

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

Event 2	Women, 400m Freestyle					Open Results
2024-05-13						
World Records	3:55.38	TITMUS, Ariarne	AUS	Fukuoka (JPN)		2023-07-23
World Junior Records	3:56.08	MCINTOSH, Summer	CAN	Toronto		2023-03-28
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
OQT : 4:07.90						

Rank				YOB	Club		RT		Time			
Final A												
1.	MCINTOSH, Summer A			2006	UNCAN		+0.78		<b>3:59.06</b>		OQT	
	50m:	26.89	26.89	150m:	1:25.86	29.83	250m:	2:26.41	30.36	350m:	3:28.44	31.09
	100m:	56.03	29.14	200m:	1:56.05	30.19	300m:	2:57.35	30.94	400m:	3:59.06	30.62
2.	BROUSSEAU, Julie			2006	NKB		+0.70		<b>4:08.12</b>			
	50m:	28.03	28.03	150m:	1:29.06	30.90	250m:	2:32.25	31.74	350m:	3:36.44	32.19
	100m:	58.16	30.13	200m:	2:00.51	31.45	300m:	3:04.25	32.00	400m:	4:08.12	31.68
3.	STROJNOWSKA, Julia M			2006	LOSC		+0.69		<b>4:11.08</b>			
	50m:	28.67	28.67	150m:	1:31.68	31.88	250m:	2:35.66	32.05	350m:	3:39.86	32.08
	100m:	59.80	31.13	200m:	2:03.61	31.93	300m:	3:07.78	32.12	400m:	4:11.08	31.22
4.	COSGROVE, Ella			2007	DSC		+0.74		<b>4:12.16</b>			
	50m:	28.84	28.84	150m:	1:32.31	31.94	250m:	2:36.24	31.80	350m:	3:40.27	31.80
	100m:	1:00.37	31.53	200m:	2:04.44	32.13	300m:	3:08.47	32.23	400m:	4:12.16	31.89
5.	WILLAR, Megan			2004	PCSC		+0.70		<b>4:14.36</b>			
	50m:	28.90	28.90	150m:	1:32.58	32.12	250m:	2:37.03	32.14	350m:	3:42.30	32.62
	100m:	1:00.46	31.56	200m:	2:04.89	32.31	300m:	3:09.68	32.65	400m:	4:14.36	32.06
6.	HAZLE, Kathryn M			2004	UNCAN		+0.68		<b>4:14.68</b>			
	50m:	29.52	29.52	150m:	1:33.31	31.84	250m:	2:37.91	32.10	350m:	3:42.81	32.26
	100m:	1:01.47	31.95	200m:	2:05.81	32.50	300m:	3:10.55	32.64	400m:	4:14.68	31.87
7.	ZAVAROS, Mabel			2000	MAC		+0.66		<b>4:15.97</b>			
	50m:	28.85	28.85	150m:	1:32.22	31.94	250m:	2:37.13	32.49	350m:	3:43.53	33.12
	100m:	1:00.28	31.43	200m:	2:04.64	32.42	300m:	3:10.41	33.28	400m:	4:15.97	32.44
8.	ORAVSKY, Laila M			2007	BTSC		+0.66		<b>4:17.90</b>			
	50m:	29.78	29.78	150m:	1:34.49	32.90	250m:	2:40.29	33.02	350m:	3:46.05	32.81
	100m:	1:01.59	31.81	200m:	2:07.27	32.78	300m:	3:13.24	32.95	400m:	4:17.90	31.85
9.	CLARK, Maxine			2008	UCSC		+0.69		<b>4:18.67</b>			
	50m:	29.21	29.21	150m:	1:33.23	32.27	250m:	2:39.29	33.17	350m:	3:46.03	33.54
	100m:	1:00.96	31.75	200m:	2:06.12	32.89	300m:	3:12.49	33.20	400m:	4:18.67	32.64
10.	MEKLENSEK, Tori			2002	DSC /SFU		+0.67		<b>4:23.49</b>			
	50m:	29.74	29.74	150m:	1:35.26	32.68	250m:	2:43.12	33.47	350m:	3:50.70	33.78
	100m:	1:02.58	32.84	200m:	2:09.65	34.39	300m:	3:16.92	33.80	400m:	4:23.49	32.79
B-Final												
11.	GORMLEY, Breckin			2004	NKB		+0.69		<b>4:16.03</b>			
	50m:	29.54	29.54	150m:	1:33.91	32.29	250m:	2:39.00	32.41	350m:	3:44.34	32.60
	100m:	1:01.62	32.08	200m:	2:06.59	32.68	300m:	3:11.74	32.74	400m:	4:16.03	31.69
12.	COUTURE, Elle			2004	RDCSC		+0.73		<b>4:22.04</b>			
	50m:	29.51	29.51	150m:	1:34.87	32.95	250m:	2:41.64	33.37	350m:	3:48.94	33.54
	100m:	1:01.92	32.41	200m:	2:08.27	33.40	300m:	3:15.40	33.76	400m:	4:22.04	33.10



