

**Event 40 Women 13 & Over 400 LC Metre Freestyle**

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World: W 3:55.38 23/07/2023Ariarne Titmus, AUS
Commonwealth: C 3:55.38 23/07/2023Ariarne Titmus, AUS
Australian: R 3:55.38 23/07/2023Ariarne Titmus, AUS
All Comers: A 3:56.40 22/05/2022Ariarne Titmus, SPW
TITLEHOLDER: 4:00.49 19/04/2023Ariarne Titmus, STPET
    
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Name Age Team Seed Prelims
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**=== Preliminaries ===**

1	PALLISTER, LANI	21	GUSC	4:06.45
	r:+0.69 28.11		58.57 (30.46)	
	1:29.54 (30.97)		2:00.67 (31.13)	
	2:31.83 (31.16)		3:03.44 (31.61)	
	3:35.25 (31.81)		4:06.45 (31.20)	
2	TITMUS, ARIARNE	23	STPET	4:06.52
	r:+0.75 28.14		58.60 (30.46)	
	1:29.61 (31.01)		2:00.78 (31.17)	
	2:32.22 (31.44)		3:03.74 (31.52)	
	3:35.40 (31.66)		4:06.52 (31.12)	
3	THOMAS (V), EVE	23	NZL	4:09.16
	r:+0.69 28.50		59.16 (30.66)	
	1:30.49 (31.33)		2:01.82 (31.33)	
	2:33.85 (32.03)		3:05.53 (31.68)	
	3:37.78 (32.25)		4:09.16 (31.38)	
4	MELVERTON, KIAH	27	STPET	4:10.12
	r:+0.75 28.99		59.92 (30.93)	
	1:31.46 (31.54)		2:03.26 (31.80)	
	2:35.01 (31.75)		3:07.05 (32.04)	
	3:38.91 (31.86)		4:10.12 (31.21)	
5	PERKINS, JAMIE	19	STPET	4:12.05
	r:+0.76 28.68		59.83 (31.15)	
	1:31.50 (31.67)		2:03.74 (32.24)	
	2:35.58 (31.84)		3:07.71 (32.13)	
	3:40.06 (32.35)		4:12.05 (31.99)	
6	CONNOR, ABBEY	18	USCS	4:12.45
	r:+0.69 28.90		1:00.45 (31.55)	
	1:32.22 (31.77)		2:04.19 (31.97)	
	2:36.18 (31.99)		3:08.53 (32.35)	
	3:40.86 (32.33)		4:12.45 (31.59)	
7	GUBECKA, CHELSEA	25	YERPK	4:14.20
	r:+0.61 29.31		1:00.98 (31.67)	
	1:33.06 (32.08)		2:05.50 (32.44)	
	2:38.19 (32.69)		3:10.82 (32.63)	
	3:43.62 (32.80)		4:14.20 (30.58)	
8	NEALE, LEAH	28	CHAND	4:14.23
	r:+0.67 28.58		1:00.24 (31.66)	
	1:32.38 (32.14)		2:04.68 (32.30)	
	2:36.72 (32.04)		3:09.15 (32.43)	
	3:41.98 (32.83)		4:14.23 (32.25)	
9	WEBER, AMELIA	18	STPET	4:15.43
	r:+0.71 28.63		59.67 (31.04)	
	1:31.72 (32.05)		2:04.09 (32.37)	
	2:36.55 (32.46)		3:09.48 (32.93)	
	3:42.83 (33.35)		4:15.43 (32.60)	
10	KRITZINGER, TIANA	19	RACKL	4:16.22
	r:+0.71 29.86		1:01.94 (32.08)	
	1:33.91 (31.97)		2:06.31 (32.40)	
	2:38.52 (32.21)		3:11.50 (32.98)	
	3:44.07 (32.57)		4:16.22 (32.15)	
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11	FYDLER, ADRIANA	20	MIAMI	4:16.89
	r:+0.74 29.45		1:01.51 (32.06)	
	1:33.98 (32.47)		2:06.77 (32.79)	
	2:39.50 (32.73)		3:12.69 (33.19)	

