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SOPAC - Site License 16/03/2019 - 6:16 PM
 2019 NSW State Open Championships - 15/03/2019 to 17/03/2019

Event 14 Women 400 LC Meter Freestyle

NSW: @ 4:05.01 1/03/2014 JESSICA ASHWOOD, SOPAC
 NSW A/C: # 4:03.88 3/04/2015 LAUREN BOYLE, NEW ZEALAND
 WORLD: ! 3:56.46 12/08/2016KATIE LEDECKY, USA
 AUSTRALIAN: % 3:59.66 18/08/2018ARIARNE TITMUS, ST PETERS WEST
 AUST A/C: ^ 3:58.37 23/08/2014KATIE LEDECKY, USA
 COMMONWEALTH: \$ 3:59.66 18/08/2018ARIARNE TITMUS, AUSTRALIA
 TITLEHOLDER: * 4:08.94 20/01/2018JESSICA ASHWOOD, CHAND
 Meet Qualifying: 4:40.00

Name	Age Team	Prelims	Finals
=== A - Final ===			
1 MELVERTON, KIAH	22 TSS	4:16.55	4:11.19
r:+0.69 29.80	1:01.10 (31.30)		
1:32.77 (31.67)	2:04.61 (31.84)		
2:36.71 (32.10)	3:08.71 (32.00)		
3:40.72 (32.01)	4:11.19 (30.47)		
2 NEALE, LEAH	23 USCS	4:17.89	4:12.85
r:+0.68 29.05	1:00.91 (31.86)		
1:32.51 (31.60)	2:04.95 (32.44)		
2:36.68 (31.73)	3:09.29 (32.61)		
3:41.40 (32.11)	4:12.85 (31.45)		
3 ADAMS, OLIVIA	19 RAVN	4:15.28	4:14.41
r:+0.70 29.92	1:01.68 (31.76)		
1:33.71 (32.03)	2:06.31 (32.60)		
2:38.62 (32.31)	3:11.01 (32.39)		
3:43.73 (32.72)	4:14.41 (30.68)		
4 SHERIDAN, MIKKAYLA	24 USCS	4:17.22	4:14.68
r:+0.72 29.62	1:02.10 (32.48)		
1:34.31 (32.21)	2:07.39 (33.08)		
2:39.36 (31.97)	3:11.57 (32.21)		
3:43.63 (32.06)	4:14.68 (31.05)		
5 ROGERS, DAHLAS	24 USCS	4:18.04	4:14.81
r:+0.69 30.10	1:02.23 (32.13)		
1:34.67 (32.44)	2:06.92 (32.25)		
2:38.91 (31.99)	3:10.98 (32.07)		
3:43.43 (32.45)	4:14.81 (31.38)		
6 CALDWELL, SOPHIE	19 NUN	4:18.55	4:15.73
r:+0.72 29.62	1:01.39 (31.77)		
1:33.45 (32.06)	2:05.80 (32.35)		
2:38.20 (32.40)	3:11.01 (32.81)		
3:43.88 (32.87)	4:15.73 (31.85)		
7 ZAVADOVA, BARBORA	26 CZECH	4:19.28	4:18.21
r:+0.71 30.29	1:02.64 (32.35)		
1:35.26 (32.62)	2:07.94 (32.68)		
2:40.35 (32.41)	3:12.90 (32.55)		
3:45.90 (33.00)	4:18.21 (32.31)		
8 TAYLOR, LAURA	19 TSS	4:21.64	4:18.95
r:+0.70 29.88	1:02.48 (32.60)		
1:35.31 (32.83)	2:08.57 (33.26)		
2:41.09 (32.52)	3:14.39 (33.30)		
3:47.10 (32.71)	4:18.95 (31.85)		
9 WHITE, JORDAN	25 SLCA	4:17.87	4:21.51
r:+0.66 29.88	1:01.70 (31.82)		
1:34.37 (32.67)	2:07.08 (32.71)		
2:39.88 (32.80)	3:13.05 (33.17)		
3:47.26 (34.21)	4:21.51 (34.25)		
10 DEANS, CAITLIN	19 NEPOT	4:22.88	4:23.84
r:+0.82 30.70	1:03.09 (32.39)		

1:36.13 (33.04) 2:09.31 (33.18)
 2:42.87 (33.56) 3:16.80 (33.93)
 3:50.86 (34.06) 4:23.84 (32.98)