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Event 2, Women, 400m Freestyle, Open

Rank	YOB				Club				RT	Time	
13.	CABEZAS GARZON, Mariana				2009 ESWIM				+0.76	<b>4:23.11</b>	
	50m:	30.92	30.92	150m:	1:37.88	34.02	250m:	2:44.91	33.71	350m:	3:51.32 32.84
	100m:	1:03.86	32.94	200m:	2:11.20	33.32	300m:	3:18.48	33.57	400m:	4:23.11 31.79
14.	DUMONT-BELANGER, Anna				2001 UBCT /SPART				+0.61	<b>4:23.33</b>	
	50m:	30.17	30.17	150m:	1:36.34	33.45	250m:	2:43.52	33.62	350m:	3:50.61 33.40
	100m:	1:02.89	32.72	200m:	2:09.90	33.56	300m:	3:17.21	33.69	400m:	4:23.33 32.72
15.	SAVA, Helen Anne				2005 RAMAC				+0.78	<b>4:23.39</b>	
	50m:	30.47	30.47	150m:	1:36.52	33.06	250m:	2:43.85	33.71	350m:	3:50.94 33.31
	100m:	1:03.46	32.99	200m:	2:10.14	33.62	300m:	3:17.63	33.78	400m:	4:23.39 32.45
16.	TREASURE, Danielle				2003 WES				+0.74	<b>4:23.83</b>	
	50m:	30.31	30.31	150m:	1:36.88	33.10	250m:	2:43.55	33.05	350m:	3:50.92 33.42
	100m:	1:03.78	33.47	200m:	2:10.50	33.62	300m:	3:17.50	33.95	400m:	4:23.83 32.91
17.	HEIN, Anna				2002 TSC				+0.78	<b>4:25.25</b>	
	50m:	30.44	30.44	150m:	1:36.44	33.40	250m:	2:44.34	34.01	350m:	3:52.25 34.13
	100m:	1:03.04	32.60	200m:	2:10.33	33.89	300m:	3:18.12	33.78	400m:	4:25.25 33.00
18.	WISE, Elleigh M				2010 CASC				+0.70	<b>4:26.47</b>	
	50m:	31.22	31.22	150m:	1:38.31	33.78	250m:	2:45.98	33.61	350m:	3:53.74 33.87
	100m:	1:04.53	33.31	200m:	2:12.37	34.06	300m:	3:19.87	33.89	400m:	4:26.47 32.73
19.	FROST, Megan				2003 PCSC				+0.76	<b>4:26.84</b>	
	50m:	30.57	30.57	150m:	1:37.36	33.71	250m:	2:45.64	34.01	350m:	3:53.75 33.88
	100m:	1:03.65	33.08	200m:	2:11.63	34.27	300m:	3:19.87	34.23	400m:	4:26.84 33.09
20.	PHILLIPS, Eleaunah				2006 EKSC				+0.71	<b>4:29.04</b>	
	50m:	30.98	30.98	150m:	1:38.19	34.12	250m:	2:46.76	34.32	350m:	3:55.03 34.33
	100m:	1:04.07	33.09	200m:	2:12.44	34.25	300m:	3:20.70	33.94	400m:	4:29.04 34.01
DNS	GOWANS, Molly				1999 ISC					()	

Event 2 Girls, 400m Freestyle Junior Results

World Records	3:55.38	TITMUS, Ariame	AUS	Fukuoka (JPN)	2023-07-23
World Junior Records	3:56.08	MCINTOSH, Summer	CAN	Toronto	2023-03-28
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
OQT Open: 4:07.90					

Rank	YOB				Club				RT	Time	
1.	MCINTOSH, Summer A				2006 UNCAN				+0.78	<b>3:59.06 (A) OQT</b>	
	50m:	26.89	26.89	150m:	1:25.86	29.83	250m:	2:26.41	30.36	350m:	3:28.44 31.09
	100m:	56.03	29.14	200m:	1:56.05	30.19	300m:	2:57.35	30.94	400m:	3:59.06 30.62
2.	BROUSSEAU, Julie				2006 NKB				+0.70	<b>4:08.12 (A)</b>	
	50m:	28.03	28.03	150m:	1:29.06	30.90	250m:	2:32.25	31.74	350m:	3:36.44 32.19
	100m:	58.16	30.13	200m:	2:00.51	31.45	300m:	3:04.25	32.00	400m:	4:08.12 31.68
3.	STROJNOWSKA, Julia M				2006 LOSC				+0.69	<b>4:11.08 (A)</b>	
	50m:	28.67	28.67	150m:	1:31.68	31.88	250m:	2:35.66	32.05	350m:	3:39.86 32.08
	100m:	59.80	31.13	200m:	2:03.61	31.93	300m:	3:07.78	32.12	400m:	4:11.08 31.22
4.	COSGROVE, Ella				2007 DSC				+0.74	<b>4:12.16 (A)</b>	
	50m:	28.84	28.84	150m:	1:32.31	31.94	250m:	2:36.24	31.80	350m:	3:40.27 31.80
	100m:	1:00.37	31.53	200m:	2:04.44	32.13	300m:	3:08.47	32.23	400m:	4:12.16 31.89

