.64

4:12.93  
Entry: 3:59.80 (+ 13.13)

25m: 13.16 50m: 28.13 (14.97)  
75m: 43.51 (15.38) 100m: 59.40 (15.89)  
125m: 1:15.16 (15.76) 150m: 1:31.06 (15.90)  
175m: 1:47.04 (15.98) 200m: 2:03.11 (16.07)  
225m: 2:19.09 (15.98) 250m: 2:35.30 (16.21)  
275m: 2:51.59 (16.29) 300m: 3:07.94 (16.35)  
325m: 3:24.28 (16.34) 350m: 3:40.68 (16.40)  
375m: 3:57.05 (16.37) 400m: 4:12.93 (15.88)


25  Close Jack...

15  North Cant... +0.75

4:12.98  
Entry: 4:10.53 (+ 2.45)

25m: 13.47 50m: 28.13 (14.66)  
75m: 43.27 (15.14) 100m: 58.90 (15.63)  
125m: 1:15.08 (16.18) 150m: 1:31.20 (16.12)  
175m: 1:47.40 (16.20) 200m: 2:03.74 (16.34)  
225m: 2:20.30 (16.56) 250m: 2:36.91 (16.61)  
275m: 2:53.04 (16.13) 300m: 3:09.08 (16.04)  
325m: 3:25.44 (16.36) 350m: 3:41.59 (16.15)  
375m: 3:57.61 (16.02) 400m: 4:12.98 (15.37)


26  Astley Jordan

18  Aquagym S... +0.68

4:13.77  
Entry: 4:10.70 (+ 3.07) Q

25m: 13.44 50m: 28.47 (15.03)  
75m: 44.17 (15.70) 100m: 59.69 (15.52)  
125m: 1:15.55 (15.86) 150m: 1:31.61 (16.06)  
175m: 1:47.72 (16.11) 200m: 2:03.98 (16.26)  
225m: 2:20.11 (16.13) 250m: 2:36.38 (16.27)  
275m: 2:52.73 (16.35) 300m: 3:08.86 (16.13)  
325m: 3:25.08 (16.22) 350m: 3:41.74 (16.66)  
375m: 3:58.04 (16.30) 400m: 4:13.77 (15.73)


27  Love Jack

17  Blenheim S... +0.73

4:13.86  
Entry: 4:11.33 (+ 2.53) Q

25m: 13.67 50m: 28.57 (14.90)  
75m: 44.05 (15.48) 100m: 59.67 (15.62)  
125m: 1:15.39 (15.72) 150m: 1:31.37 (15.98)  
175m: 1:47.05 (15.68) 200m: 2:03.13 (16.08)  
225m: 2:19.27 (16.14) 250m: 2:35.54 (16.27)  
275m: 2:51.78 (16.24) 300m: 3:08.23 (16.45)  
325m: 3:24.65 (16.42) 350m: 3:41.22 (16.57)  
375m: 3:57.88 (16.66) 400m: 4:13.86 (15.98)



28  Buissinne ...

19  North Shor... +0.69



4:14.10  
Entry: 4:06.48 (+ 7.62) -

25m: 13.67 50m: 28.57 (14.90)  
75m: 44.05 (15.48) 100m: 59.67 (15.62)  
125m: 1:15.39 (15.72) 150m: 1:31.37 (15.98)  
175m: 1:47.05 (15.68) 200m: 2:03.13 (16.08)  
225m: 2:19.27 (16.14) 250m: 2:35.54 (16.27)  
275m: 2:51.78 (16.24) 300m: 3:08.23 (16.45)  
325m: 3:24.65 (16.42) 350m: 3:41.22 (16.57)  
375m: 3:57.88 (16.66) 400m: 4:13.86 (15.98)


25m:	13.28	50m:	28.62 (15.34)
75m:	44.53 (15.91)	100m:	1:00.58 (16.05)
125m:	1:16.26 (15.68)	150m:	1:32.41 (16.15)
175m:	1:48.40 (15.99)	200m:	2:04.77 (16.37)
225m:	2:21.05 (16.28)	250m:	2:37.47 (16.42)
275m:	2:53.96 (16.49)	300m:	3:10.51 (16.55)
325m:	3:26.57 (16.06)	350m:	3:43.16 (16.59)
375m:	3:59.19 (16.03)	400m:	4:14.10 (14.91)

