

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	Georgina McCarthy Sir Owen G Glen... Hamilton Aquatics
17yr	17 Years New Zealand Long	4:42.48	2017-07-21	Mya Rasmussen



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☰ Qualified ☰ Heats 🏠 Summary



Total



Rank	Competitor	Age	Club	RT	PTS	Result
1	Asiata Danielle	17	Howick Pak...	+0.66		5:02.53 Entry: 5:08.67 (-6.14)
	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)					
2	Abdou Hanna	17	Wharenui S...	+0.79		5:03.21 Entry: 5:11.71 (-8.50)
	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)					
3	De Coster Nina	16	St Paul's S...	+0.70		5:03.76 Entry: 5:13.17 (-9.41)
	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)					
4	McEwan Talitha	18	Mt Maunga...	+0.74		5:04.75 Entry: 5:08.93 (-4.18)
	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)					
5	Bates Olivia	16	Howick Pak...	+0.72		5:04.95 Entry: 5:13.79 (-8.84)
	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	Riley Ariella	15	Hamilton Aq...	+0.75		5:07.97 Entry: 5:13.03 (-5.06)
	50m: 31.00 100m: 1:07.08 (36.08) 150m: 1:45.77 (38.69)					200m: 2:23.95 (38.18) 250m: 3:10.77 (46.82) 300m: 3:57.70 (46.93)
	350m: 4:33.99 (36.29) 400m: 5:07.97 (33.98)					
7	Campion Alex	17	United Swi...	+0.69		5:08.70 Entry: 5:18.02 (-9.32)
	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)					
8	Quayle Bridie	15	Wharenui S...	+0.82		5:14.82 Entry: 5:18.40 (-3.58)
	50m: 32.41 100m: 1:10.78 (38.37) 150m: 1:51.35 (40.57)					200m: 2:31.41 (40.06) 250m: 3:16.28 (44.87) 300m: 4:02.19 (45.91)
	350m: 4:39.20 (37.01) 400m: 5:14.82 (35.62)					
9	Hurley Kate	16	Pirates Swi...	+0.76		5:14.95 Entry: 5:22.97 (-8.02)
	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)					
10	Cain-Townley Mia	16	Nelson Sou...	+0.82		5:15.71 Entry: 5:21.71 (-6.00)
	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)					
11	Wilson Ava	15	Coast Swi...	+0.77		5:16.82 Entry: 5:24.71 (-7.89)
	50m: 32.70 100m: 1:13.40 (40.70) 150m: 1:53.25 (39.85)					200m: 2:32.59 (39.34) 250m: 3:19.35 (46.76) 300m: 4:07.22 (47.87)
	350m: 4:42.73 (35.51) 400m: 5:16.82 (34.09)					
12	Conley Paige	14	Whanganui...	+0.73		5:17.18 Entry: 5:34.89 (-17.71)



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: 4:43.05 (37.21) 400m: 5:19.03 (35.98)



13  **Uys Heidi**  **Swim Timaru** +0.72 **5:16.09** (+1.67)
Entry: 5:16.09 (+1.67)
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)



14  **Lyles Jasmine**  **Phoenix Aq...** +0.66 **5:19.03**
Entry: 5:26.39 (-7.36)
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)



15  **Lovell Nicola**  **Blenheim S...** +0.82 **5:19.22**
Entry: 5:23.80 (-4.58)
50m: 33.42 100m: 1:13.50 (40.08) 150m: 1:55.88 (42.38)
200m: 2:37.40 (41.52) 250m: 3:22.11 (44.71) 300m: 4:06.76 (44.65)
350m: 4:43.77 (37.01) 400m: 5:19.22 (35.45)



16  **Carter Violet**  **Ice Breaker...** +0.74 **5:19.29**
Entry: 5:24.69 (-5.40)
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)

17  **Skidmore Evie**  **Trojans Swi...** +0.70 **5:20.12**
Entry: 5:22.52 (-2.40)
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)

18  **Wong Alina**  **Ice Breaker...** +0.55 **5:20.80**
Entry: 5:26.04 (-5.24)
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)



19  **Lin Amber**  **North Shor...** +0.65 **5:21.45**
Entry: 5:31.76 (-10.31)
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)

20  **Carter Scout**  **Ice Breaker...** +0.67 **5:21.58**
Entry: 5:20.02 (+1.56)
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)



21  **Buissinne Kezia**  **North Shor...** +0.72 **5:22.43**
Entry: 5:28.45 (-6.02)
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)

22  **Menzies Laura**  **Selwyn Swi...** +0.74 **5:22.48**
Entry: 5:32.52 (-10.04)
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)

23  **Molnar Sophia**  **Wharenui S...** +0.73 **5:22.72**
Entry: 5:28.02 (-5.30)
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)



24  **van Veldhuizen Breeze**  **Heretaunga...** +0.73 **5:23.71**
Entry: 5:25.23 (-1.52)
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)

25  **Shi Lisa**  **Howick Pak...** +0.64 **5:25.45**
Entry: 5:26.48 (-1.03)
50m: 33.70 100m: 1:12.34 (38.64) 150m: 1:55.63 (43.29)
200m: 2:37.39 (41.76) 250m: 3:22.62 (45.23) 300m: 4:08.61 (45.99)
350m: 4:47.72 (39.11) 400m: 5:25.45 (37.73)



