

32 400m Individual Medley Women Heat

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 Glenn... Hamilton Aquatics
17yr	17 Years New Zealand Long Course	4:42.19	2017-07-21	Mya Rasmussen	























Show more

























Entries Heats Summary























Total

























Rank	Competitor	Age	Club	RT	PTS	Result
1	Asiata Danielle	17	Howick Pakuranga	+0.68		5:08.67 Entry: 4:57.89 (+10.78) Q
	50m: 31.33	100m: 1:07.45 (36.12)	150m: 1:45.85 (38.40)			
	200m: 2:23.63 (37.78)	250m: 3:09.65 (46.02)	300m: 3:55.77 (46.12)			
	350m: 4:33.03 (37.26)	400m: 5:08.67 (35.64)				
2	McEwan Talitha	18	Mt Maunganui Swim...	+0.77		5:08.93 Entry: 5:03.45 (+5.48) Q
	50m: 31.30	100m: 1:07.64 (36.34)	150m: 1:48.11 (40.47)			
	200m: 2:27.00 (38.89)	250m: 3:12.80 (45.80)	300m: 3:58.61 (45.81)			
	350m: 4:34.00 (35.39)	400m: 5:08.93 (34.93)				
3	Abdou Hanna	17	Wharenui Swim Club	+0.79		5:11.71 Entry: 4:59.32 (+12.39) Q
	50m: 32.60	100m: 1:11.10 (38.50)	150m: 1:51.81 (40.71)			
	200m: 2:30.29 (38.48)	250m: 3:16.04 (45.75)	300m: 4:02.33 (46.29)			
	350m: 4:38.12 (35.79)	400m: 5:11.71 (33.59)				
4	Riley Ariella	15	Hamilton Aquatics			5:13.03 Entry: 5:06.69 (+6.34) Q
	50m: 31.95	100m: 1:09.80 (37.85)	150m: 1:49.85 (40.05)			
	200m: 2:29.99 (40.14)	250m: 3:16.69 (46.70)	300m: 4:03.50 (46.81)			
	350m: 4:39.00 (35.50)	400m: 5:13.03 (34.03)				
5	De Coster Nina	16	St Paul's Swimming ...	+0.73		5:13.17 Entry: 5:08.62 (+4.55) Q
	50m: 32.90	100m: 1:11.82 (38.92)	150m: 1:54.36 (42.54)			
	200m: 2:34.54 (40.18)	250m: 3:20.68 (46.14)	300m: 4:06.57 (45.89)			
	350m: 4:41.54 (34.97)	400m: 5:13.17 (31.63)				
6	Bates Olivia	16	Howick Pakuranga	+0.75		5:13.79 Entry: 5:03.79 (+10.00) Q
	50m: 33.49	100m: 1:11.69 (38.20)	150m: 1:53.13 (41.44)			
	200m: 2:33.94 (40.81)	250m: 3:18.35 (44.41)	300m: 4:03.14 (44.79)			
	350m: 4:39.50 (36.36)	400m: 5:13.79 (34.29)				
7	Uys Heidi	18	Swim Timaru	+0.75		5:16.09 Entry: 5:13.68 (+2.41) Q
	50m: 33.70	100m: 1:12.96 (39.26)	150m: 1:54.48 (41.52)			
	200m: 2:34.35 (39.87)	250m: 3:17.31 (42.96)	300m: 4:01.07 (43.76)			
	350m: 4:39.34 (38.27)	400m: 5:16.09 (36.75)				
8	Champion Alex	17	United Swimming Club	+0.69		5:18.02 Entry: 5:05.88 (+12.14) Q
	50m: 31.53	100m: 1:09.02 (37.49)	150m: 1:50.73 (41.71)			
	200m: 2:31.64 (40.91)	250m: 3:18.51 (46.87)	300m: 4:05.41 (46.90)			
	350m: 4:42.36 (36.95)	400m: 5:18.02 (35.66)				





















