

Championnat canadiens de natation Speedo 2024 Speedo Canadian Swimming Championships  
Toronto, July 24-30, 2024

Event 3 Women, 400m Freestyle 13 years and older  
2024-07-24 - 18:00 Results Finals

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

CJC 13: 4:45.34; 14: 4:39.16; 15: 4:36.11; 16 - 17: 4:31.63; 18 +: 4:28.98

Points: AQUA 2024

Rank	Age	RT	Time	FinaPts	Score
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13 - 14 years

Final A

1. ZENG, Michelle	13	WVOSC	+0.69	<b>4:24.25</b>	706	50.00	
50m: 30.60	30.60	150m: 1:37.15	33.48	250m: 2:44.59	33.60	350m: 3:51.80	33.48
100m: 1:03.67	33.07	200m: 2:10.99	33.84	300m: 3:18.32	33.73	400m: 4:24.25	32.45
2. HARRISON, Ella	14	CREST	+0.65	<b>4:24.96</b>	701	30.00	
50m: 30.25	30.25	150m: 1:36.51	33.54	250m: 2:44.33	34.18	350m: 3:51.99	33.93
100m: 1:02.97	32.72	200m: 2:10.15	33.64	300m: 3:18.06	33.73	400m: 4:24.96	32.97
3. MCLEOD, Abigail	14	WDSC	+0.74	<b>4:26.04</b>	692	20.00	
50m: 30.54	30.54	150m: 1:37.86	33.92	250m: 2:45.98	34.17	350m: 3:53.87	33.87
100m: 1:03.94	33.40	200m: 2:11.81	33.95	300m: 3:20.00	34.02	400m: 4:26.04	32.17
4. WALKER, Chloe	14	USC	+0.68	<b>4:26.76</b>	686	19.00	
50m: 30.40	30.40	150m: 1:37.48	33.92	250m: 2:45.43	33.97	350m: 3:53.44	33.88
100m: 1:03.56	33.16	200m: 2:11.46	33.98	300m: 3:19.56	34.13	400m: 4:26.76	33.32
5. WISE, Elleigh	14	CASC	+0.69	<b>4:28.46</b>	674	18.00	
50m: 30.57	30.57	150m: 1:38.05	34.10	250m: 2:46.34	34.38	350m: 3:55.24	34.02
100m: 1:03.95	33.38	200m: 2:11.96	33.91	300m: 3:21.22	34.88	400m: 4:28.46	33.22
6. STOKLEY, Lauren	14	LAC	+0.69	<b>4:32.44</b>	644	17.00	
50m: 31.33	31.33	150m: 1:39.37	34.31	250m: 2:48.79	34.76	350m: 3:59.13	35.26
100m: 1:05.06	33.73	200m: 2:14.03	34.66	300m: 3:23.87	35.08	400m: 4:32.44	33.31
7. CHERNENKOFF, Mila	14	UVPCS	+0.67	<b>4:32.57</b>	643	16.00	
50m: 30.39	30.39	150m: 1:38.15	34.40	250m: 2:47.14	34.54	350m: 3:57.49	35.26
100m: 1:03.75	33.36	200m: 2:12.60	34.45	300m: 3:22.23	35.09	400m: 4:32.57	35.08
8. RATTEE, Zoe	14	TSC	+0.82	<b>4:34.26</b>	632	15.00	
50m: 31.00	31.00	150m: 1:39.56	34.52	250m: 2:48.79	34.46	350m: 3:59.43	35.26
100m: 1:05.04	34.04	200m: 2:14.33	34.77	300m: 3:24.17	35.38	400m: 4:34.26	34.83
9. BOILY, Claudia	14	PCSC	+0.72	<b>4:35.78</b>	621	14.00	
50m: 31.11	31.11	150m: 1:40.21	34.94	250m: 2:51.17	35.57	350m: 4:02.52	35.72
100m: 1:05.27	34.16	200m: 2:15.60	35.39	300m: 3:26.80	35.63	400m: 4:35.78	33.26
10. THAI, Kayla	14	OS	+0.67	<b>4:36.06</b>	619	13.00	
50m: 31.21	31.21	150m: 1:40.05	34.74	250m: 2:50.81	35.31	350m: 4:02.14	35.23
100m: 1:05.31	34.10	200m: 2:15.50	35.45	300m: 3:26.91	36.10	400m: 4:36.06	33.92

