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SOPAC - Site License 16/03/2019 - 9:39 AM
 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	Seed	Prelims
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=== Preliminaries ===

1	ADAMS, OLIVIA	19	RAVN	4:15.71	4:15.28
	r:+0.47	29.97	1:02.07 (32.10)		
			1:34.54 (32.47)		2:07.30 (32.76)
			2:39.21 (31.91)		3:11.67 (32.46)
			3:43.61 (31.94)		4:15.28 (31.67)
2	MELVERTON, KIAH	22	TSS	4:06.25	4:16.55
	r:+0.60	29.64	1:01.73 (32.09)		
			1:34.69 (32.96)		2:07.45 (32.76)
			2:39.90 (32.45)		3:12.56 (32.66)
			3:44.69 (32.13)		4:16.55 (31.86)
3	SHERIDAN, MIKKAYLA	24	USCS	4:09.36	4:17.22
	r:+0.62	29.62	1:02.52 (32.90)		
			1:36.07 (33.55)		2:09.58 (33.51)
			2:41.58 (32.00)		3:13.72 (32.14)
			3:46.02 (32.30)		4:17.22 (31.20)
4	WHITE, JORDAN	25	SLCA	4:12.71	4:17.87
	r:+0.58	29.61	1:02.14 (32.53)		
			1:34.95 (32.81)		2:07.33 (32.38)
			2:39.98 (32.65)		3:12.64 (32.66)
			3:45.29 (32.65)		4:17.87 (32.58)
5	NEALE, LEAH	23	USCS	4:10.59	4:17.89
	r:+0.60	29.76	1:02.15 (32.39)		
			1:35.24 (33.09)		2:08.20 (32.96)
			2:40.22 (32.02)		3:12.51 (32.29)
			3:45.73 (33.22)		4:17.89 (32.16)
6	ROGERS, DAHLAS	24	USCS	4:10.92	4:18.04
	r:+0.61	30.17	1:02.34 (32.17)		
			1:35.04 (32.70)		2:07.98 (32.94)
			2:40.41 (32.43)		3:13.06 (32.65)
			3:45.87 (32.81)		4:18.04 (32.17)
7	CALDWELL, SOPHIE	19	NUN	4:16.47	4:18.55
	r:+0.63	29.79	1:02.14 (32.35)		
			1:34.67 (32.53)		2:07.28 (32.61)
			2:40.01 (32.73)		3:13.17 (33.16)
			3:46.58 (33.41)		4:18.55 (31.97)
8	ZAVADOVA, BARBORA	26	CZECH	4:14.54	4:19.28
	r:+0.57	29.98	1:02.58 (32.60)		
			1:35.79 (33.21)		2:09.11 (33.32)
			2:41.94 (32.83)		3:14.91 (32.97)
			3:47.89 (32.98)		4:19.28 (31.39)
9	MCKEON, EMMA	24	GUSC	4:09.87	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)
10	TAYLOR, LAURA	19	TSS	4:14.60	4:21.64
	r:+0.56	29.87	1:02.55 (32.68)		

1:36.24 (33.69) 2:10.00 (33.76)
 2:43.41 (33.41) 3:16.60 (33.19)
 3:49.64 (33.04) 4:21.64 (32.00)