26  **Delunel (V) Clara**  **Dumbea N...** +0.58 **5:26.08**
Entry: 5:29.70 (-3.62)
50m: 34.48 100m: 1:15.93 (41.45) 150m: 1:58.30 (42.37)
200m: 2:39.58 (41.28) 250m: 3:26.74 (47.16) 300m: 4:13.36 (46.62)
350m: 4:50.62 (37.26) 400m: 5:26.08 (35.46)

27  **Buissinne Alexis**  **North Shor...** **5:27.23**
Entry: 5:24.73 (+2.50)



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)

28  **Skidmore Millie** 13  **Trojans Swi...** +0.67 **5:29.31**
Entry: 5:41.31 (-12.00)



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)

29  **Sasamoto Rio** 15  **Enterprise ...** +0.66 **5:29.87**
Entry: 5:33.80 (-3.93)



50m: 33.72 100m: 1:13.84 (40.12) 150m: 1:55.94 (42.10)
200m: 2:37.40 (41.46) 250m: 3:25.71 (48.31) 300m: 4:15.67 (49.96)
350m: 4:52.68 (37.01) 400m: 5:29.87 (37.19)

30  **Sercan (V) Ambre** 13  **Dumbea N...** +0.78 **5:30.39**
Entry: 5:41.94 (-11.55)



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)

31  **Denamiel (V) Marianne** 15  **New Caled...** +0.81 **5:30.97**
Entry: 5:35.01 (-4.04)

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)

32  **Sonerson Catherine** 17  **Pirates Swi...** +0.71 **5:33.17**
Entry: 5:32.31 (+0.86)

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)

33  **Stewart Tegen** 15  **Nelson Sou...** +0.79 **5:35.12**
Entry: 5:38.10 (-2.98)


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)

34  **Vivian Olivia** 13  **Wharehina S...** +0.65 **5:35.24**
Entry: 5:44.98 (-9.74)



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)

35  **Jury Mackenzie** 13  **Liz van Wel...** +0.63 **5:35.39**
Entry: 5:42.39 (-7.00)

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)

36  **Wills Grace** 14  **TBSS Cent...** +0.81 **5:36.81**
Entry: 5:43.76 (-6.95)



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)

37  **McLaren Charlotte** 14  **Trojans Swi...** +0.69 **5:37.19**
Entry: 5:28.49 (+8.70)


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)

38  **Yule Helena** 13  **Phoenix Aq...** +0.72 **5:37.98**
Entry: 5:51.54 (-13.56)



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)

39  **Winter Sophie** 17  **Alexandra ...** +0.72 **5:38.79**
Entry: 5:38.74 (+0.05)

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)

40  **Kennard Shyla** 14  **Aquablaz ...** +0.74 **5:41.11**
Entry: 5:44.52 (-3.41)



50m: 34.34 100m: 1:17.01 (42.67) 150m: 2:00.21 (43.20)
200m: 2:42.60 (42.39) 250m: 3:32.72 (50.12) 300m: 4:22.92 (50.20)
350m: 5:03.04 (40.12) 400m: 5:41.11 (38.07)

41  **Riley Indy** 15  **Hamilton Aq...** +0.71 **5:41.57**
Entry: 5:37.98 (+3.59)

50m: 34.82 100m: 1:17.19 (42.37) 150m: 2:01.88 (44.69)
200m: 2:43.95 (42.07) 250m: 3:36.80 (52.85) 300m: 4:28.98 (52.18)
350m: 5:06.14 (37.16) 400m: 5:41.57 (35.43)

42  **Cherrier (V) Victoria** 14  **Dumbea N...** +0.78 **5:42.07**
Entry: 5:43.14 (-1.07)

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)

43  **Neems Sophia** 14  **Howick Pak...** +0.72 **5:42.10**
Entry: 5:47.16 (-5.06)

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)

44  **Strombeck Tannah** 14  **North Shore...** **5:44.39**
Entry: 5:43.33 (+1.06)



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)
350m: 5:05.82 (39.88) 400m: 5:44.39 (38.57)

45  **Sands Addi** 13  **Liz van Wel...** +0.76 **5:44.68**
Entry: 5:49.68 (-5.00)

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)

46  **Sorenson Holly** 13  **Porirua City...** +0.60 **5:46.54**
Entry: 5:46.30 (+0.24)

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)

47  **Artz Tineke** 13  **Ashburton ...** +0.78 **5:46.90**
Entry: 5:49.93 (-3.03)

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)

48  **Johnson Olivia** 14  **Murihiku S...** +0.82 **5:48.32**
Entry: 5:52.73 (-4.41)

50m: 36.86 100m: 1:17.73 (40.87) 150m: 2:02.78 (45.05)
200m: 2:45.27 (42.49) 250m: 3:36.25 (50.98) 300m: 4:26.39 (50.14)
350m: 5:07.79 (41.40) 400m: 5:48.32 (40.53)

49  **McDonnell Maeve** 13  **Howick Pak...** +0.65 **5:53.62**
Entry: 5:52.06 (+1.56)

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)

-  **McLaren Kate** 16  **Trojans Swi...** +0.78 **DSQ**