	3:45.10 (32.41)	4:16.89 (31.79)	
12 JACOBSON, REBECCA	22 BGRAM		4:16.93
r:+0.81	30.26	1:03.40 (33.14)	
	1:36.16 (32.76)	2:08.59 (32.43)	
	2:41.26 (32.67)	3:13.83 (32.57)	
	3:46.15 (32.32)	4:16.93 (30.78)	
13 GRANT, BELLA	18 TRGR		4:18.06
r:+0.70	29.78	1:02.45 (32.67)	
	1:35.42 (32.97)	2:08.98 (33.56)	
	2:41.11 (32.13)	3:13.34 (32.23)	
	3:45.93 (32.59)	4:18.06 (32.13)	
14 WALKER, MOLLY	18 SOPE		4:18.32
r:+0.75	29.35	1:01.63 (32.28)	
	1:33.97 (32.34)	2:06.59 (32.62)	
	2:39.57 (32.98)	3:12.56 (32.99)	
	3:45.80 (33.24)	4:18.32 (32.52)	
15 WIESE, LIA BELLE	19 USCS		4:18.74
r:+0.72	29.44	1:01.64 (32.20)	
	1:33.93 (32.29)	2:07.00 (33.07)	
	2:39.57 (32.57)	3:13.14 (33.57)	
	3:46.51 (33.37)	4:18.74 (32.23)	
16 ROPER, GEORGIE	19 MIAMI		4:18.80
r:+0.74	29.49	1:01.46 (31.97)	
	1:33.55 (32.09)	2:06.23 (32.68)	
	2:39.26 (33.03)	3:12.76 (33.50)	
	3:46.16 (33.40)	4:18.80 (32.64)	
17 WHITE, EMILY	20 MARI		4:18.87
r:+0.69	29.86	1:02.21 (32.35)	
	1:34.68 (32.47)	2:07.59 (32.91)	
	2:40.30 (32.71)	3:13.72 (33.42)	
	3:46.48 (32.76)	4:18.87 (32.39)	
18 DAVISON-MCGOVERN, JAC	20 STPET		4:19.14
r:+0.67	29.10	1:00.95 (31.85)	
	1:33.73 (32.78)	2:06.58 (32.85)	
	2:39.68 (33.10)	3:13.10 (33.42)	
	3:46.71 (33.61)	4:19.14 (32.43)	
19 KEARNEY, ABBEY	21 NUN		4:20.50
r:+0.69	29.67	1:02.34 (32.67)	
	1:35.99 (33.65)	2:09.38 (33.39)	
	2:42.96 (33.58)	3:16.01 (33.05)	
	3:48.96 (32.95)	4:20.50 (31.54)	
20 ESSAM, JACINTA	22 ACUB		4:22.30
r:+0.80	30.63	1:02.80 (32.17)	
	1:35.51 (32.71)	2:08.84 (33.33)	
	2:42.34 (33.50)	3:15.94 (33.60)	
	3:49.40 (33.46)	4:22.30 (32.90)	
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21 FORRESTER, JENNA	20 STPET		4:22.69
r:+0.74	30.61	1:04.24 (33.63)	
	1:38.15 (33.91)	2:11.45 (33.30)	
	2:44.20 (32.75)	3:16.80 (32.60)	
	3:50.27 (33.47)	4:22.69 (32.42)	
22 O'BRIEN, AMELIA	20 SSSD		4:22.77
r:+0.66	28.70	1:00.96 (32.26)	
	1:33.81 (32.85)	2:07.13 (33.32)	
	2:40.94 (33.81)	3:15.26 (34.32)	
	3:49.53 (34.27)	4:22.77 (33.24)	
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23 COOK, TAMSIN	25 PROP		4:23.46
r:+0.71	29.31	1:01.50 (32.19)	
	1:34.02 (32.52)	2:07.64 (33.62)	
	2:41.22 (33.58)	3:15.35 (34.13)	
	3:49.91 (34.56)	4:23.46 (33.55)	
24 JONES, CHELSEA	19 MIAMI		4:23.69
r:+0.74	29.54	1:01.65 (32.11)	
	1:34.90 (33.25)	2:08.08 (33.18)	
	2:42.24 (34.16)	3:16.15 (33.91)	
	3:50.86 (34.71)	4:23.69 (32.83)	
25 DEURLOO, SIENNA	18 TGSC		4:24.73