Final B

11. WARKENTIN, Katherine	14	ESWIM	+0.80	<b>4:29.97</b>	662	12.00	
50m: 30.93	30.93	150m: 1:37.75	33.91	250m: 2:46.42	34.85	350m: 3:55.92	35.38
100m: 1:03.84	32.91	200m: 2:11.57	33.82	300m: 3:20.54	34.12	400m: 4:29.97	34.05
12. NAUS, Sailor	14	ISC	+0.75	<b>4:32.45</b>	644	9.00	
50m: 31.67	31.67	150m: 1:41.41	35.16	250m: 2:51.25	34.56	350m: 3:59.55	33.40
100m: 1:06.25	34.58	200m: 2:16.69	35.28	300m: 3:26.15	34.90	400m: 4:32.45	32.90

Championnat canadiens de natation Speedo 2024 Speedo Canadian Swimming Championships  
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Event 3, Girls, 400m Freestyle, Final, 13 - 14 years

Rank			Age			RT	Time	FinaPts	Score			
13.	HORNBY, Kaia		13	BTSC		+0.81	<b>4:32.46</b>	644	8.00			
	50m:	31.29	31.29	150m:	1:40.25	34.76	250m:	2:50.26	34.85	350m:	3:59.77	34.43
	100m:	1:05.49	34.20	200m:	2:15.41	35.16	300m:	3:25.34	35.08	400m:	4:32.46	32.69
14.	LABRIE, Eve		13	NN		+0.77	<b>4:32.77</b>	642	7.00			
	50m:	31.57	31.57	150m:	1:40.78	35.21	250m:	2:50.93	35.02	350m:	4:00.10	34.46
	100m:	1:05.57	34.00	200m:	2:15.91	35.13	300m:	3:25.64	34.71	400m:	4:32.77	32.67
15.	YOUNG, Sophia		14	TSC		+0.76	<b>4:33.84</b>	635	6.00			
	50m:	31.18	31.18	150m:	1:40.60	34.96	250m:	2:50.62	35.15	350m:	4:00.50	34.57
	100m:	1:05.64	34.46	200m:	2:15.47	34.87	300m:	3:25.93	35.31	400m:	4:33.84	33.34
16.	ZHANG, Muqing		14	VPSC		+0.86	<b>4:37.05</b>	613	5.00			
	50m:	31.55	31.55	150m:	1:41.42	35.34	250m:	2:52.36	35.73	350m:	4:02.58	34.57
	100m:	1:06.08	34.53	200m:	2:16.63	35.21	300m:	3:28.01	35.65	400m:	4:37.05	34.47
17.	COOKE, Elise		13	EKSC		+0.73	<b>4:37.99</b>	607	4.00			
	50m:	31.80	31.80	150m:	1:42.39	35.82	250m:	2:53.75	35.62	350m:	4:04.66	34.94
	100m:	1:06.57	34.77	200m:	2:18.13	35.74	300m:	3:29.72	35.97	400m:	4:37.99	33.33
18.	CHOW, Audrey		13	CDSC		+0.65	<b>4:40.31</b>	592	3.00			
	50m:	31.11	31.11	150m:	1:41.88	35.68	250m:	2:54.51	36.26	350m:	4:06.75	35.99
	100m:	1:06.20	35.09	200m:	2:18.25	36.37	300m:	3:30.76	36.25	400m:	4:40.31	33.56
19.	MOLYNEUX, Maja		14	VPSC		+0.82	<b>4:41.12</b>	586	1.50	x		
	50m:	31.41	31.41	150m:	1:41.73	35.56	250m:	2:52.92	35.71	350m:	4:05.45	36.36
	100m:	1:06.17	34.76	200m:	2:17.21	35.48	300m:	3:29.09	36.17	400m:	4:41.12	35.67
	POMERLEAU, Mikaelle		14	PCSC		+0.79	<b>4:41.12</b>	586	1.50	x		
	50m:	31.73	31.73	150m:	1:42.26	35.42	250m:	2:53.65	35.51	350m:	4:06.17	36.04
	100m:	1:06.84	35.11	200m:	2:18.14	35.88	300m:	3:30.13	36.48	400m:	4:41.12	34.95

