

Time Trials 2024 Olympic & Paralympic Trials presented by Bell
Toronto, May 13-17, 2024

Event 401 Women, 400m Freestyle Open
2024-05-13 - 11:30 Results Time Trials

Canadian Senior Records	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	2023-03-28
Canadian Age Group Records 15 - 17	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	2023-03-28
Canadian Age Group Records 13 - 14	4:02.42	MCINTOSH, Summer	ESWIM	Tokyo (JPN)	2021-07-26
Canadian Age Group Records 11 - 12	4:20.68	MCINTOSH, Summer	ESWIM	Winnipeg	2019-08-10

Rank			YOB	Club		RT	Time	
1.	BESNER, Kaitlyn		2005	PCSC		+0.78	4:27.44	
	50m:	30.34 30.34	150m:	1:37.58 34.11	250m:	2:46.24 34.33	350m:	3:54.93 34.46
	100m:	1:03.47 33.13	200m:	2:11.91 34.33	300m:	3:20.47 34.23	400m:	4:27.44 32.51
2.	WINSER, Marlee L		2008	KISU		+0.69	4:27.46	
	50m:	30.75 30.75	150m:	1:39.18 34.60	250m:	2:47.76 33.90	350m:	3:55.07 33.49
	100m:	1:04.58 33.83	200m:	2:13.86 34.68	300m:	3:21.58 33.82	400m:	4:27.46 32.39
3.	LEROY, Brynne		2005	UBCT /TIDE		+0.74	4:27.61	
	50m:	30.59 30.59	150m:	1:37.81 33.64	250m:	2:45.43 34.01	350m:	3:53.80 34.61
	100m:	1:04.17 33.58	200m:	2:11.42 33.61	300m:	3:19.19 33.76	400m:	4:27.61 33.81
4.	MICHAUD, Maelie		2006	PCSC		+0.65	4:29.57	
	50m:	30.49 30.49	150m:	1:38.17 34.07	250m:	2:46.94 34.36	350m:	3:56.42 34.61
	100m:	1:04.10 33.61	200m:	2:12.58 34.41	300m:	3:21.81 34.87	400m:	4:29.57 33.15
5.	KENNEDY, Keira		2006	CASC		+0.73	4:30.10	
	50m:	31.32 31.32	150m:	1:38.79 34.14	250m:	2:47.67 34.60	350m:	3:56.96 34.54
	100m:	1:04.65 33.33	200m:	2:13.07 34.28	300m:	3:22.42 34.75	400m:	4:30.10 33.14
6.	BRENDZAN, Olivia		2003	EKSC		+0.75	4:30.63	
	50m:	31.49 31.49	150m:	1:39.39 34.18	250m:	2:47.97 34.11	350m:	3:56.87 34.49
	100m:	1:05.21 33.72	200m:	2:13.86 34.47	300m:	3:22.38 34.41	400m:	4:30.63 33.76
7.	JAMES-BRENNAN, Lydia		2004	NKB		+0.86	4:30.91	
	50m:	31.05 31.05	150m:	1:39.02 34.25	250m:	2:47.31 34.18	350m:	3:56.63 34.94
	100m:	1:04.77 33.72	200m:	2:13.13 34.11	300m:	3:21.69 34.38	400m:	4:30.91 34.28
8.	RATTEE, Zoe M		2010	TSC		+0.76	4:30.96	
	50m:	30.53 30.53	150m:	1:38.98 34.55	250m:	2:47.81 34.38	350m:	3:56.95 34.35
	100m:	1:04.43 33.90	200m:	2:13.43 34.45	300m:	3:22.60 34.79	400m:	4:30.96 34.01
9.	FLEMING, Molly		2007	KSC		+0.67	4:31.88	
	50m:	29.98 29.98	150m:	1:37.52 34.24	250m:	2:46.92 34.68	350m:	3:57.55 35.36
