

31 400m Individual Medley Men Final

NZR

Open New Zealand Long Course Record

4:08.70 2022-07-31

Lewis Clareburt
Capital Swim Club

18yr
NZR

18 Years New Zealand Long Course Records

4:14.42 2018-04-06

Lewis Clareburt
WN

17yr

17 Years New Zealand Long

4:21.05 2017-04-04

Lewis Clareburt

Show more

☰ Qualified

1 2 Heats

📄 Summary

1 Final 13 years

heat

Started at: 06:35 PM (- 5 min)

Official



















Lane	Competitor	Age	Club	RT	PTS	Rank	Result
1	Elvin Wang	13	Nort...	+0.68			DSQ
2	Alex Eagar (V)	13	Austr...	+0.68		5	5:20.47 Entry: 5:29.12
	50m: 33.26	100m: 1:14.56 (41.30)	150m: 1:56.37 (41.81)				
	200m: 2:37.11 (40.74)	250m: 3:22.77 (45.66)	300m: 4:08.41 (45.64)				
	350m: 4:44.82 (36.41)	400m: 5:20.47 (35.65)					
3	William Callow	13	Aqua...	+0.77		2	5:11.68 Entry: 5:21.01
	50m: 33.25	100m: 1:10.45 (37.20)	150m: 1:51.93 (41.48)				
	200m: 2:31.29 (39.36)	250m: 3:17.01 (45.72)	300m: 4:01.25 (44.24)				
	350m: 4:37.02 (35.77)	400m: 5:11.68 (34.66)					
4	Te Paki	13	Nort...	+0.69		1	4:58.75 Entry: 5:08.06
	50m: 29.79	100m: 1:05.17 (35.38)	150m: 1:44.53 (39.36)				
	200m: 2:23.21 (38.68)	250m: 3:06.64 (43.43)	300m: 3:50.75 (44.11)				
	350m: 4:25.59 (34.84)	400m: 4:58.75 (33.16)					
5	Tyler Lushkott	13	Unite...	+0.62		4	5:14.55 Entry: 5:20.96
	50m: 32.36	100m: 1:12.06 (39.70)	150m: 1:56.11 (44.05)				
	200m: 2:38.50 (42.39)	250m: 3:22.48 (43.98)	300m: 4:07.35 (44.87)				
	350m: 4:42.90 (35.55)	400m: 5:14.55 (31.65)					
6	Henry Wang	13	Nort...	+0.70		3	5:14.27 Entry: 5:25.41
	50m: 31.55	100m: 1:09.70 (38.15)	150m: 1:51.16 (41.46)				
	200m: 2:31.85 (40.69)	250m: 3:18.16 (46.31)	300m: 4:04.82 (46.66)				
	350m: 4:40.19 (35.37)	400m: 5:14.27 (34.08)					
7	Faris Abdou	13	Whar...	+0.57		6	5:22.92 Entry: 5:29.68
	50m: 34.16	100m: 1:15.88 (41.72)	150m: 1:56.40 (40.52)				
	200m: 2:36.73 (40.33)	250m: 3:24.47 (47.74)	300m: 4:13.35 (48.88)				
	350m: 4:48.71 (35.36)	400m: 5:22.92 (34.21)					
8	Justin Wang	13	Porir...	+0.82		7	5:27.69 Entry: 5:40.56
	50m: 33.76	100m: 1:13.85 (40.09)	150m: 1:56.44 (42.59)				
	200m: 2:37.56 (41.12)	250m: 3:25.73 (48.17)	300m: 4:14.28 (48.55)				
	350m: 4:51.38 (37.10)	400m: 5:27.69 (36.31)					

2
heat

Final 14 years

Started at: 06:43 PM (- 5 min)

