

32 400m Individual Medley Women Final

Official

NZR

Open New Zealand Long Course
Record

4:39.07 2008-03-25

Helen Norfolk
AK

18yr
NZR

18 Years New Zealand Long
Course Record

4:47.19 2021-04-06
Sir Owen G Glen...

Georgina McCarthy
Hamilton Aquatics

17yr

17 Years New Zealand Long

4:42.19 2017-07-21

Mya Rasmussen

Show more

Qualified

Heats

Summary

1 Final 13 years

heat

Started at: 07:14 PM (- 3 min)

Official

Lane	Competitor	Age	Club	RT	PTS	Rank	Result
0	Tineke Artz	13	Ashb...	+0.78		9	5:46.90 Entry: 5:49.93
	50m: 34.17	100m: 1:16.32 (42.15)	150m: 2:02.24 (45.92)				
	200m: 2:47.29 (45.05)	250m: 3:38.19 (50.90)	300m: 4:29.65 (51.46)				
	350m: 5:09.37 (39.72)	400m: 5:46.90 (37.53)					
1	Maeve McDonnell	13	Howi...	+0.65		10	5:53.62 Entry: 5:52.06
	50m: 37.06	100m: 1:21.03 (43.97)	150m: 2:09.49 (48.46)				
	200m: 2:56.22 (46.73)	250m: 3:45.67 (49.45)	300m: 4:37.03 (51.36)				
	350m: 5:16.52 (39.49)	400m: 5:53.62 (37.10)					
2	Olivia Vivian	13	Whar...	+0.65		4	5:35.24 Entry: 5:44.98
	50m: 35.10	100m: 1:18.49 (43.39)	150m: 2:03.59 (45.10)				
	200m: 2:48.41 (44.82)	250m: 3:35.48 (47.07)	300m: 4:23.44 (47.96)				
	350m: 5:00.46 (37.02)	400m: 5:35.24 (34.78)					
3	Ambre Sercan (V)	13	Dum...	+0.78		3	5:30.39 Entry: 5:41.94
	50m: 34.87	100m: 1:19.40 (44.53)	150m: 2:02.32 (42.92)				
	200m: 2:43.71 (41.39)	250m: 3:31.26 (47.55)	300m: 4:18.43 (47.17)				
	350m: 4:56.40 (37.97)	400m: 5:30.39 (33.99)					
4	Amber Lin	13	Nort...	+0.65		1	5:21.45 Entry: 5:31.76
	50m: 32.02	100m: 1:09.97 (37.95)	150m: 1:52.05 (42.08)				
	200m: 2:33.08 (41.03)	250m: 3:19.00 (45.92)	300m: 4:06.11 (47.11)				
	350m: 4:44.73 (38.62)	400m: 5:21.45 (36.72)					
5	Millie Skidmore	13	Troja...	+0.67		2	5:29.31 Entry: 5:41.31
	50m: 33.55	100m: 1:15.12 (41.57)	150m: 1:56.18 (41.06)				
	200m: 2:37.02 (40.84)	250m: 3:25.54 (48.52)	300m: 4:15.16 (49.62)				
	350m: 4:52.89 (37.73)	400m: 5:29.31 (36.42)					
6	Mackenzie Jury	13	Liz v...	+0.63		5	5:35.39 Entry: 5:42.39
	50m: 33.45	100m: 1:14.00 (40.55)	150m: 1:58.51 (44.51)				
	200m: 2:43.17 (44.66)	250m: 3:29.40 (46.23)	300m: 4:18.28 (48.88)				
	350m: 4:57.41 (39.13)	400m: 5:35.39 (37.98)					
7	Holly Sorenson	13	Porir...	+0.60		8	5:46.54 Entry: 5:46.30

50m: 33.08 100m: 1:15.84 (42.76) 150m: 2:05.00 (49.16)
 200m: 2:50.64 (45.64) 250m: 3:39.59 (48.95) 300m: 4:29.46 (49.87)
 350m: 5:08.62 (39.16) 400m: 5:46.54 (37.92)


8  **Addi Sands**

13  **Liz v...** +0.76

7 **5:44.68**
Entry: 5:49.68

50m: 34.14 100m: 1:16.48 (42.34) 150m: 2:01.23 (44.75)
 200m: 2:44.60 (43.37) 250m: 3:34.93 (50.33) 300m: 4:26.08 (51.15)
 350m: 5:05.49 (39.41) 400m: 5:44.68 (39.19)