	100m:	1:03.28 33.30	200m:	2:12.24 34.72	300m:	3:22.19 35.27	400m:	4:31.88 34.33
10.	JACQUES, Emma-Lee		2006	BTSC		+0.68	4:32.38	
	50m:	31.21 31.21	150m:	1:38.95 34.16	250m:	2:48.52 34.76	350m:	3:58.52 35.11
	100m:	1:04.79 33.58	200m:	2:13.76 34.81	300m:	3:23.41 34.89	400m:	4:32.38 33.86
11.	ARCHER, Gillian		2007	OSC		+0.65	4:32.70	
	50m:	31.04 31.04	150m:	1:39.67 34.62	250m:	2:49.19 34.68	350m:	3:58.66 34.55
	100m:	1:05.05 34.01	200m:	2:14.51 34.84	300m:	3:24.11 34.92	400m:	4:32.70 34.04
12.	SHEMILT, Sydney		2003	OAK		+0.67	4:33.94	
	50m:	31.12 31.12	150m:	1:39.54 34.46	250m:	2:48.83 34.80	350m:	3:59.35 35.42
	100m:	1:05.08 33.96	200m:	2:14.03 34.49	300m:	3:23.93 35.10	400m:	4:33.94 34.59
13.	TETU, Anne-Florence		2006	CNQ		+0.74	4:34.13	
	50m:	31.00 31.00	150m:	1:40.07 34.40	250m:	2:49.83 34.77	350m:	4:00.51 35.01
	100m:	1:05.67 34.67	200m:	2:15.06 34.99	300m:	3:25.50 35.67	400m:	4:34.13 33.62
14.	LANGRIDGE, Isabel		2005	OTT		+0.69	4:34.59	
	50m:	30.66 30.66	150m:	1:38.52 34.30	250m:	2:48.50 35.20	350m:	4:00.02 35.77
	100m:	1:04.22 33.56	200m:	2:13.30 34.78	300m:	3:24.25 35.75	400m:	4:34.59 34.57

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Rank			YOB		Club		RT	Time	
15.	FORSTER, Abby		2004		BRANT		+0.77	4:34.63	
	50m:	31.52	31.52	150m:	1:40.16	34.79	250m:	2:50.09	35.08
	100m:	1:05.37	33.85	200m:	2:15.01	34.85	300m:	3:25.12	35.03
							350m:	4:00.07	34.95
							400m:	4:34.63	34.56
16.	HULFORD, Kate S		2004		TSC		+0.78	4:34.72	
	50m:	30.80	30.80	150m:	1:39.47	34.78	250m:	2:49.61	35.07
	100m:	1:04.69	33.89	200m:	2:14.54	35.07	300m:	3:25.18	35.57
							350m:	4:00.36	35.18
							400m:	4:34.72	34.36
17.	SKINDER, Abigail C		2007		CDSC		+0.67	4:35.02	
	50m:	30.67	30.67	150m:	1:38.68	34.55	250m:	2:49.63	35.22
	100m:	1:04.13	33.46	200m:	2:14.41	35.73	300m:	3:25.22	35.59
							350m:	4:00.32	35.10
							400m:	4:35.02	34.70
18.	CRAIG, Kiah		2006		UCSC		+0.75	4:35.28	
	50m:	31.48	31.48	150m:	1:40.84	34.99	250m:	2:50.27	34.84
	100m:	1:05.85	34.37	200m:	2:15.43	34.59	300m:	3:25.84	35.57
							350m:	4:00.94	35.10
							400m:	4:35.28	34.34
19.	FRANKLIN, Genevieve H		2005		UNCAN		+0.64	4:35.80	
	50m:	31.81	31.81	150m:	1:40.92	34.76	250m:	2:51.18	34.92
	100m:	1:06.16	34.35	200m:	2:16.26	35.34	300m:	3:26.34	35.16
							350m:	4:01.30	34.96
							400m:	4:35.80	34.50
20.	MARQUIS, Jade		2004		SAMAK		+0.72	4:35.86	
	50m:	31.56	31.56	150m:	1:40.43	34.58	250m:	2:50.45	34.91