Official

Lane	Competitor	Age	Club	RT	PTS	Rank	Result
0	 Jaeci Yee	14	 Capit...	+0.66		8	5:28.52 Entry: 5:36.40
	50m: 29.41	100m: 1:05.89 (36.48)	150m: 1:50.85 (44.96)				
	200m: 2:32.88 (42.03)	250m: 3:21.99 (49.11)	300m: 4:12.99 (51.00)				
	350m: 4:51.00 (38.01)	400m: 5:28.52 (37.52)					
1	 Jethrow Yoon	14	 Phoe...	+0.60		4	5:02.43 Entry: 5:14.33
	50m: 30.76	100m: 1:06.22 (35.46)	150m: 1:47.81 (41.59)				
	200m: 2:28.50 (40.69)	250m: 3:09.55 (41.05)	300m: 3:52.49 (42.94)				
	350m: 4:28.18 (35.69)	400m: 5:02.43 (34.25)					
2	 Aidan Taylor	14	 Howi...	+0.70		5	5:04.07 Entry: 5:09.11
	50m: 30.42	100m: 1:06.31 (35.89)	150m: 1:48.51 (42.20)				
	200m: 2:29.18 (40.67)	250m: 3:11.12 (41.94)	300m: 3:54.78 (43.66)				
	350m: 4:29.82 (35.04)	400m: 5:04.07 (34.25)					
3	 Declan Broadfoot	14	 Pirat...	+0.64		3	4:57.13 Entry: 4:59.51
	50m: 29.39	100m: 1:04.50 (35.11)	150m: 1:44.01 (39.51)				
	200m: 2:23.04 (39.03)	250m: 3:05.92 (42.88)	300m: 3:48.94 (43.02)				
	350m: 4:23.39 (34.45)	400m: 4:57.13 (33.74)					
4	 Andrew Feng	14	 Nort...	+0.69		1	4:50.10 Entry: 4:56.95
	50m: 30.38	100m: 1:04.96 (34.58)	150m: 1:43.66 (38.70)				
	200m: 2:22.53 (38.87)	250m: 3:02.26 (39.73)	300m: 3:43.29 (41.03)				
	350m: 4:17.99 (34.70)	400m: 4:50.10 (32.11)					
5	 Soeren Wells	14	 Whar...	+0.72		2	4:51.77 Entry: 4:58.06
	50m: 30.47	100m: 1:06.28 (35.81)	150m: 1:42.72 (36.44)				
	200m: 2:19.51 (36.79)	250m: 3:02.71 (43.20)	300m: 3:47.20 (44.49)				
	350m: 4:20.00 (32.80)	400m: 4:51.77 (31.77)					
6	 Lucas Bell	14	 Tasm...	+0.77		6	5:05.05 Entry: 5:06.30
	50m: 31.99	100m: 1:11.93 (39.94)	150m: 1:52.93 (41.00)				
	200m: 2:32.58 (39.65)	250m: 3:13.69 (41.11)	300m: 3:56.03 (42.34)				
	350m: 4:31.02 (34.99)	400m: 5:05.05 (34.03)					
7	 Seb Segers	14	 Unite...	+0.61		7	5:07.59 Entry: 5:11.40
	50m: 29.35	100m: 1:04.06 (34.71)	150m: 1:41.95 (37.89)				
	200m: 2:19.37 (37.42)	250m: 3:06.97 (47.60)	300m: 3:55.20 (48.23)				
	350m: 4:31.64 (36.44)	400m: 5:07.59 (35.95)					
8	 Ari Narayan	14	 Hamil...	+0.61			DSQ



















3
heat





Final 15 years

Started at: 06:50 PM (- 5 min)

Official















Lane	Competitor	Age	Club	RT	PTS	Rank	Result
0	 Samuel Asiata	15	 Howi...	+0.74		9	5:08.78 Entry: 5:10.36
	50m: 30.72	100m: 1:07.81 (37.09)	150m: 1:47.79 (39.98)				
	200m: 2:27.03 (39.24)	250m: 3:13.04 (46.01)	300m: 3:58.94 (45.90)				
	350m: 4:34.65 (35.71)	400m: 5:08.78 (34.13)					