9  **Helena Yule**

13  **Phoe...** +0.72

6 **5:37.98**
Entry: 5:51.54


50m: 35.05 100m: 1:17.96 (42.91) 150m: 2:00.55 (42.59)
 200m: 2:41.62 (41.07) 250m: 3:30.71 (49.09) 300m: 4:22.42 (51.71)
 350m: 5:01.29 (38.87) 400m: 5:37.98 (36.69)


2 **Final 14 years**

heat Started at: 07:22 PM (- 2 min)

Official

Lane Competitor Age Club RT PTS Rank Result

0  **Sophia Neems**

14  **Howi...** +0.72

8 **5:42.10**
Entry: 5:47.16

50m: 34.45 100m: 1:17.57 (43.12) 150m: 2:03.72 (46.15)
 200m: 2:47.57 (43.85) 250m: 3:35.24 (47.67) 300m: 4:25.31 (50.07)
 350m: 5:04.02 (38.71) 400m: 5:42.10 (38.08)

1  **Grace Wills**

14  **TBS...** +0.81

4 **5:36.81**
Entry: 5:43.76

50m: 34.71 100m: 1:16.51 (41.80) 150m: 2:02.57 (46.06)
 200m: 2:46.71 (44.14) 250m: 3:32.16 (45.45) 300m: 4:18.98 (46.82)
 350m: 4:58.93 (39.95) 400m: 5:36.81 (37.88)


2  **Victoria Cherrier (V)**

14  **Dum...** +0.78

7 **5:42.07**
Entry: 5:43.14

50m: 35.16 100m: 1:18.93 (43.77) 150m: 2:07.98 (49.05)
 200m: 2:55.33 (47.35) 250m: 3:41.87 (46.54) 300m: 4:28.05 (46.18)
 350m: 5:06.14 (38.09) 400m: 5:42.07 (35.93)


3  **Laura Menzies**

14  **Selw...** +0.74

3 **5:22.48**
Entry: 5:32.52

50m: 32.88 100m: 1:14.36 (41.48) 150m: 1:53.44 (39.08)
 200m: 2:31.41 (37.97) 250m: 3:19.80 (48.39) 300m: 4:08.12 (48.32)
 350m: 4:45.80 (37.68) 400m: 5:22.48 (36.68)


4  **Violet Carter**

14  **Ice B...** +0.74

2 **5:19.29**
Entry: 5:24.69

50m: 33.98 100m: 1:13.38 (39.40) 150m: 1:54.24 (40.86)
 200m: 2:34.32 (40.08) 250m: 3:21.58 (47.26) 300m: 4:07.99 (46.41)
 350m: 4:44.91 (36.92) 400m: 5:19.29 (34.38)

5  **Charlotte McLaren**

14  **Troja...** +0.69

5 **5:37.19**
Entry: 5:28.49


50m: 34.39 100m: 1:16.66 (42.27) 150m: 1:59.20 (42.54)
 200m: 2:41.73 (42.53) 250m: 3:29.46 (47.73) 300m: 4:18.83 (49.37)
 350m: 4:58.69 (39.86) 400m: 5:37.19 (38.50)

6  **Paige Conley**

14  **Wha...** +0.73

1 **5:17.18**
Entry: 5:34.89



50m: 32.69 100m: 1:11.36 (38.67) 150m: 1:52.86 (41.50)
 200m: 2:33.90 (41.04) 250m: 3:21.10 (47.20) 300m: 4:09.20 (48.10)
 350m: 4:43.60 (34.40) 400m: 5:17.18 (33.58)


7  **Tannah Strombeck**

14  **Nort...**



















9 **5:44.39**
Entry: 5:43.33



50m: 37.68 100m: 1:22.89 (45.21) 150m: 2:06.35 (43.46)
 200m: 2:48.67 (42.32) 250m: 3:37.07 (48.40) 300m: 4:25.94 (48.87)

8	 Marianne Denamiel (V)	15	 New ...	+0.81	8	Entry: 5:35.01
	50m: 33.54	100m: 1:13.22 (39.68)	150m: 1:57.20 (43.98)			
	200m: 2:39.94 (42.74)	250m: 3:28.12 (48.18)	300m: 4:17.77 (49.65)			
	350m: 4:55.40 (37.63)	400m: 5:30.97 (35.57)				


