=== B - Final ===

11 MADDEN, JESSICA	16 SLCA	4:23.59	4:19.51
r:+0.66 29.55	1:01.78 (32.23)		
1:35.06 (33.28)	2:08.22 (33.16)		
2:40.92 (32.70)	3:13.75 (32.83)		
3:47.04 (33.29)	4:19.51 (32.47)		
12 COSTA, KAYLA	17 NUN	4:24.19	4:20.49
r:+0.59 29.65	1:02.18 (32.53)		
1:35.22 (33.04)	2:08.77 (33.55)		
2:42.15 (33.38)	3:15.78 (33.63)		
3:48.59 (32.81)	4:20.49 (31.90)		
13 LEE, ANNA	14 TRGR	4:25.03	4:21.75
r:+0.48 29.62	1:02.39 (32.77)		
1:35.20 (32.81)	2:08.81 (33.61)		
2:42.24 (33.43)	3:15.94 (33.70)		
3:49.24 (33.30)	4:21.75 (32.51)		
14 POPHAM, MIKAYLA	18 KAWTR	4:26.08	4:22.93
r:+0.63 29.40	1:01.39 (31.99)		
1:34.40 (33.01)	2:08.06 (33.66)		
2:41.78 (33.72)	3:15.62 (33.84)		
3:50.11 (34.49)	4:22.93 (32.82)		
15 DELMENICO, MELA	15 KRBA	4:24.52	4:23.12
r:+0.62 29.78	1:02.49 (32.71)		
1:36.35 (33.86)	2:10.33 (33.98)		
2:44.91 (34.58)	3:18.66 (33.75)		
3:52.24 (33.58)	4:23.12 (30.88)		
16 ESSAM, JACINTA	17 GIND	4:26.89	4:26.13
r:+0.73 30.96	1:04.38 (33.42)		
1:38.06 (33.68)	2:11.88 (33.82)		
2:45.49 (33.61)	3:19.48 (33.99)		
3:53.20 (33.72)	4:26.13 (32.93)		
17 ROBINSON, RACHAEL	18 TRGR	4:27.75	4:26.26
r:+0.58 30.67	1:03.26 (32.59)		
1:36.74 (33.48)	2:10.64 (33.90)		
2:44.66 (34.02)	3:18.67 (34.01)		
3:53.01 (34.34)	4:26.26 (33.25)		
18 ARMSTRONG, MADISYN	18 KAWTR	4:27.49	4:27.54
r:+0.62 30.65	1:04.05 (33.40)		
1:37.71 (33.66)	2:11.59 (33.88)		
2:45.51 (33.92)	3:19.91 (34.40)		
3:53.99 (34.08)	4:27.54 (33.55)		
19 HEATH, RUBY	19 CAPWN	4:27.24	4:28.03
r:+0.63 31.17	1:04.77 (33.60)		
1:38.84 (34.07)	2:13.20 (34.36)		
2:47.29 (34.09)	3:21.46 (34.17)		
3:55.62 (34.16)	4:28.03 (32.41)		
20 WELLFARE, SARAH	19 SYDU	4:23.27	4:30.40
r:+0.64 29.62	1:02.36 (32.74)		
1:36.21 (33.85)	2:11.03 (34.82)		
2:45.75 (34.72)	3:20.97 (35.22)		
3:55.49 (34.52)	4:30.40 (34.91)		

=== Preliminaries ===

9 MCKEON, EMMA	24 GUSC	4:19.45	
r:0.65 29.27	1:01.81 (32.54)		
1:35.01 (33.20)	2:08.38 (33.37)		
2:41.75 (33.37)	3:14.79 (33.04)		
3:48.05 (33.26)	4:19.45 (31.40)		
22 MELIA, SAMARAH	17 RANDW	4:29.74	
r:0.65 29.78	1:03.58 (33.80)		
1:38.30 (34.72)	2:12.59 (34.29)		
2:47.09 (34.50)	3:21.77 (34.68)		
3:56.26 (34.49)	4:29.74 (33.48)		