1	 Roman Anderson	15	 Tawa... +0.68	10	5:10.28 Entry: 5:10.01
	50m: 30.36	100m: 1:08.23 (37.87)	150m: 1:47.85 (39.62)		
	200m: 2:28.73 (40.88)	250m: 3:13.28 (44.55)	300m: 3:58.62 (45.34)		
	350m: 4:35.15 (36.53)	400m: 5:10.28 (35.13)			
2	 Josiah Joyce	15	 St P... +0.69		DSQ
3	 Nemanya Markovich	15	 Rosk... +0.66	2	4:46.53 Entry: 4:56.87
	50m: 28.88	100m: 1:02.06 (33.18)	150m: 1:40.50 (38.44)		
	200m: 2:18.72 (38.22)	250m: 2:58.74 (40.02)	300m: 3:39.62 (40.88)		
	350m: 4:14.35 (34.73)	400m: 4:46.53 (32.18)			
4	 Ariel Muchirahondo	15	 Swi... +0.73	1	4:38.55 Entry: 4:39.68
	50m: 28.13	100m: 1:00.97 (32.84)	150m: 1:35.45 (34.48)		
	200m: 2:09.84 (34.39)	250m: 2:51.11 (41.27)	300m: 3:33.16 (42.05)		
	350m: 4:06.66 (33.50)	400m: 4:38.55 (31.89)			
5	 Zack Pask	15	 Liz v... +0.84	3	4:54.88 Entry: 4:56.54
	50m: 31.12	100m: 1:07.79 (36.67)	150m: 1:46.24 (38.45)		
	200m: 2:24.17 (37.93)	250m: 3:06.32 (42.15)	300m: 3:48.76 (42.44)		
	350m: 4:22.36 (33.60)	400m: 4:54.88 (32.52)			
6	 Flyn Beattie	15	 Mt M... +0.72	4	5:02.12 Entry: 5:04.58
	50m: 29.79	100m: 1:04.95 (35.16)	150m: 1:44.37 (39.42)		
	200m: 2:23.87 (39.50)	250m: 3:07.53 (43.66)	300m: 3:53.76 (46.23)		
	350m: 4:28.97 (35.21)	400m: 5:02.12 (33.15)			
7	 Bradley Searle	15	 Unite... +0.50	6	5:04.51 Entry: 5:08.24
	50m: 30.36	100m: 1:06.67 (36.31)	150m: 1:46.46 (39.79)		
	200m: 2:25.92 (39.46)	250m: 3:11.59 (45.67)	300m: 3:57.63 (46.04)		
	350m: 4:31.75 (34.12)	400m: 5:04.51 (32.76)			
8	 Charlie Shivnan	15	 Mt M... +0.67	8	5:07.79 Entry: 5:10.25
	50m: 31.10	100m: 1:08.85 (37.75)	150m: 1:49.15 (40.30)		
	200m: 2:29.60 (40.45)	250m: 3:14.73 (45.13)	300m: 4:00.41 (45.68)		
	350m: 4:34.02 (33.61)	400m: 5:07.79 (33.77)			
9	 Jayden Dickison	15	 Nga ... +0.70	7	5:06.61 Entry: 5:10.99
	50m: 30.11	100m: 1:06.43 (36.32)	150m: 1:46.77 (40.34)		
	200m: 2:26.31 (39.54)	250m: 3:11.83 (45.52)	300m: 3:57.25 (45.42)		
	350m: 4:33.21 (35.96)	400m: 5:06.61 (33.40)			

4 heat		Final 16 years		Started at: 06:58 PM (- 4 min)		Official	
Lane	Competitor	Age	Club	RT	PTS	Rank	Result
0	 Hunter Sands	16	 Liz v... +0.78	10	5:03.01 Entry: 5:02.06		
	50m: 29.71	100m: 1:06.18 (36.47)	150m: 1:47.91 (41.73)				
	200m: 2:27.72 (39.81)	250m: 3:11.10 (43.38)	300m: 3:54.56 (43.46)				
	350m: 4:29.39 (34.83)	400m: 5:03.01 (33.62)					
1	 Alfie Weatherston Harvey	16	 Kiwi ... +0.62	4	4:54.65 Entry: 5:00.03		
	50m: 29.58	100m: 1:05.80 (36.22)	150m: 1:43.09 (37.29)				
	200m: 2:18.73 (35.64)	250m: 3:04.17 (45.44)	300m: 3:49.68 (45.51)				
	350m: 4:23.27 (33.59)	400m: 4:54.65 (31.38)					