	r:+0.83	30.71	1:03.46	(32.75)	
		1:36.84	(33.38)	2:10.39	(33.55)
		2:44.35	(33.96)	3:18.35	(34.00)
		3:52.12	(33.77)	4:24.73	(32.61)
26	LIM (V), ASHLEY		18	SGP	4:25.47
	r:+0.70	30.04	1:02.80	(32.76)	
		1:36.02	(33.22)	2:09.83	(33.81)
		2:43.46	(33.63)	3:17.77	(34.31)
		3:51.58	(33.81)	4:25.47	(33.89)
27	RYAN, ROSY		18	MBAY	4:26.11
	r:+0.75	30.05	1:03.02	(32.97)	
		1:36.70	(33.68)	2:10.68	(33.98)
		2:44.80	(34.12)	3:19.14	(34.34)
		3:53.41	(34.27)	4:26.11	(32.70)
28	SHEPHERD, KIRRALEE		20	RACKL	4:26.30
	r:+0.72	30.12	1:03.24	(33.12)	
		1:36.93	(33.69)	2:10.66	(33.73)
		2:44.45	(33.79)	3:18.30	(33.85)
		3:52.96	(34.66)	4:26.30	(33.34)
29	WEBSTER, LUCY		19	NUN	4:26.61
	r:+0.71	30.13	1:02.96	(32.83)	
		1:36.01	(33.05)	2:09.90	(33.89)
		2:43.59	(33.69)	3:17.73	(34.14)
		3:52.38	(34.65)	4:26.61	(34.23)
30	MARTIN, TAYLA		25	CARL	4:27.46
	r:+0.72	30.57	1:03.89	(33.32)	
		1:38.03	(34.14)	2:12.06	(34.03)
		2:46.43	(34.37)	3:20.72	(34.29)
		3:54.69	(33.97)	4:27.46	(32.77)
31	STEWART, ASPEN		17	SOMAQ	4:28.67
	r:+0.65	30.98	1:04.60	(33.62)	
		1:38.45	(33.85)	2:12.46	(34.01)
		2:46.47	(34.01)	3:21.11	(34.64)
		3:55.43	(34.32)	4:28.67	(33.24)
32	STAAL, ELENA		18	MBAY	4:28.93
	r:+0.78	30.68	1:03.44	(32.76)	
		1:37.29	(33.85)	2:11.18	(33.89)
		2:45.46	(34.28)	3:20.12	(34.66)
		3:55.00	(34.88)	4:28.93	(33.93)
33	TAPPER (V), ALYSSA		16	NZL	4:29.29
	r:+0.72	31.26	1:04.74	(33.48)	
		1:38.72	(33.98)	2:13.38	(34.66)
		2:47.58	(34.20)	3:22.14	(34.56)
		3:56.05	(33.91)	4:29.29	(33.24)
34	TOMLINSON, LILY		20	MARIS	4:29.95
	r:+0.73	31.11	1:04.49	(33.38)	
		1:38.30	(33.81)	2:12.65	(34.35)
		2:47.04	(34.39)	3:21.92	(34.88)
		3:56.33	(34.41)	4:29.95	(33.62)
35	KNOTT, RUBY		20	PROP	4:31.18
	r:+0.73	30.62	1:04.22	(33.60)	
		1:38.51	(34.29)	2:13.37	(34.86)
		2:47.97	(34.60)	3:22.74	(34.77)
		3:57.25	(34.51)	4:31.18	(33.93)
36	IRWIN, KATELYNE		28	SCGS	4:31.96
	r:+0.77	30.97	1:04.66	(33.69)	
		1:39.00	(34.34)	2:13.66	(34.66)
		2:48.51	(34.85)	3:23.49	(34.98)
		3:58.25	(34.76)	4:31.96	(33.71)
37	HARRINGTON, ABBY		19	NUN	4:32.63
	r:+0.68	30.47	1:03.96	(33.49)	
		1:37.02	(33.06)	2:11.31	(34.29)
		2:45.91	(34.60)	3:21.70	(35.79)
		3:57.25	(35.55)	4:32.63	(35.38)
38	BROUN, EMILY		19	RACKL	4:33.58
	r:+0.76	31.06	1:05.49	(34.43)	
		1:40.13	(34.64)	2:15.34	(35.21)
		2:50.31	(34.97)	3:25.95	(35.64)
		4:00.33	(34.38)	4:33.58	(33.25)

