

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

Event 417 Women, 400m Medley Open
2024-05-16 - 11:53 Results Time Trials

Canadian Senior Records	4:25.87	MCINTOSH, Summer	UNCAN	Toronto	2023-04-01
Canadian Age Group Records 15 - 17	4:25.87	MCINTOSH, Summer	UNCAN	Toronto	2023-04-01
Canadian Age Group Records 13 - 14	4:46.69	BELLIO, Katrina	ESWIM	Toronto	2019-04-04
Canadian Age Group Records 11 - 12	4:50.21	MCINTOSH, Summer	ESWIM	Toronto	2019-04-04

Rank			YOB	Club		RT		Time	
1.	NEFSI, Rania		1997	NN		+0.70	4:59.34		
	50m:	31.38 31.38	150m:	1:46.05 38.39	250m:	3:04.71 40.32	350m:	4:23.97 36.94	
	100m:	1:07.66 36.28	200m:	2:24.39 38.34	300m:	3:47.03 42.32	400m:	4:59.34 35.37	
2.	MCGHAN, Maya		2005	NKB		+0.72	5:06.89		
	50m:	31.30 31.30	150m:	1:47.89 40.56	250m:	3:11.84 43.97	350m:	4:33.32 35.48	
	100m:	1:07.33 36.03	200m:	2:27.87 39.98	300m:	3:57.84 46.00	400m:	5:06.89 33.57	
3.	BROUSSEAU, Charlotte		2007	CAMO		+0.66	5:08.34		
	50m:	31.03 31.03	150m:	1:47.51 40.08	250m:	3:12.64 46.13	350m:	4:34.13 35.28	
	100m:	1:07.43 36.40	200m:	2:26.51 39.00	300m:	3:58.85 46.21	400m:	5:08.34 34.21	
4.	LACROIX, Charlotte		2007	CNQ		+0.74	5:08.46		
	50m:	31.95 31.95	150m:	1:51.08 42.09	250m:	3:16.00 44.92	350m:	4:35.53 35.04	
	100m:	1:08.99 37.04	200m:	2:31.08 40.00	300m:	4:00.49 44.49	400m:	5:08.46 32.93	
5.	BARRAULT, Amelia		2004	UBCT /WGB		+0.72	5:09.79		
	50m:	31.92 31.92	150m:	1:51.20 41.81	250m:	3:16.65 44.40	350m:	4:35.95 34.68	
	100m:	1:09.39 37.47	200m:	2:32.25 41.05	300m:	4:01.27 44.62	400m:	5:09.79 33.84	
6.	GREENFIELD, Riley		2008	UVPCS		+0.68	5:12.35		
	50m:	33.14 33.14	150m:	1:51.31 39.86	250m:	3:15.65 45.09	350m:	4:36.85 35.99	
	100m:	1:11.45 38.31	200m:	2:30.56 39.25	300m:	4:00.86 45.21	400m:	5:12.35 35.50	
7.	FRICKLETON, Aneshka		2007	ESWIM		+0.70	5:13.24		
	50m:	30.69 30.69	150m:	1:47.34 41.72	250m:	3:13.48 46.51	350m:	4:37.72 36.55	
	100m:	1:05.62 34.93	200m:	2:26.97 39.63	300m:	4:01.17 47.69	400m:	5:13.24 35.52	
8.	SUN, Cici		2008	CDSC		+0.74	5:13.90		
	50m:	30.78 30.78	150m:	1:47.63 40.97	250m:	3:13.62 45.86	350m:	4:37.61 37.51	
	100m:	1:06.66 35.88	200m:	2:27.76 40.13	300m:	4:00.10 46.48	400m:	5:13.90 36.29	
9.	KORBELY, Paige		2007	HYACK		+0.73	5:15.35		
	50m:	30.64 30.64	150m:	1:48.05 39.98	250m:	3:14.08 45.75	350m:	4:38.21 37.98	
	100m:	1:08.07 37.43	200m:	2:28.33 40.28	300m:	4:00.23 46.15	400m:	5:15.35 37.14	
10.	HARLOS, Ava B		2007	ROD		+0.85	5:17.63		
	50m:	32.18 32.18	150m:	1:53.72 43.49	250m:	3:21.96 46.85	350m:	4:44.84 36.27	
	100m:	1:10.23 38.05	200m:	2:35.11 41.39	300m:	4:08.57 46.61	400m:	5:17.63 32.79	
11.	MORGANS, Alexia		2008	HTAC		+0.79	5:17.83		
	50m:	32.09 32.09	150m:	1:50.81 42.06	250m:	3:18.20 45.86	350m:	4:42.54 37.33	
	100m:	1:08.75 36.66	200m:	2:32.34 41.53	300m:	4:05.21 47.01	400m:	5:17.83 35.29	
12.	MONSEN, Marley		2008	GPP		+0.70	5:18.41		
	50m:	31.97 31.97	150m:	1:51.96 42.33	250m:	3:17.63 43.58	350m:	4:41.58 39.18	
	100m:	1:09.63 37.66	200m:	2:34.05 42.09	300m:	4:02.40 44.77	400m:	5:18.41 36.83	
13.	TOMORY, Zoe		2009	LSC		+0.92	5:18.87		
	50m:	33.36 33.36	150m:	1:51.27 40.15	250m:	3:21.35 50.21	350m:	4:45.09 34.59	
	100m:	1:11.12 37.76	200m:	2:31.14 39.87	300m:	4:10.50 49.15	400m:	5:18.87 33.78	
14.	WEAVER, Kaiya		2009	ISC		+0.80	5:19.50		
	50m:	34.51 34.51	150m:	1:56.71 42.32	250m:	3:22.79 45.62	350m:	4:45.45 35.59	
	100m:	1:14.39 39.88	200m:	2:37.17 40.46	300m:	4:09.86 47.07	400m:	5:19.50 34.05	

