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SA Aquatic & Leisure Centre - Site License 10/04/2019 - 11:34 AM  
 2019 Hancock Prospecting Australian Champs - 7/04/2019 to 12/04/2019

### Event 37 Men 400 LC Metre IM

World: 4:03.84 10/08/2008 Michael Phelps, USA  
 Commonwealth: 4:09.62 30/07/2017 Max Litchfield, GBR  
 Australian: R 4:10.14 3/05/2013 Thomas Fraser-Holmes, Miami  
 All Comers: A 4:06.22 1/04/2007 Michael Phelps, USA  
 UQ: U 4:23.36

Meet Qualifying: 4:38.70

Name	Age	Team	Seed	Prelims	FINA
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#### === Preliminaries ===

1	LARKIN, MITCH	25-93	STPET	4:15.68	4:24.21	786
	r:+0.75	27.32	58.98 (31.66)			
			1:32.87 (33.89)		2:05.28 (32.41)	
			2:44.85 (39.57)		3:22.63 (37.78)	
			3:54.10 (31.47)		4:24.21 (30.11)	
2	SMITH, BRENDON	18-00	NUN	4:18.95	4:26.80	763
	r:+0.73	27.09	58.61 (31.52)			
			1:33.33 (34.72)		2:06.38 (33.05)	
			2:44.61 (38.23)		3:23.53 (38.92)	
			3:55.88 (32.35)		4:26.80 (30.92)	
3	GILLILAND, JARE	24-94	BGRAM	4:19.14	4:27.02	761
	r:+0.70	27.42	58.97 (31.55)			
			1:34.56 (35.59)		2:08.92 (34.36)	
			2:47.09 (38.17)		3:24.33 (37.24)	
			3:56.10 (31.77)		4:27.02 (30.92)	
4	NISHIMOTO (V),	24-95	RACKL	4:32.97	4:28.50	749
	r:+0.71	28.13	1:00.02 (31.89)			
			1:35.38 (35.36)		2:09.63 (34.25)	
			2:47.82 (38.19)		3:25.96 (38.14)	
			3:57.98 (32.02)		4:28.50 (30.52)	
5	POLLARD, KIEREN	19-99	BRW	4:22.88	4:28.92	745
	r:+0.69	27.87	1:00.16 (32.29)			
			1:34.63 (34.47)		2:08.65 (34.02)	
			2:46.45 (37.80)		3:24.69 (38.24)	
			3:57.11 (32.42)		4:28.92 (31.81)	
6	LAYTON (V), JUL	24-94	NZL	4:28.45	4:29.16	743
	r:+0.74	28.18	1:00.52 (32.34)			
			1:37.23 (36.71)		2:13.04 (35.81)	
			2:48.63 (35.59)		3:24.48 (35.85)	
			3:57.42 (32.94)		4:29.16 (31.74)	
7	COOK, BRODIE	23-96	HELEN	4:26.44	4:31.21	726
	r:+0.71	26.26	57.22 (30.96)			
			1:32.41 (35.19)		2:06.52 (34.11)	
			2:46.98 (40.46)		3:28.42 (41.44)	
			4:00.29 (31.87)		4:31.21 (30.92)	
8	ROGERSON, ELLIO	19-99	NUN	4:29.79	4:31.28	726
	r:+0.77	28.22	1:00.78 (32.56)			
			1:36.71 (35.93)		2:11.11 (34.40)	
			2:49.84 (38.73)		3:29.45 (39.61)	
			4:01.58 (32.13)		4:31.28 (29.70)	
9	PRIME, (V), CAL	19-99	NZL	4:30.24	4:32.41	717
	r:+0.67	28.07	1:00.51 (32.44)			
			1:34.34 (33.83)		2:08.41 (34.07)	
			2:48.61 (40.20)		3:29.34 (40.73)	
			4:01.46 (32.12)		4:32.41 (30.95)	
10	LIGHTFOOT, THOM	16-02	MARI	4:35.55	4:33.03	712
	r:+0.71	29.20	1:02.63 (33.43)			
			1:37.76 (35.13)		2:11.67 (33.91)	