9	 Quayle Bridie	15	 Wharenui Swim Club	+0.76	5:18.40 (+9.92) Entry: 5:08.48	Q
	50m: 33.29 200m: 2:36.42 (41.65) 350m: 4:43.98 (36.51)	100m: 1:12.15 (38.86) 250m: 3:21.93 (45.51) 400m: 5:18.40 (34.42)	150m: 1:54.77 (42.62) 300m: 4:07.47 (45.54)			
10	 Carter Scout	16	 Ice Breaker Aquatics	+0.60	5:20.02 (-5.04) Entry: 5:25.06	Q
	50m: 34.45 200m: 2:38.75 (41.34) 350m: 4:45.08 (36.74)	100m: 1:13.96 (39.51) 250m: 3:23.13 (44.38) 400m: 5:20.02 (34.94)	150m: 1:57.41 (43.45) 300m: 4:08.34 (45.21)			
11	 Cain-Townley Mia	16	 Nelson South Swim ...	+0.83	5:21.71 (-8.49) Entry: 5:30.20	Q
	50m: 31.87 200m: 2:29.04 (39.76) 350m: 4:43.47 (38.36)	100m: 1:09.50 (37.63) 250m: 3:16.55 (47.51) 400m: 5:21.71 (38.24)	150m: 1:49.28 (39.78) 300m: 4:05.11 (48.56)			
12	 Skidmore Evie	17	 Trojans Swim Club	+0.81	5:22.52 (-10.34) Entry: 5:32.86	Q
	50m: 33.91 200m: 2:36.29 (41.74) 350m: 4:46.22 (37.54)	100m: 1:13.21 (39.30) 250m: 3:21.98 (45.69) 400m: 5:22.52 (36.30)	150m: 1:54.55 (41.34) 300m: 4:08.68 (46.70)			
13	 Hurley Kate	16	 Pirates Swim Team	+0.76	5:22.97 (+11.94) Entry: 5:11.03	Q
	50m: 33.11 200m: 2:37.67 (41.91) 350m: 4:46.45 (38.95)	100m: 1:13.21 (40.10) 250m: 3:22.60 (44.93) 400m: 5:22.97 (36.52)	150m: 1:55.76 (42.55) 300m: 4:07.50 (44.90)			
14	 Lovell Nicola	15	 Blenheim Swimming ...	+0.78	5:23.80 (-1.11) Entry: 5:24.91	Q
	50m: 33.93 200m: 2:38.76 (40.96) 350m: 4:47.06 (37.03)	100m: 1:15.57 (41.64) 250m: 3:24.82 (46.06) 400m: 5:23.80 (36.74)	150m: 1:57.80 (42.23) 300m: 4:10.03 (45.21)			
15	 Carter Violet	14	 Ice Breaker Aquatics	+0.73	5:24.69 (+4.58) Entry: 5:20.11	Q
	50m: 34.11 200m: 2:38.16 (41.20) 350m: 4:50.49 (37.38)	100m: 1:14.72 (40.61) 250m: 3:25.12 (46.96) 400m: 5:24.69 (34.20)	150m: 1:56.96 (42.24) 300m: 4:13.11 (47.99)			
16	 Wilson Ava	15	 Coast Swimming Club	+0.73	5:24.71 (+10.15) Entry: 5:14.56	Q
	50m: 33.64 200m: 2:37.73 (40.29) 350m: 4:49.86 (36.08)	100m: 1:15.75 (42.11) 250m: 3:25.00 (47.27) 400m: 5:24.71 (34.85)	150m: 1:57.44 (41.69) 300m: 4:13.78 (48.78)			
17	 Buisinne Alexis	16	 North Shore Swimmi...		5:24.73 (+7.32) Entry: 5:17.41	Q
	50m: 32.80 200m: 2:35.57 (41.44) 350m: 4:49.76 (37.10)	100m: 1:12.38 (39.58) 250m: 3:24.11 (48.54) 400m: 5:24.73 (34.97)	150m: 1:54.13 (41.75) 300m: 4:12.66 (48.55)			
18	 van Veldhuizen Breeze	16	 Heretaunga Sundevils	+0.73	5:25.23 (+11.83) Entry: 5:13.40	Q