2	Jack Barton	16	Nort...	+0.72	6	4:59.19 Entry: 4:58.43
	50m: 30.41	100m: 1:06.60 (36.19)	150m: 1:47.63 (41.03)			
	200m: 2:26.63 (39.00)	250m: 3:10.89 (44.26)	300m: 3:55.36 (44.47)			
	350m: 4:28.32 (32.96)	400m: 4:59.19 (30.87)				
3	Daniel Kregting	16	Rosk...	+0.60	2	4:44.04 Entry: 4:58.11
	50m: 27.48	100m: 59.89 (32.41)	150m: 1:37.12 (37.23)			
	200m: 2:14.08 (36.96)	250m: 2:57.60 (43.52)	300m: 3:41.39 (43.79)			
	350m: 4:13.13 (31.74)	400m: 4:44.04 (30.91)				
4	Hunter Lloyd	16	Rau...	+0.66	1	4:42.62 Entry: 4:53.76
	50m: 28.46	100m: 1:01.38 (32.92)	150m: 1:37.37 (35.99)			
	200m: 2:13.74 (36.37)	250m: 2:56.15 (42.41)	300m: 3:38.67 (42.52)			
	350m: 4:11.78 (33.11)	400m: 4:42.62 (30.84)				
5	Charlie Overend	16	Selw...	+0.71	3	4:51.60 Entry: 4:57.89
	50m: 30.14	100m: 1:06.57 (36.43)	150m: 1:42.99 (36.42)			
	200m: 2:19.19 (36.20)	250m: 3:02.33 (43.14)	300m: 3:46.01 (43.68)			
	350m: 4:19.14 (33.13)	400m: 4:51.60 (32.46)				
6	Charlie Russell	16	TBS...	+0.79	7	4:59.99 Entry: 4:58.14
	50m: 30.91	100m: 1:07.38 (36.47)	150m: 1:47.17 (39.79)			
	200m: 2:27.19 (40.02)	250m: 3:08.40 (41.21)	300m: 3:51.10 (42.70)			
	350m: 4:25.82 (34.72)	400m: 4:59.99 (34.17)				
7	Curtis Shanks	16	Jasi ...	+0.63	5	4:55.98 Entry: 4:59.35
	50m: 30.58	100m: 1:07.47 (36.89)	150m: 1:47.62 (40.15)			
	200m: 2:25.83 (38.21)	250m: 3:06.17 (40.34)	300m: 3:48.65 (42.48)			
	350m: 4:23.63 (34.98)	400m: 4:55.98 (32.35)				
8	Beau Nicholson	16	Howi...	+0.71	8	5:00.36 Entry: 5:00.12
	50m: 29.85	100m: 1:05.67 (35.82)	150m: 1:44.10 (38.43)			
	200m: 2:21.38 (37.28)	250m: 3:07.16 (45.78)	300m: 3:52.97 (45.81)			
	350m: 4:27.75 (34.78)	400m: 5:00.36 (32.61)				
9	Flynn Grace	16	Vikin...	+0.74		DSQ

