

2 400m Freestyle Women Final

Official

Total

Rank	Competitor	Age	Club	RT	PTS	Result
1	 Ariella Riley	18		0.75		4:20.20 Entry: 4:24.86 -4.66
	25m: 14.00 50m: 29.47 (15.47) 75m: 45.24 (15.77) 100m: 1:01.68 (16.44) 125m: 1:18.13 (16.45) 150m: 1:34.43 (16.30) 175m: 1:50.98 (16.55) 200m: 2:07.76 (16.78) 225m: 2:24.03 (16.27) 250m: 2:40.57 (16.54) 275m: 2:57.23 (16.66) 300m: 3:14.13 (16.90) 325m: 3:30.83 (16.70) 350m: 3:47.81 (16.98) 375m: 4:04.29 (16.48) 400m: 4:20.20 (15.91)					
2	 Tandia Fisher	15		0.68		4:24.12 Entry: 4:24.49 -0.37
	25m: 14.08 50m: 30.41 (16.33) 75m: 46.89 (16.48) 100m: 1:04.01 (17.12) 125m: 1:21.05 (17.04) 150m: 1:37.97 (16.92) 175m: 1:55.13 (17.16) 200m: 2:12.37 (17.24) 225m: 2:29.20 (16.83) 250m: 2:45.92 (16.72) 275m: 3:02.84 (16.92) 300m: 3:19.68 (16.84) 325m: 3:36.56 (16.88) 350m: 3:52.94 (16.38) 375m: 4:08.73 (15.79) 400m: 4:24.12 (15.39)					
3	 Annalise Miller	14		0.72		4:24.67 Entry: 4:31.06 -6.39
	25m: 14.61 50m: 30.68 (16.07) 75m: 47.03 (16.35) 100m: 1:03.56 (16.53) 125m: 1:20.17 (16.61) 150m: 1:36.92 (16.75) 175m: 1:53.65 (16.73) 200m: 2:10.83 (17.18) 225m: 2:27.67 (16.84) 250m: 2:44.82 (17.15) 275m: 3:01.64 (16.82) 300m: 3:18.73 (17.09) 325m: 3:35.49 (16.76) 350m: 3:52.66 (17.17) 375m: 4:08.89 (16.23) 400m: 4:24.67 (15.78)					
4	 Hannah Ker-Fo	13		0.73		4:24.72 Entry: 4:32.32 -7.60
	25m: 13.92 50m: 29.72 (15.80) 75m: 45.94 (16.22) 100m: 1:03.06 (17.12) 125m: 1:19.83 (16.77) 150m: 1:36.93 (17.10) 175m: 1:53.77 (16.84) 200m: 2:10.79 (17.02) 225m: 2:27.98 (17.19) 250m: 2:44.83 (16.85) 275m: 3:01.74 (16.91) 300m: 3:18.75 (17.01) 325m: 3:35.83 (17.08) 350m: 3:52.75 (16.92) 375m: 4:09.01 (16.26) 400m: 4:24.72 (15.71)					
5	 Alanna Rawson	16		0.74		4:26.13 Entry: 4:25.48 +0.65
	25m: 13.92 50m: 29.53 (29.53) 75m: 45.94 (16.22) 100m: 1:02.35 (16.43) 125m: 1:19.83 (16.77) 150m: 1:36.14 (16.35) 175m: 1:53.77 (16.84) 200m: 2:09.76 (2:09.76) 225m: 2:27.98 (17.19) 250m: 2:43.93 (2:43.93) 275m: 3:01.74 (16.91) 300m: 3:18.13 (3:18.13) 325m: 3:35.83 (17.08) 350m: 3:52.31 (3:52.31) 375m: 4:09.01 (16.26) 400m: 4:26.13 (4:26.13)					
6	 Amelia McEwar	14		0.76		4:27.30 Entry: 4:29.11 -1.81
	25m: 13.59 50m: 29.79 (16.20) 75m: 45.69 (15.90) 100m: 1:01.67 (15.98) 125m: 1:18.21 (16.54) 150m: 1:35.02 (16.81) 175m: 1:51.85 (16.83) 200m: 2:08.91 (17.06) 225m: 2:26.03 (17.12)					

250m: 2:43.42 (17.39) 275m: 3:00.67 (17.25) 300m: 3:18.40 (17.73)
325m: 3:35.74 (17.34) 350m: 3:53.50 (17.76) 375m: 4:10.54 (17.04)
400m: 4:27.30 (16.76)

7

 Indy Leeds

15

0.78

4:27.96

Entry: 4:31.57 -3.61

25m: 30.10 (30.10) 75m: 150m: 1:37.05 (1:37.05)
100m: 1:03.10 (1:03.10) 125m: 225m: 300m: 3:19.89 (3:19.89)
175m: 200m: 2:11.32 (2:11.32) 275m: 350m: 3:54.36 (3:54.36) 375m:
250m: 2:45.54 (2:45.54) 400m: 4:27.96 (4:27.96)

