

2024 Bell Olympic & Paralympic Trials presented by Bell  
Toronto, May 13-19, 2024

Event 13	Women, 400m Medley					Open
16/5/24						Results Finals
World Records	4:25.87	MCINTOSH, Summer	CAN	Toronto	1/4/23	
World Junior Records	4:25.87	MCINTOSH, Summer	CAN	Toronto	1/4/23	
Canadian Senior Records	4:25.87	MCINTOSH, Summer	UNCAN	Toronto	1/4/23	
Canadian Age Group Records 15 - 17	4:25.87	MCINTOSH, Summer	UNCAN	Toronto	1/4/23	
Canadian Age Group Records 13 - 14	4:46.69	BELLIO, Katrina	ESWIM	Toronto	4/4/19	
OQT : 4:38.53						

Rank			YOB	Club		RT		Time				
A-Final												
1.	MCINTOSH, Summer A		2006	UNCAN		+0.73		<b>4:24.38</b>		OQT		
	<i>World Record?</i>											
	50m:	27.55	27.55	150m:	1:33.31	34.13	250m:	2:44.22	37.92	350m:	3:54.66	31.23
	100m:	59.18	31.63	200m:	2:06.30	32.99	300m:	3:23.43	39.21	400m:	4:24.38	29.72
2.	JANSEN, Ella		2005	HPCON		+0.76		<b>4:38.88</b>				
	50m:	29.08	29.08	150m:	1:38.32	36.18	250m:	2:54.57	40.41	350m:	4:07.96	31.96
	100m:	1:02.14	33.06	200m:	2:14.16	35.84	300m:	3:36.00	41.43	400m:	4:38.88	30.92
3.	ZAVAROS, Mabel		2000	MAC		+0.66		<b>4:40.46</b>				
	50m:	28.80	28.80	150m:	1:36.68	35.39	250m:	2:53.86	41.81	350m:	4:08.74	32.62
	100m:	1:01.29	32.49	200m:	2:12.05	35.37	300m:	3:36.12	42.26	400m:	4:40.46	31.72
4.	ANDISON, Bailey		1997	CAMO		+0.66		<b>4:42.14</b>				
	50m:	29.15	29.15	150m:	1:39.96	36.47	250m:	2:54.69	39.30	350m:	4:08.02	32.95
	100m:	1:03.49	34.34	200m:	2:15.39	35.43	300m:	3:35.07	40.38	400m:	4:42.14	34.12
5.	CIEPLUCHA, Tessa C		1998	MAC		+0.73		<b>4:43.24</b>				
	50m:	30.12	30.12	150m:	1:40.62	36.55	250m:	2:57.47	40.26	350m:	4:11.04	33.04
	100m:	1:04.07	33.95	200m:	2:17.21	36.59	300m:	3:38.00	40.53	400m:	4:43.24	32.20
6.	HAZLE, Kathryn M		2004	UNCAN		+0.68		<b>4:43.38</b>				
	50m:	30.24	30.24	150m:	1:42.07	37.48	250m:	2:58.20	39.20	350m:	4:11.39	32.83
	100m:	1:04.59	34.35	200m:	2:19.00	36.93	300m:	3:38.56	40.36	400m:	4:43.38	31.99
7.	BROUSSEAU, Julie		2006	NKB		+0.70		<b>4:43.79</b>				
	50m:	29.66	29.66	150m:	1:40.61	36.51	250m:	2:56.68	40.49	350m:	4:11.30	33.52
	100m:	1:04.10	34.44	200m:	2:16.19	35.58	300m:	3:37.78	41.10	400m:	4:43.79	32.49
8.	BLANCHARD, Kamila		2007	PCSC		+0.67		<b>4:49.50</b>				
	50m:	30.77	30.77	150m:	1:45.00	38.53	250m:	3:02.09	39.59	350m:	4:16.44	33.93
	100m:	1:06.47	35.70	200m:	2:22.50	37.50	300m:	3:42.51	40.42	400m:	4:49.50	33.06
9.	ORAVSKY, Laila M		2007	BTSC		+0.68		<b>4:53.27</b>				
	50m:	30.38	30.38	150m:	1:45.23	39.71	250m:	3:04.92	41.00	350m:	4:20.13	33.30
	100m:	1:05.52	35.14	200m:	2:23.92	38.69	300m:	3:46.83	41.91	400m:	4:53.27	33.14
10.	WANG, Angela Jiachen		2007	MAC		+0.67		<b>5:03.23</b>				
	50m:	30.59	30.59	150m:	1:45.98	40.05	250m:	3:07.21	42.58	350m:	4:27.57	36.91
	100m:	1:05.93	35.34	200m:	2:24.63	38.65	300m:	3:50.66	43.45	400m:	5:03.23	35.66
Final B												
11.	SPENCE, Emma		2002	UBCT /ROD		+0.73		<b>4:53.14</b>				
	50m:	31.66	31.66	150m:	1:46.99	38.78	250m:	3:04.72	40.02	350m:	4:19.21	34.59
	100m:	1:08.21	36.55	200m:	2:24.70	37.71	300m:	3:44.62	39.90	400m:	4:53.14	33.93
12.	BRENDZAN, Olivia		2003	EKSC		+0.77		<b>4:57.56</b>				
	50m:	31.69	31.69	150m:	1:45.71	37.80	250m:	3:04.47	42.60	350m:	4:23.47	35.75
	100m:	1:07.91	36.22	200m:	2:21.87	36.16	300m:	3:47.72	43.25	400m:	4:57.56	34.09