	2:49.72 (38.05)	3:29.28 (39.56)			
	4:01.55 (32.27)	4:33.03 (31.48)			
11 BRIAN, RYLAND 19-99 MLC	4:34.78	4:33.17	711		
r:+0.67 28.01	1:00.88 (32.87)				
1:36.91 (36.03)	2:12.32 (35.41)				
2:50.94 (38.62)	3:31.38 (40.44)				
4:02.99 (31.61)	4:33.17 (30.18)				
12 SINGH CHAHAL, ( 18-00 MAS	4:33.01	4:34.01	704		
r:+0.70 28.70	1:00.99 (32.29)				
1:37.32 (36.33)	2:13.50 (36.18)				
2:53.15 (39.65)	3:32.81 (39.66)				
4:04.09 (31.28)	4:34.01 (29.92)				
13 VANE-TEMPEST, L 21-97 ABBT	4:33.85	4:34.15	703		
r:+0.73 27.72	1:00.55 (32.83)				
1:35.34 (34.79)	2:09.44 (34.10)				
2:48.62 (39.18)	3:28.80 (40.18)				
4:02.32 (33.52)	4:34.15 (31.83)				
14 NG, MICHAEL 20-98 STPET	4:32.28	4:36.52	685		
r:+0.69 28.15	1:01.06 (32.91)				
1:38.36 (37.30)	2:14.31 (35.95)				
2:52.90 (38.59)	3:32.34 (39.44)				
4:05.10 (32.76)	4:36.52 (31.42)				
15 MITCHELL, ELLIO 20-98 RACKL	4:39.68	4:36.84	683		
r:+0.72 28.66	1:02.24 (33.58)				
1:37.09 (34.85)	2:12.00 (34.91)				
2:52.02 (40.02)	3:32.69 (40.67)				
4:04.84 (32.15)	4:36.84 (32.00)				
16 WILKIE, JOSHUA 19-99 REVW	4:33.11	4:37.83	676		
r:+0.69 28.28	1:01.44 (33.16)				
1:36.32 (34.88)	2:10.61 (34.29)				
2:51.77 (41.16)	3:33.58 (41.81)				
4:06.33 (32.75)	4:37.83 (31.50)				
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17 DELUTIIS, NATHA 18-00 WIAQ	4:41.44	4:39.70	662		
r:+0.58 28.73	1:01.80 (33.07)				
1:38.68 (36.88)	2:14.74 (36.06)				
2:53.46 (38.72)	3:32.38 (38.92)				
4:06.83 (34.45)	4:39.70 (32.87)				
18 PEREGRINA, THOM 19-99 KNXP	4:33.61	4:41.36	650		
r:+0.66 28.31	1:02.00 (33.69)				
1:37.87 (35.87)	2:13.62 (35.75)				
2:53.02 (39.40)	3:34.70 (41.68)				
4:08.44 (33.74)	4:41.36 (32.92)				
19 POLLARD, ISAAC 18-00 SHILD	4:38.64	4:43.51	636		
r:+0.70 29.51	1:04.42 (34.91)				
1:43.49 (39.07)	2:20.66 (37.17)				
3:00.33 (39.67)	3:39.79 (39.46)				
4:12.69 (32.90)	4:43.51 (30.82)				
20 RICHARDSON, MAT 18-00 ROCKC	4:44.20	4:43.84	634		
r:+0.71 28.44	1:01.63 (33.19)				
1:37.88 (36.25)	2:13.49 (35.61)				
2:55.59 (42.10)	3:38.19 (42.60)				
4:11.35 (33.16)	4:43.84 (32.49)				
21 YOUNG, KYLE 18-00 STHPT	4:44.90	4:45.06	625		
r:+0.71 28.55	1:01.65 (33.10)				
1:39.95 (38.30)	2:16.89 (36.94)				
2:58.78 (41.89)	3:40.72 (41.94)				
4:13.51 (32.79)	4:45.06 (31.55)				
22 MILLER, NICHOLA 18-00 THIL	4:36.87	4:46.32	617		
r:+0.70 29.46	1:04.16 (34.70)				
1:41.65 (37.49)	2:18.87 (37.22)				
2:57.73 (38.86)	3:38.14 (40.41)				
4:12.80 (34.66)	4:46.32 (33.52)				
23 LOCKHART, TOM 19-00 KNXP	4:33.85	4:46.89	614		
r:+0.74 28.93	1:01.52 (32.59)				
1:37.11 (35.59)	2:12.40 (35.29)				
2:53.57 (41.17)	3:35.36 (41.79)				
4:11.86 (36.50)	4:46.89 (35.03)				
24 CADDY, TYSON 20-98 SYP	4:45.17	4:47.15	612		

r:+0.71	27.92	1:01.80	(33.88)			
1:39.72	(37.92)	2:16.79	(37.07)			
2:58.29	(41.50)	3:40.30	(42.01)			
4:14.13	(33.83)	4:47.15	(33.02)			
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25	HARGREAVES, THO	19-99	UNSW	4:45.86	4:47.82	608
r:+0.63	29.39	1:04.31	(34.92)			
1:43.13	(38.82)	2:20.92	(37.79)			
2:59.83	(38.91)	3:40.27	(40.44)			
4:15.14	(34.87)	4:47.82	(32.68)			