8

 Hope Wang

15

0.69

4:28.01

Entry: 4:23.35 +4.66

25m: 14.06 50m: 29.60 (15.54) 75m: 45.73 (16.13)
100m: 1:02.33 (16.60) 125m: 1:19.41 (17.08) 150m: 1:36.35 (16.94)
175m: 1:53.35 (17.00) 200m: 2:10.50 (17.15) 225m: 2:27.64 (17.14)
250m: 2:44.83 (17.19) 275m: 3:02.10 (17.27) 300m: 3:19.41 (17.31)
325m: 3:36.83 (17.42) 350m: 3:54.19 (17.36) 375m: 4:11.53 (17.34)
400m: 4:28.01 (16.48)

9

 Leah Yang

17

0.77

4:29.81

Entry: 4:30.93 -1.12

25m: 14.39 50m: 30.98 (16.59) 75m: 47.65 (16.67)
100m: 1:04.37 (16.72) 125m: 1:21.22 (16.85) 150m: 1:38.08 (16.86)
175m: 1:55.03 (16.95) 200m: 2:12.22 (17.19) 225m: 2:29.30 (17.08)
250m: 2:47.03 (17.73) 275m: 3:04.20 (17.17) 300m: 3:21.71 (17.51)
325m: 3:39.05 (17.34) 350m: 3:56.46 (17.41) 375m: 4:13.38 (16.92)
400m: 4:29.81 (16.43)

10

 Maeve McDonn

16

0.73

4:30.34

Entry: 4:26.53 +3.81

25m: 15.17 50m: 31.74 (16.57) 75m: 48.52 (16.78)
100m: 1:05.18 (16.66) 125m: 1:22.32 (17.14) 150m: 1:39.33 (17.01)
175m: 1:56.47 (17.14) 200m: 2:13.75 (17.28) 225m: 2:30.97 (17.22)
250m: 2:48.04 (17.07) 275m: 3:05.17 (17.13) 300m: 3:22.55 (17.38)
325m: 3:39.62 (17.07) 350m: 3:56.83 (17.21) 375m: 4:13.87 (17.04)
400m: 4:30.34 (16.47)

11

 Octavia Mahon

15

0.69

4:30.89

Entry: 4:28.89 +2.00

25m: 13.77 50m: 29.93 (16.16) 75m: 46.71 (16.78)
100m: 1:03.40 (16.69) 125m: 1:20.35 (16.95) 150m: 1:37.62 (17.27)
175m: 1:55.02 (17.40) 200m: 2:12.60 (17.58) 225m: 2:29.78 (17.18)
250m: 2:47.31 (17.53) 275m: 3:04.65 (17.34) 300m: 3:22.35 (17.70)
325m: 3:39.39 (17.04) 350m: 3:57.01 (17.62) 375m: 4:14.13 (17.12)
400m: 4:30.89 (16.76)

12

 Jade Lyles

15

0.74

4:30.94

Entry: 4:28.67 +2.27

25m: 14.07 50m: 30.15 (16.08) 75m: 46.68 (16.53)
100m: 1:03.38 (16.70) 125m: 1:20.43 (17.05) 150m: 1:37.75 (17.32)
175m: 1:54.74 (16.99) 200m: 2:11.94 (17.20) 225m: 2:29.08 (17.14)
250m: 2:46.53 (17.45) 275m: 3:03.70 (17.17) 300m: 3:21.07 (17.37)
325m: 3:38.50 (17.43) 350m: 3:56.31 (17.81) 375m: 4:14.05 (17.74)
400m: 4:30.94 (16.89)

13

 Laura Menzies

16

0.76

4:31.93

Entry: 4:28.01 +3.92

25m: 14.05 50m: 29.99 (15.94) 75m: 46.37 (16.38)
100m: 1:03.11 (16.74) 125m: 1:20.10 (16.99) 150m: 1:37.35 (17.25)
175m: 1:55.00 (17.65) 200m: 2:12.60 (17.60) 225m: 2:29.91 (17.31)
250m: 2:47.45 (17.54) 275m: 3:05.06 (17.61) 300m: 3:22.72 (17.66)
325m: 3:40.07 (17.35) 350m: 3:57.37 (17.30) 375m: 4:14.98 (17.61)
400m: 4:31.93 (16.95)

14



Amelia-Rose Se

15

0.71

4:32.08

Entry: 4:41.99 -9.91

25m: 14.61 50m: 31.10 (16.49) 75m: 47.75 (16.65)
100m: 1:04.87 (17.12) 125m: 1:21.93 (17.06) 150m: 1:39.17 (17.24)
175m: 1:56.38 (17.21) 200m: 2:13.58 (17.20) 225m: 2:30.77 (17.19)
250m: 2:47.94 (17.17) 275m: 3:05.39 (17.45) 300m: 3:22.89 (17.50)
325m: 3:40.27 (17.38) 350m: 3:57.90 (17.63) 375m: 4:15.27 (17.37)
400m: 4:32.08 (16.81)