23	FITZHENRY, FRANCESCA	19 TRGR	4:30.32
	r:0.59 30.83	1:04.57 (33.74)	
	1:38.68 (34.11)	2:12.74 (34.06)	
	2:47.12 (34.38)	3:21.74 (34.62)	
	3:56.42 (34.68)	4:30.32 (33.90)	
24	FYDLER, ADRIANA	15 KNXP	4:31.43
	r:0.61 30.23	1:03.76 (33.53)	
	1:37.85 (34.09)	2:12.75 (34.90)	
	2:47.65 (34.90)	3:22.67 (35.02)	
	3:57.52 (34.85)	4:31.43 (33.91)	
25	KEMP, SARAH	19 CARL	4:31.94
	r:0.58 30.33	1:04.20 (33.87)	
	1:38.23 (34.03)	2:12.93 (34.70)	
	2:47.65 (34.72)	3:23.04 (35.39)	
	3:57.69 (34.65)	4:31.94 (34.25)	
26	SHIRES, FRANCES	17 UNSW	4:32.04
	r:0.61 31.06	1:05.10 (34.04)	
	1:39.36 (34.26)	2:14.04 (34.68)	
	2:48.72 (34.68)	3:23.42 (34.70)	
	3:58.25 (34.83)	4:32.04 (33.79)	
27	PLATTS, GEORGIA	15 SOSC	4:33.25
	r:0.43 31.03	1:04.27 (33.24)	
	1:38.84 (34.57)	2:13.66 (34.82)	
	2:48.98 (35.32)	3:24.07 (35.09)	
	3:58.98 (34.91)	4:33.25 (34.27)	
28	WALTON, BIANCA	14 AUBN	4:33.75
	r:0.74 30.43	1:03.90 (33.47)	
	1:38.26 (34.36)	2:13.22 (34.96)	
	2:48.34 (35.12)	3:23.86 (35.52)	
	3:59.30 (35.44)	4:33.75 (34.45)	
29	FORRESTER, AMY	20 BOND	4:34.09
	r:0.62 29.86	1:03.47 (33.61)	
	1:37.86 (34.39)	2:12.76 (34.90)	
	2:48.11 (35.35)	3:23.54 (35.43)	
	3:59.18 (35.64)	4:34.09 (34.91)	
30	CHANT, REBECCA	17 MANLY	4:35.59
	r:0.57 30.75	1:05.17 (34.42)	
	1:40.10 (34.93)	2:14.84 (34.74)	
	2:49.72 (34.88)	3:25.23 (35.51)	
	4:00.82 (35.59)	4:35.59 (34.77)	
31	HART, DOMINIQUE	17 LAQ	4:35.78
	r:0.64 30.42	1:04.63 (34.21)	
	1:39.35 (34.72)	2:14.54 (35.19)	
	2:49.83 (35.29)	3:25.69 (35.86)	
	4:01.28 (35.59)	4:35.78 (34.50)	
32	RIDER, JADE	16 SLCA	4:36.44
	r:0.61 30.98	1:05.20 (34.22)	
	1:39.89 (34.69)	2:15.18 (35.29)	
	2:50.24 (35.06)	3:25.67 (35.43)	
	4:01.28 (35.61)	4:36.44 (35.16)	
33	HARDINGHAM, SAMANTHA	13 LCOV	4:36.77
	r:0.58 30.22	1:04.78 (34.56)	
	1:39.42 (34.64)	2:15.01 (35.59)	
	2:50.50 (35.49)	3:26.53 (36.03)	
	4:01.96 (35.43)	4:36.77 (34.81)	
34	GUDMUNSON, JESSICA	16 WRAQ	4:37.22
	r:0.64 32.80	1:07.99 (35.19)	
	1:43.23 (35.24)	2:18.43 (35.20)	
	2:53.16 (34.73)	3:28.17 (35.01)	
	4:03.10 (34.93)	4:37.22 (34.12)	
35	COOPER, MEGAN	16 ABTO	4:38.18
	r:0.62 30.88	1:04.99 (34.11)	
	1:40.68 (35.69)	2:16.08 (35.40)	
	2:52.17 (36.09)	3:27.47 (35.30)	
	4:03.32 (35.85)	4:38.18 (34.86)	
36	RILEY-GOODIE, TARA	15 KRBA	4:38.71
	r:0.56 31.84	1:06.69 (34.85)	
	1:42.12 (35.43)	2:18.11 (35.99)	
	2:53.64 (35.53)	3:29.47 (35.83)	