	50m: 32.03 200m: 2:32.39 (39.63) 350m: 4:47.58 (38.39)	100m: 1:11.78 (39.75) 250m: 3:20.24 (47.85) 400m: 5:25.23 (37.65)	150m: 1:52.76 (40.98) 300m: 4:09.19 (48.95)			
19	 Wong Alina	17	 Ice Breaker Aquatics	+0.58	5:26.04 (+13.49) Entry: 5:12.55	Q
	50m: 32.85 200m: 2:35.42 (40.01) 350m: 4:52.46 (38.11)	100m: 1:13.24 (40.39) 250m: 3:24.29 (48.87) 400m: 5:26.04 (33.58)	150m: 1:55.41 (42.17) 300m: 4:14.35 (50.06)			
20	 Lyles Jasmine	16	 Phoenix Aquatics	+0.67	5:26.39 (+10.57) Entry: 5:15.82	Q
	50m: 33.08	100m: 1:13.14 (40.06)	150m: 1:58.15 (45.01)			

	200m: 2:40.65 (42.50) 350m: 4:49.36 (39.16)	250m: 3:24.41 (43.76) 400m: 5:26.39 (37.03)	300m: 4:10.20 (45.79)				
21	 Shi Lisa	15	 Howick Pakuranga	+0.70	5:26.48 Entry: 5:26.66 (-0.18)	Q	
	50m: 33.89 200m: 2:39.88 (42.21) 350m: 4:49.17 (38.02)	100m: 1:14.20 (40.31) 250m: 3:25.12 (45.24) 400m: 5:26.48 (37.31)	150m: 1:57.67 (43.47) 300m: 4:11.15 (46.03)				
22	 McLaren Kate	16	 Trojans Swim Club	+0.80	5:27.54 Entry: 5:28.47 (-0.93)	Q	
	50m: 32.04 200m: 2:32.27 (41.20) 350m: 4:49.59 (40.21)	100m: 1:10.29 (38.25) 250m: 3:19.53 (47.26) 400m: 5:27.54 (37.95)	150m: 1:51.07 (40.78) 300m: 4:09.38 (49.85)				
23	 Molnar Sophia	17	 Wharenui Swim Club	+0.71	5:28.02 Entry: 5:26.45 (+1.57)	Q	
	50m: 32.10 200m: 2:35.08 (42.95) 350m: 4:50.20 (40.02)	100m: 1:09.41 (37.31) 250m: 3:21.96 (46.88) 400m: 5:28.02 (37.82)	150m: 1:52.13 (42.72) 300m: 4:10.18 (48.22)				
24	 Buissonne Kezia	16	 North Shore Swimmi...	+0.69	5:28.45 Entry: 5:19.22 (+9.23)	Q	
	50m: 32.31 200m: 2:40.03 (43.45) 350m: 4:53.12 (37.06)	100m: 1:12.39 (40.08) 250m: 3:27.41 (47.38) 400m: 5:28.45 (35.33)	150m: 1:56.58 (44.19) 300m: 4:16.06 (48.65)				
25	 McLaren Charlotte	14	 Trojans Swim Club	+0.67	5:28.49 Entry: 5:33.95 (-5.46)	Q	
	50m: 34.12 200m: 2:38.97 (41.95) 350m: 4:51.31 (39.35)	100m: 1:15.03 (40.91) 250m: 3:24.36 (45.39) 400m: 5:28.49 (37.18)	150m: 1:57.02 (41.99) 300m: 4:11.96 (47.60)				
26	 Laban (V) Mia	16	 Howick Pakuranga	+0.40	5:28.89 Entry: 5:25.88 (+3.01)	R1	
	50m: 32.23 200m: 2:33.36 (40.61) 350m: 4:52.16 (37.40)	100m: 1:11.13 (38.90) 250m: 3:22.74 (49.38) 400m: 5:28.89 (36.73)	150m: 1:52.75 (41.62) 300m: 4:14.76 (52.02)				
27	 Delunel (V) Clara	15	 Dumbea New Caledo...	+0.59	5:29.70 Entry: 5:32.47 (-2.77)	Q	
	50m: 35.10 200m: 2:42.69 (41.34) 350m: 4:53.63 (37.79)	100m: 1:17.32 (42.22) 250m: 3:29.04 (46.35) 400m: 5:29.70 (36.07)	150m: 2:01.35 (44.03) 300m: 4:15.84 (46.80)				