15



Jessica Richard

17

0.73

4:32.22

Entry: 4:32.42 -0.20

25m: 14.39 50m: 30.45 (16.06) 75m: 46.83 (16.38)
100m: 1:03.68 (16.85) 125m: 1:20.89 (17.21) 150m: 1:38.06 (17.17)
175m: 1:55.31 (17.25) 200m: 2:12.56 (17.25) 225m: 2:30.08 (17.52)
250m: 2:47.59 (17.51) 275m: 3:05.02 (17.43) 300m: 3:22.79 (17.77)
325m: 3:40.49 (17.70) 350m: 3:58.20 (17.71) 375m: 4:15.46 (17.26)
400m: 4:32.22 (16.76)

16



Poppy Van Gen

16

0.78

4:32.51

Entry: 4:34.13 -1.62

25m: 14.71 50m: 30.92 (16.21) 75m: 47.33 (16.41)
100m: 1:04.31 (16.98) 125m: 1:21.37 (17.06) 150m: 1:38.52 (17.15)
175m: 1:55.52 (17.00) 200m: 2:12.87 (17.35) 225m: 2:30.31 (17.44)
250m: 2:47.99 (17.68) 275m: 3:05.61 (17.62) 300m: 3:23.30 (17.69)
325m: 3:41.04 (17.74) 350m: 3:58.65 (17.61) 375m: 4:15.91 (17.26)
400m: 4:32.51 (16.60)

17



Paige Stringer

17

0.79

4:34.37

Entry: 4:34.84 -0.47

25m: 14.57 50m: 30.84 (16.27) 75m: 47.32 (16.48)
100m: 1:04.23 (16.91) 125m: 1:21.11 (16.88) 150m: 1:38.52 (17.41)
175m: 1:55.78 (17.26) 200m: 2:13.41 (17.63) 225m: 2:30.84 (17.43)
250m: 2:48.54 (17.70) 275m: 3:06.37 (17.83) 300m: 3:24.35 (17.98)
325m: 3:41.97 (17.62) 350m: 3:59.99 (18.02) 375m: 4:17.57 (17.58)
400m: 4:34.37 (16.80)

18



Renee Dresner

15

0.88

4:35.13

Entry: 4:37.27 -2.14

25m: 14.65 50m: 31.04 (16.39) 75m: 47.96 (16.92)
100m: 1:05.07 (17.11) 125m: 1:22.29 (17.22) 150m: 1:39.69 (17.40)
175m: 1:57.00 (17.31) 200m: 2:14.50 (17.50) 225m: 2:32.05 (17.55)
250m: 2:49.63 (17.58) 275m: 3:07.20 (17.57) 300m: 3:24.92 (17.72)
325m: 3:42.71 (17.79) 350m: 4:00.79 (18.08) 375m: 4:18.25 (17.46)
400m: 4:35.13 (16.88)

19



Tessa Scott

17

0.79

4:37.07

Entry: 4:30.45 +6.62

25m: 14.44 50m: 30.98 (16.54) 75m: 47.81 (16.83)
100m: 1:04.95 (17.14) 125m: 1:22.35 (17.40) 150m: 1:40.00 (17.65)
175m: 1:57.42 (17.42) 200m: 2:15.17 (17.75) 225m: 2:33.15 (17.98)
250m: 2:51.23 (18.08) 275m: 3:09.27 (18.04) 300m: 3:27.44 (18.17)
325m: 3:45.45 (18.01) 350m: 4:03.21 (17.76) 375m: 4:20.58 (17.37)

400m: 4:37.07 (16.49)

20



Sophia Kivileva

14

0.69

4:37.22

Entry: 4:30.00 +7.22

25m: 14.22 50m: 30.72 (16.50) 75m: 47.48 (16.76)
100m: 1:04.38 (16.90) 125m: 1:21.73 (17.35) 150m: 1:39.18 (17.45)
175m: 1:56.92 (17.74) 200m: 2:14.55 (17.63) 225m: 2:32.46 (17.91)
250m: 2:50.25 (17.79) 275m: 3:08.09 (17.84) 300m: 3:26.05 (17.96)
325m: 3:44.32 (18.27) 350m: 4:02.43 (18.11) 375m: 4:20.46 (18.03)
400m: 4:37.22 (16.76)

21



Phoebe Nettle

16

0.74

4:37.34

Entry: 4:34.12 +3.22

25m: 15.04 50m: 31.80 (16.76) 75m: 49.02 (17.22)
100m: 1:06.16 (17.14) 125m: 1:23.50 (17.34) 150m: 1:40.85 (17.35)
175m: 1:58.59 (17.74) 200m: 2:16.26 (17.67) 225m: 2:33.98 (17.72)
250m: 2:51.64 (17.66) 275m: 3:09.35 (17.71) 300m: 3:27.16 (17.81)
325m: 3:44.87 (17.71) 350m: 4:02.69 (17.82) 375m: 4:20.23 (17.54)
400m: 4:37.34 (17.11)