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Event 2, Girls, 400m Freestyle, Junior

Rank			YOB		Club		RT		Time	
5.	ORAVSKY, Laila M		2007		BTSC		+0.66		<b>4:17.90 (A)</b>	
	50m:	29.78 29.78	150m:	1:34.49 32.90	250m:	2:40.29 33.02	350m:	3:46.05 32.81		
	100m:	1:01.59 31.81	200m:	2:07.27 32.78	300m:	3:13.24 32.95	400m:	4:17.90 31.85		
6.	BEZANSON, Maya		2007		ESWIM		+0.70		<b>4:18.04</b>	
	50m:	29.66 29.66	150m:	1:34.26 32.46	250m:	2:40.00 32.75	350m:	3:45.84 32.73		
	100m:	1:01.80 32.14	200m:	2:07.25 32.99	300m:	3:13.11 33.11	400m:	4:18.04 32.20		
7.	CLARK, Maxine		2008		UCSC		+0.69		<b>4:18.67 (A)</b>	
	50m:	29.21 29.21	150m:	1:33.23 32.27	250m:	2:39.29 33.17	350m:	3:46.03 33.54		
	100m:	1:00.96 31.75	200m:	2:06.12 32.89	300m:	3:12.49 33.20	400m:	4:18.67 32.64		
8.	LEIGH, Peyton		2008		BROCK		+0.77		<b>4:19.44</b>	
	50m:	29.88 29.88	150m:	1:35.41 32.99	250m:	2:41.69 33.01	350m:	3:48.02 32.88		
	100m:	1:02.42 32.54	200m:	2:08.68 33.27	300m:	3:15.14 33.45	400m:	4:19.44 31.42		
9.	KO, Ashley		2006		LOSC		+0.69		<b>4:20.97</b>	
	50m:	29.89 29.89	150m:	1:35.21 32.80	250m:	2:41.77 33.24	350m:	3:48.68 33.41		
	100m:	1:02.41 32.52	200m:	2:08.53 33.32	300m:	3:15.27 33.50	400m:	4:20.97 32.29		
10.	HART, Lydia		2006		PCSC		+0.77		<b>4:21.83</b>	
	50m:	29.89 29.89	150m:	1:34.76 32.67	250m:	2:41.42 33.38	350m:	3:49.01 33.52		
	100m:	1:02.09 32.20	200m:	2:08.04 33.28	300m:	3:15.49 34.07	400m:	4:21.83 32.82		
11.	VROOM, Taira N		2007		BTSC		+0.69		<b>4:23.22</b>	
	50m:	29.39 29.39	150m:	1:35.45 33.36	250m:	2:42.95 33.81	350m:	3:50.72 33.56		
	100m:	1:02.09 32.70	200m:	2:09.14 33.69	300m:	3:17.16 34.21	400m:	4:23.22 32.50		
12.	SUNDERMEYER, Emma		2006		UNCAN		+0.70		<b>4:24.61</b>	
	50m:	29.59 29.59	150m:	1:35.40 33.26	250m:	2:43.33 34.11	350m:	3:51.56 34.05		
	100m:	1:02.14 32.55	200m:	2:09.22 33.82	300m:	3:17.51 34.18	400m:	4:24.61 33.05		
13.	ZENG, Michelle		2010		WVOSC		+0.68		<b>4:26.99</b>	
	50m:	30.32 30.32	150m:	1:36.83 33.45	250m:	2:44.42 33.59	350m:	3:52.99 34.28		
	100m:	1:03.38 33.06	200m:	2:10.83 34.00	300m:	3:18.71 34.29	400m:	4:26.99 34.00		
14.	KLEIN, Neala J		2007		UNCAN		+0.79		<b>4:28.40</b>	
	50m:	29.78 29.78	150m:	1:36.32 33.76	250m:	2:44.89 34.53	350m:	3:54.18 34.70		
	100m:	1:02.56 32.78	200m:	2:10.36 34.04	300m:	3:19.48 34.59	400m:	4:28.40 34.22		
15.	SALDANA RIEBELING, Maria F		2006		CDSC		+0.73		<b>4:28.58</b>	
	50m:	30.68 30.68	150m:	1:37.34 33.65	250m:	2:45.65 34.21	350m:	3:54.82 34.65		
	100m:	1:03.69 33.01	200m:	2:11.44 34.10	300m:	3:20.17 34.52	400m:	4:28.58 33.76		
16.	COSIC, Milena		2007		UCSC		+0.73		<b>4:28.91</b>	
	50m:	30.14 30.14	150m:	1:36.86 33.77	250m:	2:45.61 34.63	350m:	3:55.37 35.03		
	100m:	1:03.09 32.95	200m:	2:10.98 34.12	300m:	3:20.34 34.73	400m:	4:28.91 33.54		