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Event 13, Women, 400m Medley, Final, Open

Rank	YOB				Club				RT	Time		
13.	SAVA, Helen Anne				2005 RAMAC				+0.79	<b>5:00.46</b>		
	50m:	31.99	31.99	150m:	1:47.56	39.15	250m:	3:10.03	44.45	350m:	4:28.54	33.70
	100m:	1:08.41	36.42	200m:	2:25.58	38.02	300m:	3:54.84	44.81	400m:	5:00.46	31.92
14.	CHAI, Amy				2008 MAC				+0.71	<b>5:00.51</b>		
	50m:	31.83	31.83	150m:	1:47.59	39.57	250m:	3:08.79	41.86	350m:	4:26.57	35.16
	100m:	1:08.02	36.19	200m:	2:26.93	39.34	300m:	3:51.41	42.62	400m:	5:00.51	33.94
15.	QI, Kelly				2008 WDSC				+0.77	<b>5:01.71</b>		
	50m:	31.19	31.19	150m:	1:46.86	39.47	250m:	3:09.42	43.63	350m:	4:28.37	34.71
	100m:	1:07.39	36.20	200m:	2:25.79	38.93	300m:	3:53.66	44.24	400m:	5:01.71	33.34
16.	HEIN, Anna				2002 TSC				+0.78	<b>5:03.24</b>		
	50m:	31.46	31.46	150m:	1:47.71	39.84	250m:	3:10.21	43.20	350m:	4:29.68	35.01
	100m:	1:07.87	36.41	200m:	2:27.01	39.30	300m:	3:54.67	44.46	400m:	5:03.24	33.56
17.	STOKLEY, Lauren				2009 LAC				+0.69	<b>5:04.01</b>		
	50m:	32.79	32.79	150m:	1:51.23	41.07	250m:	3:12.18	41.19	350m:	4:30.25	36.49
	100m:	1:10.16	37.37	200m:	2:30.99	39.76	300m:	3:53.76	41.58	400m:	5:04.01	33.76
18.	MCLEOD, Kealeigh				2006 UCSC				+0.82	<b>5:04.23</b>		
	50m:	31.87	31.87	150m:	1:47.81	39.08	250m:	3:10.44	43.57	350m:	4:30.94	35.04
	100m:	1:08.73	36.86	200m:	2:26.87	39.06	300m:	3:55.90	45.46	400m:	5:04.23	33.29
19.	ZENG, Michelle				2010 WVOSC				+0.69	<b>5:04.74</b>		
	50m:	32.09	32.09	150m:	1:48.93	40.30	250m:	3:12.63	44.53	350m:	4:31.61	34.73
	100m:	1:08.63	36.54	200m:	2:28.10	39.17	300m:	3:56.88	44.25	400m:	5:04.74	33.13
20.	NICOLS, Jasmine				2006 MAC				+0.70	<b>5:05.39</b>		
	50m:	31.11	31.11	150m:	1:46.20	39.71	250m:	3:09.17	44.36	350m:	4:29.76	36.35
	100m:	1:06.49	35.38	200m:	2:24.81	38.61	300m:	3:53.41	44.24	400m:	5:05.39	35.63

Event 13  
16/5/24

Girls, 400m Medley

Junior  
Results Final

World Records	4:25.87	MCINTOSH, Summer	CAN	Toronto	1/4/23
World Junior Records	4:25.87	MCINTOSH, Summer	CAN	Toronto	1/4/23
Canadian Senior Records	4:25.87	MCINTOSH, Summer	UNCAN	Toronto	1/4/23
Canadian Age Group Records 15 - 17	4:25.87	MCINTOSH, Summer	UNCAN	Toronto	1/4/23
Canadian Age Group Records 13 - 14	4:46.69	BELLIO, Katrina	ESWIM	Toronto	4/4/19

OQT Open: 4:38.53

Rank	YOB				Club				RT	Time		
1.	MCINTOSH, Summer A				2006 UNCAN				+0.73	<b>4:24.38 (A) OQT</b>		
	<i>World Record?</i>											
	50m:	27.55	27.55	150m:	1:33.31	34.13	250m:	2:44.22	37.92	350m:	3:54.66	31.23
	100m:	59.18	31.63	200m:	2:06.30	32.99	300m:	3:23.43	39.21	400m:	4:24.38	29.72
2.	BROUSSEAU, Julie				2006 NKB				+0.70	<b>4:43.79 (A)</b>		
	50m:	29.66	29.66	150m:	1:40.61	36.51	250m:	2:56.68	40.49	350m:	4:11.30	33.52
	100m:	1:04.10	34.44	200m:	2:16.19	35.58	300m:	3:37.78	41.10	400m:	4:43.79	32.49
3.	BLANCHARD, Kamila				2007 PCSC				+0.67	<b>4:49.50 (A)</b>		
	50m:	30.77	30.77	150m:	1:45.00	38.53	250m:	3:02.09	39.59	350m:	4:16.44	33.93
	100m:	1:06.47	35.70	200m:	2:22.50	37.50	300m:	3:42.51	40.42	400m:	4:49.50	33.06
4.	ORAVSKY, Laila M				2007 BTSC				+0.68	<b>4:53.27 (A)</b>		
	50m:	30.38	30.38	150m:	1:45.23	39.71	250m:	3:04.92	41.00	350m:	4:20.13	33.30
	100m:	1:05.52	35.14	200m:	2:23.92	38.69	300m:	3:46.83	41.91	400m:	4:53.27	33.14