22



Harriet McHardy

13

0.70

4:37.57

Entry: 4:36.50 +1.07

25m: 14.22 50m: 29.77 (15.55) 75m: 46.46 (16.69)
100m: 1:03.60 (17.14) 125m: 1:20.91 (17.31) 150m: 1:38.53 (17.62)
175m: 1:56.45 (17.92) 200m: 2:14.47 (18.02) 225m: 2:32.25 (17.78)
250m: 2:50.14 (17.89) 275m: 3:08.02 (17.88) 300m: 3:26.10 (18.08)
325m: 3:44.35 (18.25) 350m: 4:02.89 (18.54) 375m: 4:20.88 (17.99)
400m: 4:37.57 (16.69)

23



Kathryn Bates

13

0.80

4:37.87

Entry: 4:44.89 -7.02

25m: 14.86 50m: 30.92 (16.06) 75m: 47.65 (16.73)
100m: 1:04.91 (17.26) 125m: 1:22.20 (17.29) 150m: 1:39.65 (17.45)
175m: 1:57.21 (17.56) 200m: 2:14.97 (17.76) 225m: 2:32.64 (17.67)
250m: 2:50.44 (17.80) 275m: 3:08.49 (18.05) 300m: 3:26.59 (18.10)
325m: 3:44.54 (17.95) 350m: 4:02.56 (18.02) 375m: 4:20.51 (17.95)
400m: 4:37.87 (17.36)

24



Lara Streletsky

16

0.74

4:38.74

Entry: 4:39.18 -0.44

25m: 14.89 50m: 31.79 (16.90) 75m: 48.72 (16.93)
100m: 1:05.97 (17.25) 125m: 1:23.37 (17.40) 150m: 1:41.12 (17.75)
175m: 1:58.92 (17.80) 200m: 2:16.79 (17.87) 225m: 2:34.64 (17.85)
250m: 2:52.44 (17.80) 275m: 3:10.23 (17.79) 300m: 3:28.00 (17.77)
325m: 3:45.95 (17.95) 350m: 4:04.21 (18.26) 375m: 4:21.82 (17.61)
400m: 4:38.74 (16.92)

25



Kelicia Purcell

13

0.62

4:38.93

Entry: 4:45.31 -6.38

25m: 14.59 50m: 31.05 (16.46) 75m: 47.81 (16.76)
100m: 1:04.85 (17.04) 125m: 1:21.80 (16.95) 150m: 1:39.24 (17.44)
175m: 1:56.87 (17.63) 200m: 2:14.86 (17.99) 225m: 2:32.82 (17.96)
250m: 2:51.00 (18.18) 275m: 3:09.48 (18.48) 300m: 3:27.59 (18.11)
325m: 3:46.05 (18.46) 350m: 4:04.27 (18.22) 375m: 4:21.82 (17.55)
400m: 4:38.93 (17.11)

26



Rio Sasamoto

18

0.75

4:39.42

Entry: 4:35.37 +4.05

25m: 15.30 50m: 32.10 (16.80) 75m: 49.43 (17.33)

100m: 1:06.87 (17.44) 125m: 1:24.43 (17.56) 150m: 1:42.06 (17.63)
175m: 1:59.51 (17.45) 200m: 2:17.28 (17.77) 225m: 2:34.83 (17.55)
250m: 2:52.55 (17.72) 275m: 3:10.28 (17.73) 300m: 3:28.44 (18.16)
325m: 3:46.40 (17.96) 350m: 4:04.53 (18.13) 375m: 4:22.20 (17.67)
400m: 4:39.42 (17.22)

27  Olivia Xu

13

0.81

4:39.47

Entry: 4:47.60 **-8.13**

25m: 14.29 50m: 30.40 (16.11) 75m: 47.11 (16.71)
100m: 1:04.28 (17.17) 125m: 1:22.00 (17.72) 150m: 1:39.88 (17.88)
175m: 1:57.60 (17.72) 200m: 2:15.70 (18.10) 225m: 2:34.17 (18.47)
250m: 2:52.04 (17.87) 275m: 3:10.10 (18.06) 300m: 3:28.41 (18.31)
325m: 3:46.83 (18.42) 350m: 4:05.48 (18.65) 375m: 4:22.14 (16.66)
400m: 4:39.47 (17.33)

28  Ziva Bunker

14

0.76

4:39.84

Entry: 4:41.95 **-2.11**

25m: 14.52 50m: 31.53 (17.01) 75m: 49.10 (17.57)
100m: 1:06.81 (17.71) 125m: 1:24.47 (17.66) 150m: 1:42.42 (17.95)
175m: 2:00.29 (17.87) 200m: 2:18.48 (18.19) 225m: 2:36.23 (17.75)
250m: 2:54.12 (17.89) 275m: 3:11.74 (17.62) 300m: 3:29.68 (17.94)
325m: 3:47.76 (18.08) 350m: 4:05.68 (17.92) 375m: 4:22.94 (17.26)
400m: 4:39.84 (16.90)