28	 Grenfell Annabel	16	 Nelson South Swim ...	+0.87	5:30.72 Entry: 5:22.21 (+8.51)	R2	
	50m: 33.65 200m: 2:35.03 (40.39) 350m: 4:53.32 (38.52)	100m: 1:12.36 (38.71) 250m: 3:25.99 (50.96) 400m: 5:30.72 (37.40)	150m: 1:54.64 (42.28) 300m: 4:14.80 (48.81)				
29	 Lin Amber	13	 North Shore Swimmi...	+0.64	5:31.76 Entry: 5:27.84 (+3.92)	Q	
	50m: 33.58 200m: 2:40.26 (42.36) 350m: 4:54.23 (39.38)	100m: 1:13.29 (39.71) 250m: 3:26.83 (46.57) 400m: 5:31.76 (37.53)	150m: 1:57.90 (44.61) 300m: 4:14.85 (48.02)				
30	 Sonerson Catherine	17	 Pirates Swim Team	+0.75	5:32.31 Entry: 5:23.13 (+9.18)	Q	
	50m: 35.01 200m: 2:42.77 (42.25) 350m: 4:57.02 (36.83)	100m: 1:16.86 (41.85) 250m: 3:31.71 (48.94) 400m: 5:32.31 (35.29)	150m: 2:00.52 (43.66) 300m: 4:20.19 (48.48)				
31	 Menzies Laura	14	 Selwyn Swim Club	+0.80	5:32.52 Entry: 5:21.77 (+10.75)	Q	
	50m: 33.79 200m: 2:34.18 (38.63) 350m: 4:54.60 (38.69)	100m: 1:16.30 (42.51) 250m: 3:24.63 (50.45) 400m: 5:32.52 (37.92)	150m: 1:55.55 (39.25) 300m: 4:15.91 (51.28)				

32	 Sasamoto Rio	15	 Enterprise Swim Team	+0.62	5:33.80 (+9.92) Entry: 5:23.88	Q
	50m: 34.54	100m: 1:14.55 (40.01)	150m: 1:57.84 (43.29)			
	200m: 2:39.42 (41.58)	250m: 3:29.87 (50.45)	300m: 4:21.07 (51.20)			
	350m: 4:58.07 (37.00)	400m: 5:33.80 (35.73)				
33	 Neems Ava	16	 Howick Pakuranga	+0.59	5:33.99 Entry: 5:36.33 (-2.34)	
	50m: 34.93	100m: 1:17.76 (42.83)	150m: 2:02.12 (44.36)			
	200m: 2:44.96 (42.84)	250m: 3:30.48 (45.52)	300m: 4:17.85 (47.37)			
	350m: 4:57.39 (39.54)	400m: 5:33.99 (36.60)				
34	 Harvey Tessa	16	 Liz van Welie Aquatics	+0.67	5:34.75 Entry: 5:31.17 (+3.58)	
	50m: 32.81	100m: 1:12.47 (39.66)	150m: 1:55.17 (42.70)			
	200m: 2:36.62 (41.45)	250m: 3:26.74 (50.12)	300m: 4:17.78 (51.04)			
	350m: 4:56.94 (39.16)	400m: 5:34.75 (37.81)				
35	 Conley Paige	14	 Whanganui Swimmin...	+0.75	5:34.89 Entry: 5:27.13 (+7.76)	Q
	50m: 33.57	100m: 1:14.25 (40.68)	150m: 2:00.06 (45.81)			
	200m: 2:43.38 (43.32)	250m: 3:32.03 (48.65)	300m: 4:21.85 (49.82)			
	350m: 4:58.60 (36.75)	400m: 5:34.89 (36.29)				
36	 Denamiel (V) Marianne	15	 New Caledonia	+0.77	5:35.01 Entry: 5:34.42 (+0.59)	Q
	50m: 33.52	100m: 1:15.36 (41.84)	150m: 2:00.16 (44.80)			
	200m: 2:44.08 (43.92)	250m: 3:32.51 (48.43)	300m: 4:22.05 (49.54)			
	350m: 4:59.73 (37.68)	400m: 5:35.01 (35.28)				
37	 Choliere (V) Charlie	15	 Dumbea New Caledo...	+0.75	5:35.13 Entry: 5:31.72 (+3.41)	Q