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Rank					YOB	Club					RT	Time
15.	XU, Sunny				2009	ROW					+0.78	5:20.63
	50m:	33.84	33.84	150m:	1:53.66	40.32	250m:	3:22.33	49.25	350m:	4:46.55	35.39
	100m:	1:13.34	39.50	200m:	2:33.08	39.42	300m:	4:11.16	48.83	400m:	5:20.63	34.08
16.	CHOI, Yeonwoo				2007	LOSC					+0.71	5:21.25
	50m:	31.95	31.95	150m:	1:50.89	42.24	250m:	3:16.54	43.84	350m:	4:41.59	39.67
	100m:	1:08.65	36.70	200m:	2:32.70	41.81	300m:	4:01.92	45.38	400m:	5:21.25	39.66
17.	WARKENTIN, Katherine				2009	ESWIM					+0.82	5:22.11
	50m:	32.67	32.67	150m:	1:56.53	45.37	250m:	3:24.83	44.31	350m:	4:46.59	35.65
	100m:	1:11.16	38.49	200m:	2:40.52	43.99	300m:	4:10.94	46.11	400m:	5:22.11	35.52
18.	HOLLO, Annika				2008	GO					+0.71	5:25.00
	50m:	32.07	32.07	150m:	1:52.85	43.77	250m:	3:22.60	48.00	350m:	4:48.88	38.12
	100m:	1:09.08	37.01	200m:	2:34.60	41.75	300m:	4:10.76	48.16	400m:	5:25.00	36.12
19.	DUFFEE, Carmen				2011	SRAYS					+0.75	5:34.09
	50m:	36.71	36.71	150m:	2:03.58	43.78	250m:	3:30.86	44.75	350m:	4:55.98	39.95
	100m:	1:19.80	43.09	200m:	2:46.11	42.53	300m:	4:16.03	45.17	400m:	5:34.09	38.11