29  Lara Migounoff

15

0.68

4:42.32

Entry: 4:42.99 **-0.67**

25m: 14.79 50m: 31.19 (16.40) 75m: 48.67 (17.48)
100m: 1:06.03 (17.36) 125m: 1:23.66 (17.63) 150m: 1:41.24 (17.58)
175m: 1:59.07 (17.83) 200m: 2:17.16 (18.09) 225m: 2:35.08 (17.92)
250m: 2:53.21 (18.13) 275m: 3:12.41 (19.20) 300m: 3:30.84 (18.43)
325m: 3:49.34 (18.50) 350m: 4:07.38 (18.04) 375m: 4:25.23 (17.85)
400m: 4:42.32 (17.09)

30  Marli Coverdale

14

0.68

4:42.45

Entry: 4:38.55 **+3.90**

25m: 14.12 50m: 30.43 (16.31) 75m: 47.20 (16.77)
100m: 1:04.28 (17.08) 125m: 1:21.60 (17.32) 150m: 1:39.42 (17.82)
175m: 1:57.46 (18.04) 200m: 2:15.57 (18.11) 225m: 2:33.30 (17.73)
250m: 2:51.50 (18.20) 275m: 3:09.98 (18.48) 300m: 3:28.69 (18.71)
325m: 3:47.41 (18.72) 350m: 4:06.13 (18.72) 375m: 4:24.74 (18.61)
400m: 4:42.45 (17.71)

31  Rebecca Yu

14

0.67

4:43.04

Entry: 4:39.44 **+3.60**

25m: 14.13 50m: 30.86 (16.73) 75m: 48.02 (17.16)
100m: 1:05.80 (17.78) 125m: 1:23.36 (17.56) 150m: 1:41.45 (18.09)
175m: 1:59.38 (17.93) 200m: 2:17.76 (18.38) 225m: 2:36.18 (18.42)
250m: 2:54.52 (18.34) 275m: 3:12.52 (18.00) 300m: 3:30.89 (18.37)
325m: 3:49.33 (18.44) 350m: 4:07.66 (18.33) 375m: 4:25.71 (18.05)
400m: 4:43.04 (17.33)

32  Charlotte Ren

14

0.70

4:43.15

Entry: 4:47.78 **-4.63**

25m: 14.60 50m: 30.76 (16.16) 75m: 47.89 (17.13)
100m: 1:05.26 (17.37) 125m: 1:23.06 (17.80) 150m: 1:40.74 (17.68)
175m: 1:58.88 (18.14) 200m: 2:16.71 (17.83) 225m: 2:34.82 (18.11)
250m: 2:53.01 (18.19) 275m: 3:11.29 (18.28) 300m: 3:29.87 (18.58)
325m: 3:48.42 (18.55) 350m: 4:07.00 (18.58) 375m: 4:25.39 (18.39)
400m: 4:43.15 (17.76)

33  **Brooke Williams** **13** **0.75** **4:43.46**
Entry: 4:49.70 **-6.24**

25m: 14.23 50m: 30.66 (16.43) 75m: 47.90 (17.24)
100m: 1:05.43 (17.53) 125m: 1:23.14 (17.71) 150m: 1:41.34 (18.20)
175m: 1:59.50 (18.16) 200m: 2:18.24 (18.74) 225m: 2:36.68 (18.44)
250m: 2:54.87 (18.19) 275m: 3:13.23 (18.36) 300m: 3:31.37 (18.14)
325m: 3:49.86 (18.49) 350m: 4:08.13 (18.27) 375m: 4:25.96 (17.83)
400m: 4:43.46 (17.50)

34  **Lily Seber** **13** **0.73** **4:44.12**
Entry: 4:51.92 **-7.80**

25m: 14.88 50m: 32.31 (17.43) 75m: 50.28 (17.97)
100m: 1:08.38 (18.10) 125m: 1:26.20 (17.82) 150m: 1:44.59 (18.39)
175m: 2:02.67 (18.08) 200m: 2:20.73 (18.06) 225m: 2:38.72 (17.99)
250m: 2:56.65 (17.93) 275m: 3:14.68 (18.03) 300m: 3:32.95 (18.27)
325m: 3:50.70 (17.75) 350m: 4:08.59 (17.89) 375m: 4:26.40 (17.81)
400m: 4:44.12 (17.72)

35  **Molly Carroll** **14** **0.85** **4:44.94**
Entry: 4:38.25 **+6.69**

25m: 15.00 50m: 31.97 (16.97) 75m: 49.24 (17.27)
100m: 1:07.10 (17.86) 125m: 1:25.04 (17.94) 150m: 1:43.24 (18.20)
175m: 2:01.42 (18.18) 200m: 2:19.67 (18.25) 225m: 2:38.02 (18.35)
250m: 2:56.43 (18.41) 275m: 3:14.58 (18.15) 300m: 3:32.94 (18.36)
325m: 3:51.19 (18.25) 350m: 4:09.37 (18.18) 375m: 4:27.35 (17.98)
400m: 4:44.94 (17.59)