	50m: 34.87	100m: 1:15.92 (41.05)	150m: 2:01.87 (45.95)			
	200m: 2:45.98 (44.11)	250m: 3:33.24 (47.26)	300m: 4:20.31 (47.07)			
	350m: 5:00.60 (40.29)	400m: 5:35.13 (34.53)				
38	 Riley Indy	15	 Hamilton Aquatics	+0.75	5:37.98 Entry: 5:41.21 (-3.23)	Q
	50m: 35.21	100m: 1:18.57 (43.36)	150m: 2:02.83 (44.26)			
	200m: 2:44.77 (41.94)	250m: 3:36.47 (51.70)	300m: 4:28.48 (52.01)			
	350m: 5:03.96 (35.48)	400m: 5:37.98 (34.02)				
39	 Stewart Tegen	15	 Nelson South Swim ...	+0.75	5:38.10 Entry: 5:45.19 (-7.09)	R1
	50m: 33.76	100m: 1:13.98 (40.22)	150m: 2:00.57 (46.59)			
	200m: 2:44.34 (43.77)	250m: 3:32.11 (47.77)	300m: 4:20.87 (48.76)			
	350m: 5:00.47 (39.60)	400m: 5:38.10 (37.63)				
40	 Winter Sophie	17	 Alexandra Swimming...	+0.74	5:38.74 Entry: 5:37.06 (+1.68)	Q
	50m: 34.29	100m: 1:17.36 (43.07)	150m: 2:01.47 (44.11)			
	200m: 2:44.30 (42.83)	250m: 3:30.94 (46.64)	300m: 4:18.60 (47.66)			
	350m: 5:00.09 (41.49)	400m: 5:38.74 (38.65)				
41	 Williams Eliza	15	 North Shore Swimmi...	+0.68	5:38.95 Entry: 5:42.53 (-3.58)	R2
	50m: 34.62	100m: 1:14.81 (40.19)	150m: 2:00.01 (45.20)			
	200m: 2:42.58 (42.57)	250m: 3:33.21 (50.63)	300m: 4:24.42 (51.21)			
	350m: 5:03.29 (38.87)	400m: 5:38.95 (35.66)				
42	 Marlow Madison	15	 Hamilton Aquatics	+0.65	5:41.25 Entry: 5:42.31 (-1.06)	
	50m: 32.66	100m: 1:10.91 (38.25)	150m: 1:56.64 (45.73)			
	200m: 2:40.48 (43.84)	250m: 3:29.40 (48.92)	300m: 4:19.75 (50.35)			
	350m: 5:00.86 (41.11)	400m: 5:41.25 (40.39)				
43	 Skidmore Millie	13	 Trojans Swim Club	+0.65	5:41.31 Entry: 5:31.27 (+10.04)	Q
	50m: 35.22	100m: 1:20.65 (45.43)	150m: 2:04.37 (43.72)			

	200m: 2:47.26 (42.89) 350m: 5:04.76 (38.70)	250m: 3:36.32 (49.06) 400m: 5:41.31 (36.55)	300m: 4:26.06 (49.74)			
44	 Sercan (V) Ambre	13	 Dumbea New Caledo...	+0.75	5:41.94 Entry: 5:32.51 (+9.43)	Q
	50m: 36.24 200m: 2:47.85 (43.20) 350m: 5:04.65 (39.85)	100m: 1:20.61 (44.37) 250m: 3:36.75 (48.90) 400m: 5:41.94 (37.29)	150m: 2:04.65 (44.04) 300m: 4:24.80 (48.05)			
45	 Gardner Sylvie	16	 Northwave Swim Club	+0.61	5:41.95 Entry: 5:34.97 (+6.98)	
	50m: 35.45 200m: 2:41.42 (40.82) 350m: 5:02.11 (40.84)	100m: 1:18.90 (43.45) 250m: 3:30.84 (49.42) 400m: 5:41.95 (39.84)	150m: 2:00.60 (41.70) 300m: 4:21.27 (50.43)			
46	 Jury Mackenzie	13	 Liz van Welie Aquatics	+0.71	5:42.39 Entry: 5:51.28 (-8.89)	Q
