

2025 Speedo Canadian Swimming Open / Omnum Canadian de Natation Speedo 2025  
Edmonton, Alberta; 10-12 April/Avril

Event 31 Women, 400m Freestyle Open  
2025-04-12 Results Prelim

Canadian Swimming Open Records	4:11.54	JANSEN, Ella	CAN	Toronto	2024-04-12
Canadian Senior Records (CR)	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	2023-03-28
Canadian Age Group Records (CA) 15 - 17	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	2023-03-28
Canadian Age Group Records (CA) 13 - 14	4:02.42	MCINTOSH, Summer	ESWIM	Tokyo (JPN)	2021-07-26

Points: AQUA 2025

Rank	Age	Club	RT	Time	FinaPts	Score	
1. CLARK, Maxine	16	UCSC	+0.69	<b>4:23.15</b>	715	- A	
50m: 30.25	30.25	150m: 1:37.07	33.59	250m: 2:43.65	33.08	350m: 3:50.31	33.25
100m: 1:03.48	33.23	200m: 2:10.57	33.50	300m: 3:17.06	33.41	400m: 4:23.15	32.84
2. MEKLENSEK, Tori	23	DSC	+0.67	<b>4:23.28</b>	714	- A	
50m: 30.49	30.49	150m: 1:36.54	33.15	250m: 2:43.16	33.17	350m: 3:50.13	33.18
100m: 1:03.39	32.90	200m: 2:09.99	33.45	300m: 3:16.95	33.79	400m: 4:23.28	33.15
3. CABEZAS GARZON, Mariana	16	ESWIM	+0.58	<b>4:24.57</b>	704	- A	
50m: 30.40	30.40	150m: 1:37.50	33.51	250m: 2:44.99	33.49	350m: 3:52.22	33.25
100m: 1:03.99	33.59	200m: 2:11.50	34.00	300m: 3:18.97	33.98	400m: 4:24.57	32.35
4. MCLEOD, Abigail	15	WDSC	+0.57	<b>4:25.37</b>	697	- A	
50m: 30.53	30.53	150m: 1:36.99	33.60	250m: 2:44.59	33.92	350m: 3:52.58	33.87
100m: 1:03.39	32.86	200m: 2:10.67	33.68	300m: 3:18.71	34.12	400m: 4:25.37	32.79
5. KEHLER, Ruby	17	KAJ	+0.74	<b>4:25.46</b>	697	- A	
50m: 30.00	30.00	150m: 1:35.70	33.32	250m: 2:43.30	33.78	350m: 3:51.71	34.17
100m: 1:02.38	32.38	200m: 2:09.52	33.82	300m: 3:17.54	34.24	400m: 4:25.46	33.75
6. KONG, Kaia Ariel	15	MACC	+0.72	<b>4:25.62</b>	695	- A	
50m: 30.64	30.64	150m: 1:37.28	33.27	250m: 2:44.62	33.65	350m: 3:52.51	33.94