	100m:	1:05.85	34.29	200m:	2:15.54	35.11	300m:	3:25.80	35.35
							350m:	4:00.95	35.15
							400m:	4:35.86	34.91
21.	RUTTEN, Hannah B		2008		KISU		+0.75	4:35.87	
	50m:	30.45	30.45	150m:	1:39.81	35.16	250m:	2:50.92	35.53
	100m:	1:04.65	34.20	200m:	2:15.39	35.58	300m:	3:26.49	35.57
							350m:	4:01.63	35.14
							400m:	4:35.87	34.24
22.	RYAN, Analise		2009		NYAC		+0.74	4:36.41	
	50m:	31.63	31.63	150m:	1:42.13	35.97	250m:	2:52.72	34.96
	100m:	1:06.16	34.53	200m:	2:17.76	35.63	300m:	3:28.08	35.36
							350m:	4:02.97	34.89
							400m:	4:36.41	33.44
23.	HOCEVAR, Natalie		2007		MSSAC		+0.61	4:36.46	
	50m:	30.89	30.89	150m:	1:40.13	35.14	250m:	2:50.15	35.03
	100m:	1:04.99	34.10	200m:	2:15.12	34.99	300m:	3:25.75	35.60
							350m:	4:01.53	35.78
							400m:	4:36.46	34.93
24.	WIGGINTON, Rachel		2007		UCSC		+0.80	4:37.11	
	50m:	30.24	30.24	150m:	1:37.85	34.46	250m:	2:48.62	35.62
	100m:	1:03.39	33.15	200m:	2:13.00	35.15	300m:	3:24.75	36.13
							350m:	4:01.47	36.72
							400m:	4:37.11	35.64
25.	TONIX, Valeria		2007		ISC		+0.66	4:37.47	
	50m:	31.54	31.54	150m:	1:41.99	35.57	250m:	2:52.84	35.63
	100m:	1:06.42	34.88	200m:	2:17.21	35.22	300m:	3:28.03	35.19
							350m:	4:03.20	35.17
							400m:	4:37.47	34.27
26.	TURCOTTE, Juliette		2007		CNQ		+0.72	4:37.57	
	50m:	31.50	31.50	150m:	1:40.54	34.98	250m:	2:51.67	35.69
	100m:	1:05.56	34.06	200m:	2:15.98	35.44	300m:	3:27.36	35.69
							350m:	4:03.06	35.70
							400m:	4:37.57	34.51
27.	WEAVER, Kaiya		2009		ISC		+0.75	4:37.84	
	50m:	31.53	31.53	150m:	1:41.29	35.30	250m:	2:52.39	35.54
	100m:	1:05.99	34.46	200m:	2:16.85	35.56	300m:	3:28.20	35.81
							350m:	4:03.79	35.59
							400m:	4:37.84	34.05
28.	MCBRIDE, Isobel		2007		HTAC		+0.74	4:38.54	
	50m:	32.46	32.46	150m:	1:42.37	35.16	250m:	2:52.89	35.07
	100m:	1:07.21	34.75	200m:	2:17.82	35.45	300m:	3:28.39	35.50
							350m:	4:03.81	35.42
							400m:	4:38.54	34.73
29.	SHINK, Ariane		2006		CNQ		+0.73	4:38.89	
	50m:	31.89	31.89	150m:	1:40.26	34.37	250m:	2:51.33	35.46
	100m:	1:05.89	34.00	200m:	2:15.87	35.61	300m:	3:27.85	36.52
							350m:	4:03.44	35.59
							400m:	4:38.89	35.45

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Rank			YOB	Club			RT	Time	
30.	TURCOTTE, Annabelle		2009	CNQ			+0.81	4:38.94	
	50m:	31.40 31.40	150m:	1:41.51 35.16	250m:	2:53.00 35.46	350m:	4:04.46 35.39	