	50m: 34.59 200m: 2:45.74 (44.52) 350m: 5:02.93 (40.64)	100m: 1:15.81 (41.22) 250m: 3:33.82 (48.08) 400m: 5:42.39 (39.46)	150m: 2:01.22 (45.41) 300m: 4:22.29 (48.47)			
47	 Cherrier (V) Victoria	14	 Dumbea New Caledo...	+0.79	5:43.14 Entry: 5:36.88 (+6.26)	Q
	50m: 34.02 200m: 2:54.99 (47.60) 350m: 5:06.86 (38.70)	100m: 1:18.25 (44.23) 250m: 3:41.19 (46.20) 400m: 5:43.14 (36.28)	150m: 2:07.39 (49.14) 300m: 4:28.16 (46.97)			
48	 Rule Dannielle	17	 Porirua City Aquatics	+0.76	5:43.26 Entry: 5:38.77 (+4.49)	R1
	50m: 34.31 200m: 2:42.60 (42.41) 350m: 5:05.73 (40.09)	100m: 1:16.95 (42.64) 250m: 3:34.32 (51.72) 400m: 5:43.26 (37.53)	150m: 2:00.19 (43.24) 300m: 4:25.64 (51.32)			
49	 Strombeck Tannah	14	 North Shore Swimmi...	+0.62	5:43.33 Entry: 5:47.01 (-3.68)	Q
	50m: 37.35 200m: 2:47.22 (41.24) 350m: 5:04.06 (40.53)	100m: 1:22.70 (45.35) 250m: 3:35.14 (47.92) 400m: 5:43.33 (39.27)	150m: 2:05.98 (43.28) 300m: 4:23.53 (48.39)			
50	 Wills Grace	14	 TBSS Central City S...	+0.79	5:43.76 Entry: 5:35.44 (+8.32)	Q
	50m: 35.02 200m: 2:47.43 (45.00) 350m: 5:03.28 (41.27)	100m: 1:16.46 (41.44) 250m: 3:34.13 (46.70) 400m: 5:43.76 (40.48)	150m: 2:02.43 (45.97) 300m: 4:22.01 (47.88)			
51	 Campbell Emma	15	 Swim Timaru	+0.84	5:44.24 Entry: 5:47.95 (-3.71)	
	50m: 36.71 200m: 2:47.38 (42.63) 350m: 5:07.50 (37.68)	100m: 1:21.56 (44.85) 250m: 3:37.86 (50.48) 400m: 5:44.24 (36.74)	150m: 2:04.75 (43.19) 300m: 4:29.82 (51.96)			
52	 Kennard Shyla	14	 Aquabladz NP	+0.74	5:44.52 Entry: 5:32.69 (+11.83)	Q
	50m: 34.06 200m: 2:41.37 (42.86) 350m: 5:05.58 (42.54)	100m: 1:15.44 (41.38) 250m: 3:31.83 (50.46) 400m: 5:44.52 (38.94)	150m: 1:58.51 (43.07) 300m: 4:23.04 (51.21)			
53	 Vivian Olivia	13	 Wharenui Swim Club	+0.85	5:44.98 Entry: 5:41.04 (+3.94)	Q
	50m: 35.82 200m: 2:52.72 (45.62) 350m: 5:08.48 (38.61)	100m: 1:20.42 (44.60) 250m: 3:40.77 (48.05) 400m: 5:44.98 (36.50)	150m: 2:07.10 (46.68) 300m: 4:29.87 (49.10)			
54	 Fletcher Emma	16	 St Paul's Swimming ...	+0.45	5:45.43 Entry: 5:42.32 (+3.11)	
	50m: 34.36 200m: 2:41.36 (43.13) 350m: 5:04.70 (39.48)	100m: 1:15.82 (41.46) 250m: 3:33.09 (51.73) 400m: 5:45.43 (40.73)	150m: 1:58.23 (42.41) 300m: 4:25.22 (52.13)			

55	 Thompson Emily	15	 Ice Breaker Aquatics	+0.71	5:46.08 Entry: 5:45.60 (+0.48)	
	50m: 34.27 200m: 2:49.43 (44.69) 350m: 5:07.00 (41.16)	100m: 1:18.00 (43.73) 250m: 3:36.84 (47.41) 400m: 5:46.08 (39.08)	150m: 2:04.74 (46.74) 300m: 4:25.84 (49.00)			
56	 Sorenson Holly	13	 Porirua City Aquatics	+0.69	5:46.30 Entry: 5:48.90 (-2.60)	Q