100m: 1:04.01	33.37	200m: 2:10.97	33.69	300m: 3:18.57	33.95	400m: 4:25.62	33.11
7. MYNOTT, Naomi	15	WDSC	+0.67	<b>4:26.34</b>	690	- A	
50m: 30.68	30.68	150m: 1:37.26	33.63	250m: 2:44.85	33.74	350m: 3:53.17	34.13
100m: 1:03.63	32.95	200m: 2:11.11	33.85	300m: 3:19.04	34.19	400m: 4:26.34	33.17
8. HARRISON, Ella	15	CREST	+0.64	<b>4:27.50</b>	681	- A	
50m: 30.26	30.26	150m: 1:36.46	33.41	250m: 2:44.50	34.34	350m: 3:53.62	35.04
100m: 1:03.05	32.79	200m: 2:10.16	33.70	300m: 3:18.58	34.08	400m: 4:27.50	33.88
9. KEHOE, Gracyn	17	UNCAN	+0.66	<b>4:28.70</b>	672	- A	
50m: 30.32	30.32	150m: 1:37.61	34.18	250m: 2:46.26	34.23	350m: 3:55.29	34.40
100m: 1:03.43	33.11	200m: 2:12.03	34.42	300m: 3:20.89	34.63	400m: 4:28.70	33.41
10. GORDON, Lindsay	18	PCSC	+0.68	<b>4:29.63</b>	665	- A	
50m: 30.65	30.65	150m: 1:37.67	34.04	250m: 2:46.20	34.34	350m: 3:55.57	34.74
100m: 1:03.63	32.98	200m: 2:11.86	34.19	300m: 3:20.83	34.63	400m: 4:29.63	34.06
11. MICHAUD, Maelie	18	PCSC	+0.64	<b>4:30.94</b>	655	- B	
50m: 30.57	30.57	150m: 1:38.52	34.04	250m: 2:48.02	34.77	350m: 3:58.24	35.07
100m: 1:04.48	33.91	200m: 2:13.25	34.73	300m: 3:23.17	35.15	400m: 4:30.94	32.70
12. ZENG, Michelle	14	WVOSC	+0.67	<b>4:31.02</b>	655	- B	
50m: 30.65	30.65	150m: 1:37.17	33.40	250m: 2:45.20	34.18	350m: 3:56.08	35.61
100m: 1:03.77	33.12	200m: 2:11.02	33.85	300m: 3:20.47	35.27	400m: 4:31.02	34.94
13. BOWIE, Shayne	19	EKSC	+0.67	<b>4:31.30</b>	653	- B	
50m: 30.97	30.97	150m: 1:38.47	34.27	250m: 2:47.37	34.53	350m: 3:57.48	35.15
100m: 1:04.20	33.23	200m: 2:12.84	34.37	300m: 3:22.33	34.96	400m: 4:31.30	33.82
14. KENNEDY, Keira	18	CASC	+0.72	<b>4:31.44</b>	652	- B	
50m: 31.36	31.36	150m: 1:39.15	34.47	250m: 2:48.13	34.69	350m: 3:58.22	35.43
100m: 1:04.68	33.32	200m: 2:13.44	34.29	300m: 3:22.79	34.66	400m: 4:31.44	33.22