9	 Tegen Stewart	15	 Nels...	+0.79	9	5:35.12 Entry: 5:38.10
	50m: 33.30	100m: 1:12.40 (39.10)	150m: 1:57.67 (45.27)			
	200m: 2:40.93 (43.26)	250m: 3:29.23 (48.30)	300m: 4:18.72 (49.49)			
	350m: 4:57.42 (38.70)	400m: 5:35.12 (37.70)				

4 heat **Final 16 years** Started at: 07:37 PM (- 2 min) Official

Lane	Competitor	Age	Club	RT	PTS	Rank	Result
0	 Kate McLaren	16	 Troja...	+0.78			DSQ
1	 Breeze van Veldhuizen	16	 Here...	+0.73		8	5:23.71 Entry: 5:25.23
	50m: 32.17	100m: 1:10.89 (38.72)	150m: 1:51.03 (40.14)				
	200m: 2:30.19 (39.16)	250m: 3:19.13 (48.94)	300m: 4:08.70 (49.57)				
	350m: 4:46.72 (38.02)	400m: 5:23.71 (36.99)					
2	 Kate Hurley	16	 Pirat...	+0.76		3	5:14.95 Entry: 5:22.97
	50m: 31.76	100m: 1:08.94 (37.18)	150m: 1:50.54 (41.60)				
	200m: 2:32.40 (41.86)	250m: 3:17.05 (44.65)	300m: 4:02.03 (44.98)				
	350m: 4:38.84 (36.81)	400m: 5:14.95 (36.11)					
3	 Scout Carter	16	 Ice B...	+0.67		6	5:21.58 Entry: 5:20.02
	50m: 34.35	100m: 1:13.43 (39.08)	150m: 1:56.87 (43.44)				
	200m: 2:37.96 (41.09)	250m: 3:22.18 (44.22)	300m: 4:07.48 (45.30)				
	350m: 4:45.38 (37.90)	400m: 5:21.58 (36.20)					
4	 Nina De Coster	16	 St P...	+0.70		1	5:03.76 Entry: 5:13.17
	50m: 32.18	100m: 1:08.98 (36.80)	150m: 1:50.50 (41.52)				
	200m: 2:30.19 (39.69)	250m: 3:13.22 (43.03)	300m: 3:57.04 (43.82)				
	350m: 4:31.00 (33.96)	400m: 5:03.76 (32.76)					
5	 Olivia Bates	16	 Howi...	+0.72		2	5:04.95 Entry: 5:13.79
	50m: 32.39	100m: 1:08.95 (36.56)	150m: 1:48.95 (40.00)				
	200m: 2:28.20 (39.25)	250m: 3:11.99 (43.79)	300m: 3:56.11 (44.12)				
	350m: 4:31.63 (35.52)	400m: 5:04.95 (33.32)					
6	 Mia Cain-Townley	16	 Nels...	+0.82		4	5:15.71 Entry: 5:21.71
	50m: 31.17	100m: 1:08.24 (37.07)	150m: 1:47.82 (39.58)				
	200m: 2:26.92 (39.10)	250m: 3:13.59 (46.67)	300m: 4:01.25 (47.66)				
	350m: 4:38.31 (37.06)	400m: 5:15.71 (37.40)					
7	 Alexis Buissinne	16	 Nort...			9	5:27.23 Entry: 5:24.73
	50m: 31.56	100m: 1:09.52 (37.96)	150m: 1:51.73 (42.21)				
	200m: 2:33.34 (41.61)	250m: 3:22.57 (49.23)	300m: 4:12.06 (49.49)				
	350m: 4:49.85 (37.79)	400m: 5:27.23 (37.38)					
8	 Jasmine Lyles	16	 Phoe...	+0.66		5	5:19.03 Entry: 5:26.39
	50m: 31.81	100m: 1:11.10 (39.29)	150m: 1:54.43 (43.33)				
	200m: 2:36.29 (41.86)	250m: 3:20.12 (43.83)	300m: 4:05.84 (45.72)				
	350m: 4:43.05 (37.21)	400m: 5:19.03 (35.98)					

9	 Kezia Buissinne	16	 Nort... +0.72	7	5:22.43 Entry: 5:28.45
	50m: 32.14	100m: 1:11.08 (38.94)	150m: 1:54.67 (43.59)		
	200m: 2:36.03 (41.36)	250m: 3:23.40 (47.37)	300m: 4:10.79 (47.39)		
	350m: 4:47.41 (36.62)	400m: 5:22.43 (35.02)			