	100m:	1:06.35 34.95	200m:	2:17.54 36.03	300m:	3:29.07 36.07	400m:	4:38.94 34.48	
31.	LEFRANCOIS, Audrey		2008	CSLA			+0.79	4:39.07	
	50m:	31.05 31.05	150m:	1:40.14 34.87	250m:	2:51.86 35.83	350m:	4:03.73 35.65	
	100m:	1:05.27 34.22	200m:	2:16.03 35.89	300m:	3:28.08 36.22	400m:	4:39.07 35.34	
32.	LABRIE, Eve		2010	NN			+0.79	4:39.42	
	50m:	31.03 31.03	150m:	1:40.17 34.90	250m:	2:51.92 35.89	350m:	4:04.35 36.10	
	100m:	1:05.27 34.24	200m:	2:16.03 35.86	300m:	3:28.25 36.33	400m:	4:39.42 35.07	
33.	MATTHEWS, Delila		2006	GGST			+0.71	4:40.01	
	50m:	33.00 33.00	150m:	1:44.17 35.36	250m:	2:54.83 35.11	350m:	4:05.20 35.16	
	100m:	1:08.81 35.81	200m:	2:19.72 35.55	300m:	3:30.04 35.21	400m:	4:40.01 34.81	
34.	BARBER, Molly		2007	SWOTT			+0.76	4:40.80	
	50m:	31.94 31.94	150m:	1:42.80 35.54	250m:	2:54.67 35.93	350m:	4:06.34 35.82	
	100m:	1:07.26 35.32	200m:	2:18.74 35.94	300m:	3:30.52 35.85	400m:	4:40.80 34.46	
35.	WARKENTIN, Katherine		2009	ESWIM			+0.75	4:41.17	
	50m:	31.34 31.34	150m:	1:41.96 35.43	250m:	2:52.89 35.31	350m:	4:05.49 36.08	
	100m:	1:06.53 35.19	200m:	2:17.58 35.62	300m:	3:29.41 36.52	400m:	4:41.17 35.68	
36.	NEAL, Avery		2008	UVPCS			+0.73	4:41.71	
	50m:	31.03 31.03	150m:	1:42.06 35.90	250m:	2:54.37 36.03	350m:	4:06.41 35.78	
	100m:	1:06.16 35.13	200m:	2:18.34 36.28	300m:	3:30.63 36.26	400m:	4:41.71 35.30	
37.	NAUS, Sailor		2009	ISC			+0.74	4:42.46	
	50m:	30.98 30.98	150m:	1:41.48 35.73	250m:	2:53.77 36.11	350m:	4:06.82 36.58	
	100m:	1:05.75 34.77	200m:	2:17.66 36.18	300m:	3:30.24 36.47	400m:	4:42.46 35.64	
38.	WONG, Myla		2009	SKSC			+0.80	4:42.81	
	50m:	31.39 31.39	150m:	1:41.24 35.49	250m:	2:53.64 36.21	350m:	4:07.40 36.82	
	100m:	1:05.75 34.36	200m:	2:17.43 36.19	300m:	3:30.58 36.94	400m:	4:42.81 35.41	
39.	MURTHA, Shae		2010	LOSC			+0.65	4:44.48	
	50m:	30.71 30.71	150m:	1:41.33 35.56	250m:	2:53.69 35.89	350m:	4:08.14 37.00	
	100m:	1:05.77 35.06	200m:	2:17.80 36.47	300m:	3:31.14 37.45	400m:	4:44.48 36.34	
40.	GREENFIELD, Riley		2008	UVPCS			+0.68	4:44.66	
	50m:	31.97 31.97	150m:	1:42.91 35.92	250m:	2:55.88 36.60	350m:	4:09.67 36.85	
	100m:	1:06.99 35.02	200m:	2:19.28 36.37	300m:	3:32.82 36.94	400m:	4:44.66 34.99	
41.	JIA, carolyne C		2008	LOSC			+0.71	4:47.63	
	50m:	30.14 30.14	150m:	1:41.08 35.88	250m:	2:54.63 36.58	350m:	4:11.13 38.24	
	100m:	1:05.20 35.06	200m:	2:18.05 36.97	300m:	3:32.89 38.26	400m:	4:47.63 36.50	