5		Final 17-18 years						Official	
heat		Started at: 07:05 PM (- 3 min)							
Lane	Competitor	Age	Club	RT	PTS	Rank	Result		
0	Nico Solodi	17	Aqua...	+0.65		9	4:54.88 Entry: 4:55.02		
	50m: 30.10	100m: 1:05.31 (35.21)	150m: 1:43.89 (38.58)						
	200m: 2:21.74 (37.85)	250m: 3:04.30 (42.56)	300m: 3:47.76 (43.46)						
	350m: 4:21.59 (33.83)	400m: 4:54.88 (33.29)							
1	Joel Verran	18	Whar...	+0.75		8	4:52.54 Entry: 4:53.90		
	50m: 28.42	100m: 1:02.50 (34.08)	150m: 1:41.42 (38.92)						
	200m: 2:19.71 (38.29)	250m: 3:02.74 (43.03)	300m: 3:46.27 (43.53)						
	350m: 4:20.16 (33.89)	400m: 4:52.54 (32.38)							
2	Leo Arrowsmith	17	Unite...	+0.64		4	4:44.38 Entry: 4:49.41		
	50m: 29.01	100m: 1:02.51 (33.50)	150m: 1:42.68 (40.17)						
	200m: 2:22.09 (39.41)	250m: 3:00.83 (38.74)	300m: 3:39.60 (38.77)						
	350m: 4:12.64 (33.04)	400m: 4:44.38 (31.74)							

3	 Ryan Peck	18	 Unite... +0.66	3	4:40.03 Entry: 4:42.86
	50m: 26.70	100m: 59.64 (32.94)	150m: 1:35.15 (35.51)		
	200m: 2:10.91 (35.76)	250m: 2:52.56 (41.65)	300m: 3:34.84 (42.28)		
	350m: 4:07.53 (32.69)	400m: 4:40.03 (32.50)			
4	 Larn Hamblyn-Ough	18	 Coas... +0.73	1	4:35.15 Entry: 4:42.24
	50m: 27.99	100m: 1:00.61 (32.62)	150m: 1:36.21 (35.60)		
	200m: 2:11.47 (35.26)	250m: 2:53.29 (41.82)	300m: 3:34.99 (41.70)		
	350m: 4:06.42 (31.43)	400m: 4:35.15 (28.73)			
5	 Brendan Visser	18	 Coas... +0.72	2	4:35.49 Entry: 4:42.80
	50m: 27.88	100m: 1:01.01 (33.13)	150m: 1:36.67 (35.66)		
	200m: 2:12.51 (35.84)	250m: 2:54.14 (41.63)	300m: 3:36.13 (41.99)		
	350m: 4:06.96 (30.83)	400m: 4:35.49 (28.53)			
6	 Jack Love	17	 Blen... +0.68	5	4:46.38 Entry: 4:46.11
	50m: 28.69	100m: 1:02.59 (33.90)	150m: 1:39.44 (36.85)		
	200m: 2:15.67 (36.23)	250m: 2:59.43 (43.76)	300m: 3:43.07 (43.64)		
	350m: 4:15.35 (32.28)	400m: 4:46.38 (31.03)			
7	 Luke Gibson	17	 Unite... +0.57	6	4:46.92 Entry: 4:51.80
	50m: 27.89	100m: 1:01.90 (34.01)	150m: 1:38.62 (36.72)		
	200m: 2:15.69 (37.07)	250m: 2:57.39 (41.70)	300m: 3:40.37 (42.98)		
	350m: 4:13.55 (33.18)	400m: 4:46.92 (33.37)			
8	 Nicholas Cowen	17	 Nort... +0.65	10	5:05.84 Entry: 4:54.11
	50m: 30.84	100m: 1:06.67 (35.83)	150m: 1:45.69 (39.02)		
	200m: 2:24.51 (38.82)	250m: 3:07.44 (42.93)	300m: 3:52.15 (44.71)		
	350m: 4:29.31 (37.16)	400m: 5:05.84 (36.53)			
9	 Nathan Walker	18	 Aqua... +0.66	7	4:48.51 Entry: 4:55.48
	50m: 29.09	100m: 1:04.15 (35.06)	150m: 1:42.31 (38.16)		
	200m: 2:20.20 (37.89)	250m: 2:59.94 (39.74)	300m: 3:40.34 (40.40)		
	350m: 4:15.30 (34.96)	400m: 4:48.51 (33.21)			