	50m: 33.24 200m: 2:47.11 (44.44) 350m: 5:07.48 (40.93)	100m: 1:14.46 (41.22) 250m: 3:35.95 (48.84) 400m: 5:46.30 (38.82)	150m: 2:02.67 (48.21) 300m: 4:26.55 (50.60)			
57	 Neems Sophia	14	 Howick Pakuranga	+0.71	5:47.16 Entry: 5:45.10 (+2.06)	Q
	50m: 34.41 200m: 2:49.99 (44.49) 350m: 5:09.25 (39.97)	100m: 1:17.87 (43.46) 250m: 3:38.99 (49.00) 400m: 5:47.16 (37.91)	150m: 2:05.50 (47.63) 300m: 4:29.28 (50.29)			
58	 Whittam Ellinor	17	 Northwave Swim Club	+0.78	5:47.20 Entry: 5:44.21 (+2.99)	R2
	50m: 35.73 200m: 2:53.07 (46.14) 350m: 5:10.57 (41.94)	100m: 1:18.50 (42.77) 250m: 3:40.49 (47.42) 400m: 5:47.20 (36.63)	150m: 2:06.93 (48.43) 300m: 4:28.63 (48.14)			
59	 Lovell Jessica	16	 Blenheim Swimming ...	+0.76	5:47.46 Entry: 5:41.15 (+6.31)	
	50m: 32.26 200m: 2:43.24 (45.48) 350m: 5:07.34 (40.27)	100m: 1:12.02 (39.76) 250m: 3:33.03 (49.79) 400m: 5:47.46 (40.12)	150m: 1:57.76 (45.74) 300m: 4:27.07 (54.04)			
60	 Van wyk Annebel	16	 North Shore Swimmi...	+0.72	5:47.51 Entry: 5:33.42 (+14.09)	
	50m: 35.12 200m: 2:42.92 (41.93) 350m: 5:06.66 (41.17)	100m: 1:17.58 (42.46) 250m: 3:34.05 (51.13) 400m: 5:47.51 (40.85)	150m: 2:00.99 (43.41) 300m: 4:25.49 (51.44)			
61	 Humphries Brooke	13	 North Shore Swimmi...	+0.50	5:49.16 Entry: 5:47.86 (+1.30)	Q
	50m: 35.92 200m: 2:49.95 (44.84) 350m: 5:11.94 (38.88)	100m: 1:19.01 (43.09) 250m: 3:40.79 (50.84) 400m: 5:49.16 (37.22)	150m: 2:05.11 (46.10) 300m: 4:33.06 (52.27)			
62	 Moleta Anika	16	 Ice Breaker Aquatics	+0.69	5:49.60 Entry: 5:37.84 (+11.76)	
	50m: 34.63 200m: 2:49.50 (46.24) 350m: 5:09.25 (41.63)	100m: 1:16.45 (41.82) 250m: 3:37.99 (48.49) 400m: 5:49.60 (40.35)	150m: 2:03.26 (46.81) 300m: 4:27.62 (49.63)			
63	 Sands Addi	13	 Liz van Welie Aquatics	+0.75	5:49.68 Entry: 5:55.05 (-5.37)	Q
	50m: 34.29 200m: 2:49.18 (45.24) 350m: 5:10.32 (38.45)	100m: 1:17.55 (43.26) 250m: 3:39.37 (50.19) 400m: 5:49.68 (39.36)	150m: 2:03.94 (46.39) 300m: 4:31.87 (52.50)			
64	 Artz Tineke	13	 Ashburton Swim Team	+0.82	5:49.93 Entry: 5:50.65 (-0.72)	Q
	50m: 33.79 200m: 2:46.02 (44.74) 350m: 5:11.33 (40.91)	100m: 1:15.74 (41.95) 250m: 3:38.03 (52.01) 400m: 5:49.93 (38.60)	150m: 2:01.28 (45.54) 300m: 4:30.42 (52.39)			
65	 Brown Eliana	15	 Dannevirke Swimmin...	+0.68	5:50.47 Entry: 5:46.07 (+4.40)	
	50m: 31.89 200m: 2:40.04 (45.00) 350m: 5:11.39 (41.19)	100m: 1:10.42 (38.53) 250m: 3:33.93 (53.89) 400m: 5:50.47 (39.08)	150m: 1:55.04 (44.62) 300m: 4:30.20 (56.27)			