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Event 13, Girls, 400m Medley, Final, Junior

Rank				YOB	Club			RT	Time
5.	PHILLIPS, Eleannah			2006	EKSC			+0.67	<b>4:53.86</b>
	50m:	30.87	30.87	150m:	1:43.83	37.70	250m:	3:01.15	41.94
	100m:	1:06.13	35.26	200m:	2:19.21	35.38	300m:	3:43.78	42.63
							350m:	4:19.42	35.64
							400m:	4:53.86	34.44
6.	WATSON, Clare A			2007	UNCAN			+0.69	<b>4:55.53</b>
	50m:	30.04	30.04	150m:	1:43.88	38.88	250m:	3:05.15	42.19
	100m:	1:05.00	34.96	200m:	2:22.96	39.08	300m:	3:49.57	44.42
							350m:	4:22.92	33.35
							400m:	4:55.53	32.61
7.	MYNOTT, Naomi			2009	WDSC			+0.76	<b>4:56.39</b>
	50m:	30.30	30.30	150m:	1:42.80	37.27	250m:	3:04.77	44.64
	100m:	1:05.53	35.23	200m:	2:20.13	37.33	300m:	3:49.78	45.01
							350m:	4:23.36	33.58
							400m:	4:56.39	33.03
8.	WIGGINTON, Rachel			2007	UCSC			+0.81	<b>4:57.61</b>
	50m:	30.76	30.76	150m:	1:43.98	38.22	250m:	3:04.86	43.40
	100m:	1:05.76	35.00	200m:	2:21.46	37.48	300m:	3:49.63	44.77
							350m:	4:24.30	34.67
							400m:	4:57.61	33.31
	KO, Ashley			2006	LOSC			+0.73	<b>4:57.61</b>
	50m:	30.16	30.16	150m:	1:43.38	38.57	250m:	3:06.18	45.57
	100m:	1:04.81	34.65	200m:	2:20.61	37.23	300m:	3:50.73	44.55
							350m:	4:25.57	34.84
							400m:	4:57.61	32.04
10.	BAHLER, Abbigail			2006	RDCSC			+0.77	<b>4:59.26</b>
	50m:	31.17	31.17	150m:	1:45.80	38.34	250m:	3:06.06	42.80
	100m:	1:07.46	36.29	200m:	2:23.26	37.46	300m:	3:50.74	44.68
							350m:	4:25.33	34.59
							400m:	4:59.26	33.93
11.	NICHOLSON-JODOIN, Annie			2008	PCSC			+0.65	<b>4:59.58</b>
	50m:	31.25	31.25	150m:	1:45.22	37.90	250m:	3:05.11	42.44
	100m:	1:07.32	36.07	200m:	2:22.67	37.45	300m:	3:48.13	43.02
							350m:	4:24.50	36.37
							400m:	4:59.58	35.08
12.	WANG, Angela Jiachen			2007	MAC			+0.67	<b>5:03.23 (A)</b>
	50m:	30.59	30.59	150m:	1:45.98	40.05	250m:	3:07.21	42.58
	100m:	1:05.93	35.34	200m:	2:24.63	38.65	300m:	3:50.66	43.45
							350m:	4:27.57	36.91
							400m:	5:03.23	35.66
13.	LIU, Ziyun			2008	CDSC			+0.70	<b>5:04.61</b>
	50m:	30.06	30.06	150m:	1:44.98	40.04	250m:	3:09.04	45.72
	100m:	1:04.94	34.88	200m:	2:23.32	38.34	300m:	3:55.52	46.48
							350m:	4:30.88	35.36
							400m:	5:04.61	33.73
14.	GORDON, Lindsay			2006	PCSC			+0.70	<b>5:04.99</b>
	50m:	31.02	31.02	150m:	1:47.23	40.26	250m:	3:10.29	44.33
	100m:	1:06.97	35.95	200m:	2:25.96	38.73	300m:	3:54.69	44.40
							350m:	4:30.40	35.71
							400m:	5:04.99	34.59
15.	VROOM, Taira N			2007	BTSC			+0.81	<b>5:07.86</b>
	50m:	31.25	31.25	150m:	1:49.70	41.37	250m:	3:14.10	44.83
	100m:	1:08.33	37.08	200m:	2:29.27	39.57	300m:	3:58.97	44.87
							350m:	4:33.89	34.92
							400m:	5:07.86	33.97