5 heat **Final 17-18 years** Started at: 07:45 PM (- 1 min) Official

Lane	Competitor	Age	Club	RT	PTS	Rank	Result
0	 Catherine Sonerson	17	 Pirat... +0.71	9	5:33.17 Entry: 5:32.31		
	50m: 33.35	100m: 1:14.86 (41.51)	150m: 1:58.11 (43.25)				
	200m: 2:40.76 (42.65)	250m: 3:30.19 (49.43)	300m: 4:20.22 (50.03)				
	350m: 4:56.91 (36.69)	400m: 5:33.17 (36.26)					
1	 Alina Wong	17	 Ice B... +0.55	7	5:20.80 Entry: 5:26.04		
	50m: 31.14	100m: 1:10.52 (39.38)	150m: 1:51.08 (40.56)				
	200m: 2:30.57 (39.49)	250m: 3:18.75 (48.18)	300m: 4:08.49 (49.74)				
	350m: 4:45.84 (37.35)	400m: 5:20.80 (34.96)					
2	 Alex Campion	17	 Unite... +0.69	4	5:08.70 Entry: 5:18.02		
	50m: 30.46	100m: 1:06.63 (36.17)	150m: 1:46.45 (39.82)				
	200m: 2:26.17 (39.72)	250m: 3:11.69 (45.52)	300m: 3:56.99 (45.30)				
	350m: 4:33.52 (36.53)	400m: 5:08.70 (35.18)					
3	 Hanna Abdou	17	 Whar... +0.79	2	5:03.21 Entry: 5:11.71		
	50m: 31.80	100m: 1:09.79 (37.99)	150m: 1:48.80 (39.01)				
	200m: 2:27.44 (38.64)	250m: 3:12.19 (44.75)	300m: 3:57.24 (45.05)				
	350m: 4:31.01 (33.77)	400m: 5:03.21 (32.20)					
4	 Danielle Asiata	17	 Howi... +0.66	1	5:02.53 Entry: 5:08.67		
	50m: 30.85	100m: 1:06.94 (36.09)	150m: 1:45.25 (38.31)				
	200m: 2:22.93 (37.68)	250m: 3:07.45 (44.52)	300m: 3:52.39 (44.94)				
	350m: 4:27.34 (34.95)	400m: 5:02.53 (35.19)					
5	 Talitha McEwan	18	 Mt M... +0.74	3	5:04.75 Entry: 5:08.93		
	50m: 30.16	100m: 1:06.03 (35.87)	150m: 1:45.57 (39.54)				
	200m: 2:24.18 (38.61)	250m: 3:10.37 (46.19)	300m: 3:56.97 (46.60)				
	350m: 4:31.54 (34.57)	400m: 5:04.75 (33.21)					
6	 Heidi Uys	18	 Swi... +0.72	5	5:17.76 Entry: 5:16.09		
	50m: 33.16	100m: 1:12.05 (38.89)	150m: 1:53.00 (40.95)				
	200m: 2:33.71 (40.71)	250m: 3:17.05 (43.34)	300m: 4:01.88 (44.83)				
	350m: 4:40.51 (38.63)	400m: 5:17.76 (37.25)					
7	 Evie Skidmore	17	 Troja... +0.70	6	5:20.12 Entry: 5:22.52		
	50m: 33.12	100m: 1:11.32 (38.20)	150m: 1:52.81 (41.49)				
	200m: 2:33.88 (41.07)	250m: 3:20.05 (46.17)	300m: 4:06.57 (46.52)				
	350m: 4:43.69 (37.12)	400m: 5:20.12 (36.43)					
8	 Sophia Molnar	17	 Whar... +0.73	8	5:22.72 Entry: 5:28.02		
	50m: 31.34	100m: 1:07.99 (36.65)	150m: 1:51.59 (43.60)				
	200m: 2:33.13 (41.54)	250m: 3:19.16 (46.03)	300m: 4:06.19 (47.03)				
	350m: 4:45.16 (38.97)	400m: 5:22.72 (37.56)					
9	 Sophie Winter	17	 Alex... +0.72	10	5:38.79 Entry: 5:38.74		

50m: 33.33	100m: 1:16.09 (42.76)	150m: 2:00.57 (44.48)
200m: 2:43.13 (42.56)	250m: 3:31.05 (47.92)	300m: 4:18.82 (47.77)
350m: 5:00.28 (41.46)	400m: 5:38.79 (38.51)	