29  Bayley Oxf... 19  Tasman Sw... +0.63 **4:14.12** Q  
Entry: 4:09.74 (+ 4.38)

25m:	13.12	50m:	28.24 (15.12)
75m:	43.78 (15.54)	100m:	59.87 (16.09)
125m:	1:15.83 (15.96)	150m:	1:32.35 (16.52)
175m:	1:48.91 (16.56)	200m:	2:05.54 (16.63)
225m:	2:21.51 (15.97)	250m:	2:37.86 (16.35)
275m:	2:54.31 (16.45)	300m:	3:10.88 (16.57)
325m:	3:27.18 (16.30)	350m:	3:44.04 (16.86)
375m:	3:59.50 (15.46)	400m:	4:14.12 (14.62)

30  Greenwood... 17  Coast Swi... +0.48 **4:14.27** Q  
Entry: 4:16.50 (- 2.23)

25m:	13.70	50m:	28.81 (15.11)
75m:	44.74 (15.93)	100m:	1:01.04 (16.30)
125m:	1:16.99 (15.95)	150m:	1:33.14 (16.15)
175m:	1:49.32 (16.18)	200m:	2:05.65 (16.33)
225m:	2:21.68 (16.03)	250m:	2:37.97 (16.29)
275m:	2:54.34 (16.37)	300m:	3:10.84 (16.50)
325m:	3:26.74 (15.90)	350m:	3:42.65 (15.91)
375m:	3:58.74 (16.09)	400m:	4:14.27 (15.53)

31  Amin (V) M... 16 ACU Blackt... +0.63 **4:14.32** -  
Entry: 4:17.89 (- 3.57)

25m:	12.97	50m:	28.29 (15.32)
75m:	44.29 (16.00)	100m:	1:00.39 (16.10)
125m:	1:16.26 (15.87)	150m:	1:32.76 (16.50)
175m:	1:49.01 (16.25)	200m:	2:05.72 (16.71)
225m:	2:21.90 (16.18)	250m:	2:38.60 (16.70)
275m:	2:55.19 (16.59)	300m:	3:11.99 (16.80)
325m:	3:28.02 (16.03)	350m:	3:44.38 (16.36)
375m:	3:59.58 (15.20)	400m:	4:14.32 (14.74)

32  Blair Ethan 17  North Cant... +0.74 **4:15.15** Q  
Entry: 4:16.73 (- 1.58)

25m:	13.58	50m:	28.55 (14.97)
75m:	43.60 (15.05)	100m:	59.36 (15.76)
125m:	1:15.13 (15.77)	150m:	1:31.53 (16.40)
175m:	1:47.74 (16.21)	200m:	2:04.07 (16.33)
225m:	2:20.31 (16.24)	250m:	2:36.85 (16.54)
275m:	2:53.15 (16.30)	300m:	3:10.11 (16.96)
325m:	3:26.31 (16.20)	350m:	3:43.33 (17.02)
375m:	3:59.51 (16.18)	400m:	4:15.15 (15.64)

33  Swanberg ... 16  Mt Maunga... +0.66 **4:15.39** Q  
Entry: 4:16.09 (- 0.7)

25m:	13.09	50m:	27.99 (14.90)
75m:	43.63 (15.64)	100m:	59.67 (16.04)
125m:	1:15.73 (16.06)	150m:	1:32.01 (16.28)
175m:	1:48.35 (16.34)	200m:	2:04.59 (16.24)
225m:	2:20.67 (16.08)	250m:	2:37.18 (16.51)
275m:	2:53.74 (16.56)	300m:	3:10.42 (16.68)
325m:	3:27.03 (16.61)	350m:	3:43.77 (16.74)
375m:	3:59.99 (16.22)	400m:	4:15.39 (15.40)

34  Shirreffs Jo... 16  Hamilton Aq... +0.70 **4:15.53** Q  
Entry: 4:11.70 (+ 3.83)

25m:	13.20	50m:	28.18 (14.98)
75m:	43.65 (15.47)	100m:	59.69 (16.04)