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Rank	Age	Club	RT	Time	FinPts	Score		
15.	14	CASC	+0.59	<b>4:31.47</b>	651	- B		
	50m: 30.51	30.51	150m: 1:38.33	34.17	250m: 2:48.03	34.87	350m: 3:57.65	34.72
	100m: 1:04.16	33.65	200m: 2:13.16	34.83	300m: 3:22.93	34.90	400m: 4:31.47	33.82
16.	16	KISU	+0.72	<b>4:31.66</b>	650	- B		
	50m: 30.75	30.75	150m: 1:37.81	34.03	250m: 2:47.14	34.78	350m: 3:56.71	34.62
	100m: 1:03.78	33.03	200m: 2:12.36	34.55	300m: 3:22.09	34.95	400m: 4:31.66	34.95
17.	17	ESWIM	+0.48	<b>4:31.67</b>	650	- B		
	50m: 30.26	30.26	150m: 1:38.04	33.73	250m: 2:47.09	34.53	350m: 3:57.86	35.34
	100m: 1:04.31	34.05	200m: 2:12.56	34.52	300m: 3:22.52	35.43	400m: 4:31.67	33.81
18.	17	CW	+0.76	<b>4:31.75</b>	649	- B		
	50m: 31.06	31.06	150m: 1:39.38	34.47	250m: 2:48.59	34.47	350m: 3:58.82	34.77
	100m: 1:04.91	33.85	200m: 2:14.12	34.74	300m: 3:24.05	35.46	400m: 4:31.75	32.93
19.	15	LSC	+0.83	<b>4:31.86</b>	649	- B		
	50m: 30.93	30.93	150m: 1:39.27	34.59	250m: 2:48.56	34.79	350m: 3:58.03	34.98
	100m: 1:04.68	33.75	200m: 2:13.77	34.50	300m: 3:23.05	34.49	400m: 4:31.86	33.83
20.	15	USC	+0.67	<b>4:31.90</b>	648	- B		
	50m: 30.83	30.83	150m: 1:38.67	34.28	250m: 2:48.49	34.96	350m: 3:58.13	34.82
	100m: 1:04.39	33.56	200m: 2:13.53	34.86	300m: 3:23.31	34.82	400m: 4:31.90	33.77
21.	15	LSC	+0.74	<b>4:31.99</b>	648	- R		
	50m: 30.73	30.73	150m: 1:38.23	34.37	250m: 2:48.44	35.29	350m: 3:58.92	35.64
	100m: 1:03.86	33.13	200m: 2:13.15	34.92	300m: 3:23.28	34.84	400m: 4:31.99	33.07
22.	17	OS	+0.75	<b>4:32.06</b>	647	- R		
	50m: 29.83	29.83	150m: 1:39.11	34.81	250m: 2:49.08	34.90	350m: 3:58.91	34.43
	100m: 1:04.30	34.47	200m: 2:14.18	35.07	300m: 3:24.48	35.40	400m: 4:32.06	33.15
23.	15	PCSC	+0.76	<b>4:32.46</b>	644	-		
	50m: 30.65	30.65	150m: 1:38.94	34.59	250m: 2:48.60	35.00	350m: 3:58.77	34.96
	100m: 1:04.35	33.70	200m: 2:13.60	34.66	300m: 3:23.81	35.21	400m: 4:32.46	33.69
24.	15	ISC	+0.78	<b>4:32.73</b>	642	-		
	50m: 31.03	31.03	150m: 1:39.33	34.50	250m: 2:49.24	35.23	350m: 3:59.32	35.10
	100m: 1:04.83	33.80	200m: 2:14.01	34.68	300m: 3:24.22	34.98	400m: 4:32.73	33.41
25.	18	PCSC	+0.70	<b>4:32.86</b>	641	-		
	50m: 30.83	30.83	150m: 1:38.49	34.23	250m: 2:48.51	35.00	350m: 3:59.30	35.17
	100m: 1:04.26	33.43	200m: 2:13.51	35.02	300m: 3:24.13	35.62	400m: 4:32.86	33.56
26.	19	HYACK	+0.56	<b>4:34.85</b>	628	-		
	50m: 31.35	31.35	150m: 1:40.33	34.79	250m: 2:50.24	34.73	350m: 4:00.60	35.17
	100m: 1:05.54	34.19	200m: 2:15.51	35.18	300m: 3:25.43	35.19	400m: 4:34.85	34.25
27.	16	ISC	+0.55	<b>4:35.23</b>	625	-		
	50m: 30.48	30.48	150m: 1:39.59	35.21	250m: 2:50.27	35.32	350m: 4:01.13	35.64
	100m: 1:04.38	33.90	200m: 2:14.95	35.36	300m: 3:25.49	35.22	400m: 4:35.23	34.10
28.	17	OSC	+0.54	<b>4:35.94</b>	620	-		
	50m: 31.40	31.40	150m: 1:40.98	34.98	250m: 2:51.03	34.59	350m: 4:01.34	34.75
	100m: 1:06.00	34.60	200m: 2:16.44	35.46	300m: 3:26.59	35.56	400m: 4:35.94	34.60
29.	15	PCSC	+0.68	<b>4:36.14</b>	619	-		
	50m: 31.36	31.36	150m: 1:39.81	34.50	250m: 2:49.71	35.13	350m: 4:01.31	35.79
	100m: 1:05.31	33.95	200m: 2:14.58	34.77	300m: 3:25.52	35.81	400m: 4:36.14	34.83