36  **Evelyn Loh** **14** **0.71** **4:45.82**
Entry: 4:47.88 **-2.06**

25m: 14.92 50m: 31.81 (16.89) 75m: 49.18 (17.37)
100m: 1:07.17 (17.99) 125m: 1:25.10 (17.93) 150m: 1:43.24 (18.14)
175m: 2:01.45 (18.21) 200m: 2:19.62 (18.17) 225m: 2:37.63 (18.01)
250m: 2:55.95 (18.32) 275m: 3:14.46 (18.51) 300m: 3:33.10 (18.64)
325m: 3:51.40 (18.30) 350m: 4:09.88 (18.48) 375m: 4:27.87 (17.99)
400m: 4:45.82 (17.95)

37  **Coco Zhu** **13** **0.74** **4:46.74**
Entry: 4:56.79 **-10.05**

25m: 15.32 50m: 32.26 (16.94) 75m: 49.76 (17.50)
100m: 1:07.74 (17.98) 125m: 1:26.03 (18.29) 150m: 1:44.44 (18.41)
175m: 2:03.00 (18.56) 200m: 2:21.34 (18.34) 225m: 2:39.83 (18.49)
250m: 2:58.30 (18.47) 275m: 3:16.59 (18.29) 300m: 3:35.45 (18.86)
325m: 3:53.97 (18.52) 350m: 4:12.38 (18.41) 375m: 4:29.66 (17.28)
400m: 4:46.74 (17.08)

38  **Milly Lietze** **15** **0.77** **4:47.14**
Entry: 4:45.48 **+1.66**

25m: 14.71 50m: 31.33 (16.62) 75m: 48.54 (17.21)
100m: 1:06.36 (17.82) 125m: 1:24.30 (17.94) 150m: 1:42.67 (18.37)
175m: 2:00.88 (18.21) 200m: 2:19.23 (18.35) 225m: 2:37.41 (18.18)
250m: 2:56.26 (18.85) 275m: 3:14.89 (18.63) 300m: 3:33.98 (19.09)
325m: 3:52.88 (18.90) 350m: 4:11.41 (18.53) 375m: 4:29.40 (17.99)
400m: 4:47.14 (17.74)

39  **Ashley Calcott** **17** **0.76** **4:47.15**
Entry: 4:41.34 **+5.81**

25m: 14.95 50m: 31.88 (16.93) 75m: 49.47 (17.59)
100m: 1:07.34 (17.87) 125m: 1:25.06 (17.72) 150m: 1:42.93 (17.87)
175m: 2:00.98 (18.05) 200m: 2:19.26 (18.28) 225m: 2:37.56 (18.30)

250m: 2:56.22 (18.66) 275m: 3:14.84 (18.62) 300m: 3:33.56 (18.72)
325m: 3:52.17 (18.61) 350m: 4:10.65 (18.48) 375m: 4:29.20 (18.55)
400m: 4:47.15 (17.95)

40



Pippa Jory

16

0.78

4:47.76

Entry: 4:39.56 +8.20

25m: 15.24 50m: 31.81 (16.57) 75m: 49.14 (17.33)
100m: 1:06.67 (17.53) 125m: 1:24.17 (17.50) 150m: 1:42.07 (17.90)
175m: 2:00.02 (17.95) 200m: 2:18.21 (18.19) 225m: 2:36.47 (18.26)
250m: 2:54.97 (18.50) 275m: 3:13.71 (18.74) 300m: 3:32.59 (18.88)
325m: 3:51.75 (19.16) 350m: 4:10.68 (18.93) 375m: 4:29.67 (18.99)
400m: 4:47.76 (18.09)

41



Catherine Tegm

15

0.68

4:48.77

Entry: 4:47.66 +1.11

25m: 13.95 50m: 29.60 (15.65) 75m: 46.21 (16.61)
100m: 1:03.17 (16.96) 125m: 1:20.50 (17.33) 150m: 1:38.61 (18.11)
175m: 1:56.49 (17.88) 200m: 2:14.84 (18.35) 225m: 2:33.16 (18.32)
250m: 2:52.21 (19.05) 275m: 3:11.35 (19.14) 300m: 3:30.83 (19.48)
325m: 3:50.29 (19.46) 350m: 4:10.33 (20.04) 375m: 4:29.50 (19.17)
400m: 4:48.77 (19.27)

42



Keira Watt

14

0.78

4:49.37

Entry: 4:48.67 +0.70

25m: 14.96 50m: 31.48 (16.52) 75m: 48.93 (17.45)
100m: 1:06.43 (17.50) 125m: 1:24.40 (17.97) 150m: 1:42.36 (17.96)
175m: 2:00.86 (18.50) 200m: 2:19.31 (18.45) 225m: 2:38.03 (18.72)
250m: 2:56.48 (18.45) 275m: 3:15.30 (18.82) 300m: 3:34.12 (18.82)
325m: 3:53.26 (19.14) 350m: 4:12.63 (19.37) 375m: 4:31.85 (19.22)
400m: 4:49.37 (17.52)