	4:04.63 (35.16)	4:38.71 (34.08)	
37 FOLEY, IMOGEN	19 ABTO		4:39.29
	r:0.72 30.79	1:04.57 (33.78)	
	1:39.57 (35.00)	2:15.34 (35.77)	
	2:51.16 (35.82)	3:27.72 (36.56)	
	4:03.79 (36.07)	4:39.29 (35.50)	
38 ABEL, CASEY	17 QTSC		4:39.94
	r:0.66 31.13	1:05.46 (34.33)	
	1:40.78 (35.32)	2:16.63 (35.85)	
	2:52.51 (35.88)	3:29.40 (36.89)	
	4:05.51 (36.11)	4:39.94 (34.43)	
39 TAUROA, ELLA	17 SOSC		4:40.25
	r:0.49 30.90	1:04.89 (33.99)	
	1:39.85 (34.96)	2:15.93 (36.08)	
	2:51.79 (35.86)	3:28.29 (36.50)	
	4:04.79 (36.50)	4:40.25 (35.46)	
40 DORIS, EMILY	19 CMBT		4:40.34
	r:0.62 32.05	1:07.17 (35.12)	
	1:42.89 (35.72)	2:18.39 (35.50)	
	2:54.36 (35.97)	3:30.10 (35.74)	
	4:05.96 (35.86)	4:40.34 (34.38)	
41 TONURI, ANNIKA	16 ABBT		4:40.93
	r:0.50 32.09	1:07.65 (35.56)	
	1:44.07 (36.42)	2:19.66 (35.59)	
	2:55.08 (35.42)	3:30.79 (35.71)	
	4:06.67 (35.88)	4:40.93 (34.26)	
42 WILLIAMS, SARAH	16 KIAM		4:41.54
	r:0.71 30.78	1:04.80 (34.02)	
	1:39.84 (35.04)	2:15.54 (35.70)	
	2:51.71 (36.17)	3:28.70 (36.99)	
	4:05.36 (36.66)	4:41.54 (36.18)	
43 FAIRLIE, MADELEINE	16 RANDW		4:41.61
	r:0.60 31.99	1:06.76 (34.77)	
	1:42.46 (35.70)	2:18.41 (35.95)	
	2:54.98 (36.57)	3:31.12 (36.14)	
	4:07.50 (36.38)	4:41.61 (34.11)	
44 MALKIN, ELIYAH	15 RAVN		4:42.07
	r:0.67 31.93	1:07.10 (35.17)	
	1:42.67 (35.57)	2:18.42 (35.75)	
	2:53.70 (35.28)	3:29.90 (36.20)	
	4:06.26 (36.36)	4:42.07 (35.81)	
45 HOLMESBY, HOLLY	15 KRBA		4:42.90
	r:0.47 30.80	1:05.23 (34.43)	
	1:41.06 (35.83)	2:17.06 (36.00)	
	2:53.13 (36.07)	3:30.10 (36.97)	
	4:06.49 (36.39)	4:42.90 (36.41)	
46 FINEGAN, ASHLEY	16 UNSW		4:42.95
	r:0.68 31.55	1:06.16 (34.61)	
	1:41.70 (35.54)	2:17.98 (36.28)	
	2:54.43 (36.45)	3:30.93 (36.50)	
	4:07.42 (36.49)	4:42.95 (35.53)	
47 KAWABE, MEI	16 UNSW		4:44.61
	r:0.54 32.57	1:07.49 (34.92)	
	1:43.27 (35.78)	2:19.00 (35.73)	
	2:55.59 (36.59)	3:31.92 (36.33)	
	4:08.86 (36.94)	4:44.61 (35.75)	
48 GIBSON, KATHERINE	15 KNXP		4:45.34
	r:0.63 31.43	1:07.05 (35.62)	
	1:43.60 (36.55)	2:20.24 (36.64)	
	2:57.11 (36.87)	3:34.01 (36.90)	
	4:10.70 (36.69)	4:45.34 (34.64)	
49 FRANJIC, MADELINE	17 SGAC		4:45.63
	r:0.46 32.00	1:07.51 (35.51)	
	1:44.42 (36.91)	2:20.80 (36.38)	
	2:57.80 (37.00)	3:34.44 (36.64)	
	4:10.91 (36.47)	4:45.63 (34.72)	
50 ALLEN, NATALIE	15 ATLN		4:45.68
	r:0.54 31.43	1:07.08 (35.65)	
	1:43.14 (36.06)	2:19.68 (36.54)	

	2:56.46 (36.78)	3:33.43 (36.97)	
	4:09.83 (36.40)	4:45.68 (35.85)	
51 TAPPLY, CHELSEA	15 QTSC		4:49.58
r:0.63 32.11	1:07.96 (35.85)		
1:44.73 (36.77)	2:21.80 (37.07)		
2:59.22 (37.42)	3:36.68 (37.46)		
4:13.83 (37.15)	4:49.58 (35.75)		
52 HILL, HANNAH	14 PICT		4:50.54
r:0.68 31.30	1:07.14 (35.84)		
1:43.94 (36.80)	2:21.21 (37.27)		
2:58.96 (37.75)	3:36.47 (37.51)		
4:14.16 (37.69)	4:50.54 (36.38)		
53 CUTHBERT, VICKI	17 CARL		4:52.06
r:0.65 32.08	1:07.78 (35.70)		
1:44.60 (36.82)	2:21.65 (37.05)		
2:58.90 (37.25)	3:36.62 (37.72)		
4:15.03 (38.41)	4:52.06 (37.03)		
54 TOWLE, OLIVIA	15 ABTO		5:01.61
r:0.53 31.95	1:08.47 (36.52)		
1:46.69 (38.22)	2:25.62 (38.93)		
3:04.40 (38.78)	3:43.69 (39.29)		
4:23.38 (39.69)	5:01.61 (38.23)		
-- MOUNFIELD, BETHAN	18 MARI		NS
-- WOODS, ELYSE	20 MVC		NS
-- JOHNSON, EMMA	15 GLST		NS
-- ROBERTSON, CLARE	20 RAVN		NS
-- LOUW, JODIE	15 MANLY		NS
-- LOUW, MADISON	17 MANLY		NS