66	 Curnow Summer	15	 Northwave Swim Club	+0.63	5:51.10 Entry: 5:36.54 (+14.56)	
	50m: 37.90	100m: 1:22.10 (44.20)	150m: 2:06.76 (44.66)			

	200m: 2:51.31 (44.55) 350m: 5:09.37 (43.05)	250m: 3:38.58 (47.27) 400m: 5:51.10 (41.73)	300m: 4:26.32 (47.74)			
67	 Yule Helena	13	 Phoenix Aquatics	+0.69	5:51.54 Entry: 5:44.26 (+7.28)	Q
	50m: 34.68 200m: 2:48.40 (44.20) 350m: 5:13.04 (39.02)	100m: 1:18.25 (43.57) 250m: 3:39.69 (51.29) 400m: 5:51.54 (38.50)	150m: 2:04.20 (45.95) 300m: 4:34.02 (54.33)			
68	 Johnson Olivia	14	 Murihiku Swimming ...	+0.82	5:52.73 Entry: 5:45.41 (+7.32)	Q
	50m: 36.52 200m: 2:46.25 (43.83) 350m: 5:13.56 (41.63)	100m: 1:17.59 (41.07) 250m: 3:39.36 (53.11) 400m: 5:52.73 (39.17)	150m: 2:02.42 (44.83) 300m: 4:31.93 (52.57)			
69	 Sands Cleo	14	 Liz van Welie Aquatics	+0.72	5:53.43 Entry: 5:48.23 (+5.20)	R1
	50m: 33.85 200m: 2:50.80 (46.55) 350m: 5:16.72 (39.60)	100m: 1:15.94 (42.09) 250m: 3:43.75 (52.95) 400m: 5:53.43 (36.71)	150m: 2:04.25 (48.31) 300m: 4:37.12 (53.37)			
70	 Perini (V) Phoebe	15	 Australia	+0.71	5:54.21 Entry: 5:41.05 (+13.16)	
	50m: 35.59 200m: 2:56.42 (49.51) 350m: 5:13.35 (42.44)	100m: 1:17.59 (42.00) 250m: 3:42.74 (46.32) 400m: 5:54.21 (40.86)	150m: 2:06.91 (49.32) 300m: 4:30.91 (48.17)			
71	 McDonnell Maeve	13	 Howick Pakuranga	+0.76	5:55.01 Entry: 5:52.06 (+2.95)	R1
	50m: 36.25 200m: 2:57.10 (47.26) 350m: 5:17.32 (39.43)	100m: 1:19.07 (42.82) 250m: 3:47.40 (50.30) 400m: 5:55.01 (37.69)	150m: 2:09.84 (50.77) 300m: 4:37.89 (50.49)			
72	 Daly Harriett	13	 Tasman Swim Club	+0.62	5:56.90 Entry: 5:51.96 (+4.94)	R2
	50m: 34.01 200m: 2:48.73 (46.27) 350m: 5:13.75 (42.39)	100m: 1:15.84 (41.83) 250m: 3:39.06 (50.33) 400m: 5:56.90 (43.15)	150m: 2:02.46 (46.62) 300m: 4:31.36 (52.30)			
73	 Smith Kaylee	13	 St Paul's Swimming ...		5:58.33 Entry: 5:59.58 (-1.25)	
	50m: 36.89 200m: 2:57.48 (45.71) 350m: 5:20.13 (39.59)	100m: 1:24.44 (47.55) 250m: 3:47.25 (49.77) 400m: 5:58.33 (38.20)	150m: 2:11.77 (47.33) 300m: 4:40.54 (53.29)			
74	 Barry Amelia	13	 United Swimming Club	+0.81	5:59.66 Entry: 5:57.15 (+2.51)	
	50m: 35.92 200m: 2:52.07 (47.37) 350m: 5:19.70 (40.89)	100m: 1:17.28 (41.36) 250m: 3:45.52 (53.45) 400m: 5:59.66 (39.96)	150m: 2:04.70 (47.42) 300m: 4:38.81 (53.29)			
-	 Hingston Freya	16	 United Swimming Club	+0.81	DSQ	
-	 Taylor Liv	16	 North Shore Swimmi...	+0.65	DSQ	