43



Megan Scott

16

0.73

4:49.42

Entry: 4:37.58 +11.84

25m: 14.94 50m: 32.15 (17.21) 75m: 49.74 (17.59)
100m: 1:07.67 (17.93) 125m: 1:26.20 (18.53) 150m: 1:44.60 (18.40)
175m: 2:40.79 (56.19) 200m: 225m:
250m: 2:59.22 (2:59.22) 275m: 3:54.85 (55.63) 300m:
325m: 350m: 4:13.39 (4:13.39) 375m:
400m: 4:49.42 (4:49.42)

44



Ashley Lam

14

0.73

4:49.96

Entry: 4:49.05 +0.91

25m: 15.01 50m: 31.90 (16.89) 75m: 49.43 (17.53)
100m: 1:07.50 (18.07) 125m: 1:26.09 (18.59) 150m: 1:44.45 (18.36)
175m: 2:03.15 (18.70) 200m: 2:21.87 (18.72) 225m: 2:41.08 (19.21)
250m: 2:59.76 (18.68) 275m: 3:18.61 (18.85) 300m: 3:37.69 (19.08)
325m: 3:56.21 (18.52) 350m: 4:14.81 (18.60) 375m: 4:33.15 (18.34)
400m: 4:49.96 (16.81)

45



Erika Orbell

17

0.75

4:50.11

Entry: 4:46.99 +3.12

25m: 14.75 50m: 32.03 (17.28) 75m: 49.88 (17.85)
100m: 1:08.16 (18.28) 125m: 1:26.65 (18.49) 150m: 1:45.78 (19.13)
175m: 2:04.84 (19.06) 200m: 2:23.28 (18.44) 225m: 2:42.13 (18.85)
250m: 3:00.29 (18.16) 275m: 3:18.85 (18.56) 300m: 3:36.83 (17.98)
325m: 3:55.34 (18.51) 350m: 4:13.98 (18.64) 375m: 4:32.11 (18.13)
400m: 4:50.11 (18.00)

46



Paige Aitchison

13

0.69

4:51.70

Entry: 4:54.01 -2.31

25m: 15.69 50m: 32.89 (17.20) 75m: 50.72 (17.83)
100m: 1:08.97 (18.25) 125m: 1:27.55 (18.58) 150m: 1:46.44 (18.89)
175m: 2:04.86 (18.42) 200m: 2:23.40 (18.54) 225m: 2:42.07 (18.67)
250m: 3:00.80 (18.73) 275m: 3:19.66 (18.86) 300m: 3:38.35 (18.69)
325m: 3:56.81 (18.46) 350m: 4:15.66 (18.85) 375m: 4:34.12 (18.46)
400m: 4:51.70 (17.58)

47

 Zoe Omundsen

14

0.70

4:51.77

Entry: 4:52.95 -1.18

25m: 15.42 50m: 32.45 (17.03) 75m: 50.81 (18.36)
100m: 1:08.97 (18.16) 125m: 1:27.40 (18.43) 150m: 1:45.79 (18.39)
175m: 2:04.48 (18.69) 200m: 2:23.37 (18.89) 225m: 2:42.19 (18.82)
250m: 3:00.94 (18.75) 275m: 3:19.95 (19.01) 300m: 3:38.89 (18.94)
325m: 3:57.52 (18.63) 350m: 4:16.26 (18.74) 375m: 4:34.45 (18.19)
400m: 4:51.77 (17.32)

48

 Ryleigh Dorricot

14

0.85

4:53.23

Entry: 4:49.05 +4.18

25m: 15.72 50m: 33.39 (17.67) 75m: 51.05 (17.66)
100m: 1:08.98 (17.93) 125m: 1:27.20 (18.22) 150m: 1:45.74 (18.54)
175m: 2:04.41 (18.67) 200m: 2:23.22 (18.81) 225m: 2:42.11 (18.89)
250m: 3:01.05 (18.94) 275m: 3:20.30 (19.25) 300m: 3:39.31 (19.01)
325m: 3:58.24 (18.93) 350m: 4:17.03 (18.79) 375m: 4:35.29 (18.26)
400m: 4:53.23 (17.94)

49

 Ariana Neems

13

0.76

4:54.88

Entry: 4:57.32 -2.44

25m: 15.38 50m: 33.05 (17.67) 75m: 51.01 (17.96)
100m: 1:09.83 (18.82) 125m: 1:28.77 (18.94) 150m: 1:47.68 (18.91)
175m: 2:06.32 (18.64) 200m: 2:24.83 (18.51) 225m: 2:44.07 (19.24)
250m: 3:02.93 (18.86) 275m: 3:21.80 (18.87) 300m: 3:41.05 (19.25)
325m: 3:59.95 (18.90) 350m: 4:18.84 (18.89) 375m: 4:37.17 (18.33)
400m: 4:54.88 (17.71)