39	BALLAN, SOPHIA	15	WAQA	4:33.75
	r:+0.77 30.85	1:05.25	(34.40)	
	1:40.38 (35.13)	2:15.76	(35.38)	
	2:50.70 (34.94)	3:26.12	(35.42)	
	4:01.11 (34.99)	4:33.75	(32.64)	
40	MAGUIRE, LAUREN	20	STAND	4:33.92
	r:+0.71 30.19	1:03.28	(33.09)	
	1:37.92 (34.64)	2:13.18	(35.26)	
	2:48.30 (35.12)	3:23.25	(34.95)	
	3:58.29 (35.04)	4:33.92	(35.63)	
41	JONES, MAYA	13	TSS	4:34.45
	r:+0.81 31.73	1:05.86	(34.13)	
	1:40.39 (34.53)	2:15.44	(35.05)	
	2:50.23 (34.79)	3:25.37	(35.14)	
	4:00.12 (34.75)	4:34.45	(34.33)	
42	ERICKSEN, CHARLOTTE	19	BRW	4:34.73
	r:+0.80 30.55	1:04.92	(34.37)	
	1:39.78 (34.86)	2:14.90	(35.12)	
	2:49.84 (34.94)	3:25.22	(35.38)	
	4:00.74 (35.52)	4:34.73	(33.99)	
43	TAYLOR, LILY	18	SYDU	4:34.93
	r:+0.73 29.98	1:03.37	(33.39)	
	1:38.23 (34.86)	2:13.48	(35.25)	
	2:49.08 (35.60)	3:24.60	(35.52)	
	3:59.98 (35.38)	4:34.93	(34.95)	
44	DINGWALL, ALINTA	16	IMSC	4:36.05
	r:+0.65 30.62	1:04.21	(33.59)	
	1:38.65 (34.44)	2:13.90	(35.25)	
	2:49.12 (35.22)	3:24.77	(35.65)	
	4:00.64 (35.87)	4:36.05	(35.41)	
45	SMITH, RYLEE	15	RLSC	4:37.57
	r:+0.66 31.13	1:05.56	(34.43)	
	1:41.12 (35.56)	2:16.58	(35.46)	
	2:52.23 (35.65)	3:27.94	(35.71)	
	4:03.69 (35.75)	4:37.57	(33.88)	
46	WATSON, TAYLAH	18	YPW	4:38.05
	r:+0.73 31.15	1:05.32	(34.17)	
	1:40.29 (34.97)	2:16.10	(35.81)	
	2:51.39 (35.29)	3:27.92	(36.53)	
	4:03.06 (35.14)	4:38.05	(34.99)	
47	MAHFOUZ, LAYLA	17	MLN	4:38.33
	r:+0.75 31.42	1:06.04	(34.62)	
	1:41.63 (35.59)	2:17.40	(35.77)	
	2:53.52 (36.12)	3:29.20	(35.68)	
	4:04.30 (35.10)	4:38.33	(34.03)	
48	BARLOW, LILY	16	KPSC	4:38.88
	r:+0.78 30.94	1:04.92	(33.98)	
	1:39.66 (34.74)	2:15.01	(35.35)	
	2:50.72 (35.71)	3:27.46	(36.74)	
	4:03.44 (35.98)	4:38.88	(35.44)	
49	SHUMACK, EMILY	17	ABTO	4:40.21
	r:+0.75 31.17	1:05.06	(33.89)	
	1:40.70 (35.64)	2:16.74	(36.04)	
	2:52.67 (35.93)	3:28.56	(35.89)	
	4:04.60 (36.04)	4:40.21	(35.61)	
50	RASHLEIGH, INDYANNA	18	MARI	4:40.75
	r:+0.72 31.10	1:05.41	(34.31)	
	1:40.93 (35.52)	2:16.90	(35.97)	
	2:52.98 (36.08)	3:29.14	(36.16)	
	4:05.31 (36.17)	4:40.75	(35.44)	
51	POLLARD, BELLA	17	TAMC	4:45.11
	r:+0.73 31.21	1:05.67	(34.46)	
	1:40.99 (35.32)	2:16.85	(35.86)	
	2:53.27 (36.42)	3:30.92	(37.65)	
	4:08.14 (37.22)	4:45.11	(36.97)	