11	DEANS, CAITLIN	19	NEPOT	4:22.24	4:22.88
	r:+0.66 30.09		1:02.90 (32.81)		
	1:35.58 (32.68)		2:09.00 (33.42)		
	2:42.53 (33.53)		3:16.55 (34.02)		
	3:50.01 (33.46)		4:22.88 (32.87)		
12	WELLFARE, SARAH	19	SYDU	4:23.83	4:23.27
	r:+0.64 30.14		1:02.56 (32.42)		
	1:35.82 (33.26)		2:08.81 (32.99)		
	2:42.18 (33.37)		3:16.28 (34.10)		
	3:50.79 (34.51)		4:23.27 (32.48)		
13	MADDEN, JESSICA	16	SLCA	4:21.42	4:23.59
	r:+0.69 29.92		1:03.18 (33.26)		
	1:36.91 (33.73)		2:10.79 (33.88)		
	2:44.15 (33.36)		3:17.72 (33.57)		
	3:51.01 (33.29)		4:23.59 (32.58)		
14	COSTA, KAYLA	17	NUN	4:23.63	4:24.19
	r:+0.60 30.05		1:02.80 (32.75)		
	1:36.37 (33.57)		2:10.07 (33.70)		
	2:43.89 (33.82)		3:17.64 (33.75)		
	3:51.23 (33.59)		4:24.19 (32.96)		
15	DELMENICO, MELA	15	KRBA	4:23.19	4:24.52
	r:+0.64 30.09		1:03.19 (33.10)		
	1:36.42 (33.23)		2:10.43 (34.01)		
	2:44.21 (33.78)		3:18.95 (34.74)		
	3:52.81 (33.86)		4:24.52 (31.71)		
16	LEE, ANNA	14	TRGR	4:25.06	4:25.03
	r:+0.63 29.95		1:03.33 (33.38)		
	1:37.04 (33.71)		2:10.93 (33.89)		
	2:44.94 (34.01)		3:18.82 (33.88)		
	3:52.34 (33.52)		4:25.03 (32.69)		
17	POPHAM, MIKAYLA	18	KAWTR	4:27.39	4:26.08
	r:+0.64 30.81		1:04.08 (33.27)		
	1:38.07 (33.99)		2:11.99 (33.92)		
	2:45.72 (33.73)		3:19.65 (33.93)		
	3:53.47 (33.82)		4:26.08 (32.61)		
18	ESSAM, JACINTA	17	GIND	4:17.33	4:26.89
	r:+0.72 30.76		1:03.97 (33.21)		
	1:37.76 (33.79)		2:11.53 (33.77)		
	2:45.52 (33.99)		3:19.86 (34.34)		
	3:53.82 (33.96)		4:26.89 (33.07)		
19	HEATH, RUBY	19	CAPWN	4:31.76	4:27.24
	r:+0.62 31.14		1:04.69 (33.55)		
	1:38.86 (34.17)		2:12.90 (34.04)		
	2:46.93 (34.03)		3:20.84 (33.91)		
	3:55.21 (34.37)		4:27.24 (32.03)		
20	ARMSTRONG, MADISYN	18	KAWTR	4:26.10	4:27.49
	r:+0.65 30.88		1:03.85 (32.97)		
	1:37.38 (33.53)		2:11.33 (33.95)		
	2:44.89 (33.56)		3:19.17 (34.28)		
	3:53.91 (34.74)		4:27.49 (33.58)		
21	ROBINSON, RACHAEL	18	TRGR	4:27.44	4:27.75
	r:+0.56 30.81		1:04.63 (33.82)		
	1:38.69 (34.06)		2:12.97 (34.28)		
	2:46.93 (33.96)		3:20.74 (33.81)		
	3:54.67 (33.93)		4:27.75 (33.08)		
22	MELIA, SAMARAH	17	RANDW	4:25.85	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	4:19.50	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	4:30.78	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	4:27.32	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	4:27.77	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	4:27.25	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	4:28.44	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	4:16.49	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	4:37.28	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	4:30.35	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	4:39.87	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	4:40.00	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	4:37.05	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	4:34.90	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-GOODE, TARA	15 KRBA	4:32.79	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	4:33.90	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	4:33.47	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	4:32.54	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	4:39.91	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	4:40.00	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	4:36.46	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	4:39.55	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	4:40.00	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	4:38.43	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	4:28.07	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	4:40.00	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	4:40.00	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	4:40.00	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	4:40.00	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	4:40.00	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	4:40.00	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	4:38.85	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	4:40.00	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	4:16.22	NS
--	WOODS, ELYSE		20 MVC	4:20.11	NS
--	ROBERTSON, CLARE		20 RAVN	4:39.28	NS
--	LOUW, MADISON		17 MANLY	4:32.75	NS
--	JOHNSON, EMMA		15 GLST	4:40.00	NS
--	LOUW, JODIE		15 MANLY	4:30.02	NS
--	YU, FIONA		15 RANDW	4:38.00	SCR
--	CURLEY, TAMSYN		16 WRAQ	4:40.00	SCR
--	HOWARD, JADE		17 RANDW	4:40.00	SCR