50

 Robyn Oppermans

13

0.70

4:54.92

Entry: 4:57.37 -2.45

25m: 15.06 50m: 32.00 (16.94) 75m: 49.99 (17.99)
100m: 1:08.13 (18.14) 125m: 1:27.25 (19.12) 150m: 1:45.96 (18.71)
175m: 2:04.82 (18.86) 200m: 2:23.76 (18.94) 225m: 2:42.23 (18.47)
250m: 3:01.03 (18.80) 275m: 3:20.17 (19.14) 300m: 3:39.35 (19.18)
325m: 3:58.31 (18.96) 350m: 4:17.39 (19.08) 375m: 4:36.60 (19.21)
400m: 4:54.92 (18.32)

51

 Rina Bang

15

0.63

4:55.99

Entry: 4:50.19 +5.80

25m: 15.55 50m: 33.29 (17.74) 75m: 50.76 (17.47)
100m: 1:08.78 (18.02) 125m: 1:27.18 (18.40) 150m: 1:45.74 (18.56)
175m: 2:04.27 (18.53) 200m: 2:23.33 (19.06) 225m: 2:42.45 (19.12)
250m: 3:01.89 (19.44) 275m: 3:21.45 (19.56) 300m: 3:40.80 (19.35)
325m: 4:00.12 (19.32) 350m: 4:19.72 (19.60) 375m: 4:38.37 (18.65)
400m: 4:55.99 (17.62)

51

 Jasmine Laban

14

0.75

4:55.99

Entry: 4:50.70 +5.29

25m: 14.86 50m: 32.25 (17.39) 75m: 49.92 (17.67)
100m: 1:08.46 (18.54) 125m: 1:26.64 (18.18) 150m: 1:45.54 (18.90)
175m: 2:04.15 (18.61) 200m: 2:23.10 (18.95) 225m: 2:42.08 (18.98)
250m: 3:01.41 (19.33) 275m: 3:20.66 (19.25) 300m: 3:39.95 (19.29)
325m: 3:59.28 (19.33) 350m: 4:18.66 (19.38) 375m: 4:37.84 (19.18)

400m: 4:55.99 (18.15)

53



Merissa Leon

17

0.81

4:58.16

Entry: 4:44.27 +13.89

25m: 15.82 50m: 33.62 (17.80) 75m: 51.57 (17.95)
100m: 1:10.15 (18.58) 125m: 1:29.19 (19.04) 150m: 1:48.37 (19.18)
175m: 2:07.26 (18.89) 200m: 2:26.19 (18.93) 225m: 2:45.17 (18.98)
250m: 3:04.27 (19.10) 275m: 3:23.16 (18.89) 300m: 3:42.48 (19.32)
325m: 4:01.80 (19.32) 350m: 4:21.00 (19.20) 375m: 4:39.90 (18.90)
400m: 4:58.16 (18.26)

54



Sophie Braithwaite

14

0.84

4:58.40

Entry: 4:54.30 +4.10

25m: 15.69 50m: 32.53 (16.84) 75m: 50.69 (18.16)
100m: 1:09.01 (18.32) 125m: 1:28.00 (18.99) 150m: 1:47.04 (1:47.04)
175m: 2:06.10 (19.06) 200m: 2:25.20 (19.10) 225m: 2:44.25 (19.05)
250m: 3:03.51 (19.26) 275m: 3:22.75 (19.24) 300m: 3:42.04 (19.29)
325m: 4:01.38 (19.34) 350m: 4:20.71 (19.33) 375m: 4:39.90 (18.90)
400m: 4:58.40 (4:58.40)

55



Tasmin Henrickson

13

0.87

5:05.99

Entry: 4:52.53 +13.46

25m: 15.65 50m: 33.02 (17.37) 75m: 51.36 (18.34)
100m: 1:10.13 (18.77) 125m: 1:29.09 (18.96) 150m: 1:48.10 (19.01)
175m: 2:07.84 (19.74) 200m: 2:27.34 (19.50) 225m: 2:47.40 (20.06)
250m: 3:07.35 (19.95) 275m: 3:27.37 (20.02) 300m: 3:47.78 (20.41)
325m: 4:08.03 (20.25) 350m: 4:27.54 (19.51) 375m: 4:47.40 (19.86)
400m: 5:05.99 (18.59)

56



Madeleine Tappin

13

0.75

5:10.46

Entry: 4:58.15 +12.31

25m: 15.85 50m: 34.12 (18.27) 75m: 52.59 (18.47)
100m: 1:11.65 (19.06) 125m: 1:31.36 (19.71) 150m: 1:51.07 (19.71)
175m: 2:10.45 (19.38) 200m: 2:30.62 (20.17) 225m: 2:50.84 (20.22)
250m: 3:10.95 (20.11) 275m: 3:30.89 (19.94) 300m: 3:51.08 (20.19)
325m: 4:11.24 (20.16) 350m: 4:31.48 (20.24) 375m: 4:51.53 (20.05)
400m: 5:10.46 (18.93)