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Rank	Age	Club	RT	Time	FinaPts	Score		
30.	14	UVPCS	+0.66	<b>4:36.29</b>	618	-		
	50m: 31.46	31.46	150m: 1:40.26	34.50	250m: 2:50.16	34.64	350m: 4:01.23	35.62
	100m: 1:05.76	34.30	200m: 2:15.52	35.26	300m: 3:25.61	35.45	400m: 4:36.29	35.06
31.	15	CDSC	+0.63	<b>4:37.41</b>	610	-		
	50m: 31.35	31.35	150m: 1:40.51	34.47	250m: 2:50.96	35.22	350m: 4:03.00	36.05
	100m: 1:06.04	34.69	200m: 2:15.74	35.23	300m: 3:26.95	35.99	400m: 4:37.41	34.41
32.	14	OS	+0.69	<b>4:38.13</b>	606	-		
	50m: 30.69	30.69	150m: 1:41.44	35.37	250m: 2:52.43	34.87	350m: 4:03.89	35.79
	100m: 1:06.07	35.38	200m: 2:17.56	36.12	300m: 3:28.10	35.67	400m: 4:38.13	34.24
33.	17	CDSC	+0.67	<b>4:38.26</b>	605	-		
	50m: 32.21	32.21	150m: 1:41.96	34.96	250m: 2:52.97	35.59	350m: 4:03.73	35.14
	100m: 1:07.00	34.79	200m: 2:17.38	35.42	300m: 3:28.59	35.62	400m: 4:38.26	34.53
34.	17	TBT	+0.77	<b>4:42.85</b>	576	-		
	50m: 31.83	31.83	150m: 1:41.89	35.41	250m: 2:53.55	35.65	350m: 4:06.37	35.98
	100m: 1:06.48	34.65	200m: 2:17.90	36.01	300m: 3:30.39	36.84	400m: 4:42.85	36.48
35.	20	SAMAK	+0.71	<b>4:42.87</b>	576	-		
	50m: 31.72	31.72	150m: 1:41.90	35.36	250m: 2:54.21	36.36	350m: 4:06.99	36.49
	100m: 1:06.54	34.82	200m: 2:17.85	35.95	300m: 3:30.50	36.29	400m: 4:42.87	35.88
36.	14	VPSC	+0.76	<b>4:43.78</b>	570	-		
	50m: 31.08	31.08	150m: 1:40.63	35.60	250m: 2:54.04	37.16	350m: 4:08.23	37.32
	100m: 1:05.03	33.95	200m: 2:16.88	36.25	300m: 3:30.91	36.87	400m: 4:43.78	35.55
37.	17	ISC	+0.54	<b>4:44.42</b>	566	-		
	50m: 31.43	31.43	150m: 1:42.06	35.89	250m: 2:55.15	36.67	350m: 4:08.66	36.79
	100m: 1:06.17	34.74	200m: 2:18.48	36.42	300m: 3:31.87	36.72	400m: 4:44.42	35.76
38.	16	KAJ	+0.72	<b>4:46.88</b>	552	-		
	50m: 31.60	31.60	150m: 1:40.73	34.79	250m: 2:53.82	36.88	350m: 4:09.44	38.06
	100m: 1:05.94	34.34	200m: 2:16.94	36.21	300m: 3:31.38	37.56	400m: 4:46.88	37.44
39.	15	OS	+0.64	<b>4:48.03</b>	545	-		
	50m: 31.49	31.49	150m: 1:40.83	35.54	250m: 2:53.39	36.53	350m: 4:10.00	38.78
	100m: 1:05.29	33.80	200m: 2:16.86	36.03	300m: 3:31.22	37.83	400m: 4:48.03	38.03
40.	16	HYACK	+0.70	<b>4:49.09</b>	539	-		
	50m: 32.83	32.83	150m: 1:45.25	36.54	250m: 2:58.85	37.01	350m: 4:12.87	36.94
	100m: 1:08.71	35.88	200m: 2:21.84	36.59	300m: 3:35.93	37.08	400m: 4:49.09	36.22
DNS	16	KISU				-		
DNS	18	UNCAN				-		
DNS	16	WDSC				-		
DNS	21	UBCT				-		
DNS	17	UCSC				-		