15 - 17 years

Final A

1.	COSGROVE, Ella		16	DSC		+0.75	<b>4:16.56</b>	772	50.00			
	50m:	30.08	30.08	150m:	1:34.83	32.41	250m:	2:39.80	32.30	350m:	3:44.43	32.12
	100m:	1:02.42	32.34	200m:	2:07.50	32.67	300m:	3:12.31	32.51	400m:	4:16.56	32.13
2.	LEIGH, Peyton		16	BROCK		+0.72	<b>4:18.20</b>	757	30.00			
	50m:	29.79	29.79	150m:	1:34.84	32.76	250m:	2:40.86	33.01	350m:	3:46.62	32.78
	100m:	1:02.08	32.29	200m:	2:07.85	33.01	300m:	3:13.84	32.98	400m:	4:18.20	31.58
3.	ORAVSKY, Laila		17	BTSC		+0.62	<b>4:18.43</b>	755	20.00			
	50m:	29.77	29.77	150m:	1:34.92	32.90	250m:	2:40.43	32.60	350m:	3:45.87	32.63
	100m:	1:02.02	32.25	200m:	2:07.83	32.91	300m:	3:13.24	32.81	400m:	4:18.43	32.56
4.	KEHLER, Ruby		16	KAJ		+0.76	<b>4:20.09</b>	741	19.00			
	50m:	30.45	30.45	150m:	1:36.28	33.00	250m:	2:41.93	32.88	350m:	3:47.90	32.92
	100m:	1:03.28	32.83	200m:	2:09.05	32.77	300m:	3:14.98	33.05	400m:	4:20.09	32.19
5.	CLARK, Maxine		16	UCSC		+0.70	<b>4:20.27</b>	739	18.00			
	50m:	29.63	29.63	150m:	1:34.68	32.98	250m:	2:41.36	33.32	350m:	3:47.95	33.09
	100m:	1:01.70	32.07	200m:	2:08.04	33.36	300m:	3:14.86	33.50	400m:	4:20.27	32.32
6.	BLANCHARD, Kamila		16	PCSC		+0.68	<b>4:22.93</b>	717	17.00			
	50m:	30.52	30.52	150m:	1:36.84	33.37	250m:	2:43.48	33.27	350m:	3:51.02	33.79
	100m:	1:03.47	32.95	200m:	2:10.21	33.37	300m:	3:17.23	33.75	400m:	4:22.93	31.91

Championnat canadiens de natation Speedo 2024 Speedo Canadian Swimming Championships  
Toronto, July 24-30, 2024

Event 3, Girls, 400m Freestyle, Final, 15 - 17 years

Rank				Age				RT	Time	FinaPts	Score	
7.	EBLI, Julia			17	TSC			+0.70	<b>4:23.34</b>	714	16.00	
	50m:	30.13	30.13	150m:	1:36.23	33.24	250m:	2:43.17	33.29	350m:	3:51.14	34.10
	100m:	1:02.99	32.86	200m:	2:09.88	33.65	300m:	3:17.04	33.87	400m:	4:23.34	32.20
8.	STEPANOFF, Paige			15	TSC			+0.76	<b>4:23.81</b>	710	15.00	
	50m:	30.07	30.07	150m:	1:36.66	33.37	250m:	2:43.60	33.51	350m:	3:51.57	33.97
	100m:	1:03.29	33.22	200m:	2:10.09	33.43	300m:	3:17.60	34.00	400m:	4:23.81	32.24
9.	MYNOTT, Naomi			15	WDSC			+0.74	<b>4:25.03</b>	700	14.00	
	50m:	30.18	30.18	150m:	1:36.73	33.35	250m:	2:43.74	33.65	350m:	3:52.01	33.97
	100m:	1:03.38	33.20	200m:	2:10.09	33.36	300m:	3:18.04	34.30	400m:	4:25.03	33.02
10.	WINSER, Marlee			15	KISU			+0.71	<b>4:26.40</b>	689	13.00	
	50m:	30.74	30.74	150m:	1:37.63	33.49	250m:	2:44.71	33.36	350m:	3:52.96	34.59
	100m:	1:04.14	33.40	200m:	2:11.35	33.72	300m:	3:18.37	33.66	400m:	4:26.40	33.44
Final B												
11.	KO, Ashley			17	OS			+0.73	<b>4:23.54</b>	712	12.00	
	50m:	30.07	30.07	150m:	1:36.05	33.18	250m:	2:43.50	33.74	350m:	3:51.17	33.81
	100m:	1:02.87	32.80	200m:	2:09.76	33.71	300m:	3:17.36	33.86	400m:	4:23.54	32.37
12.	CABEZAS GARZON, Mariana			15	ESWIM			+0.72	<b>4:23.73</b>	710	9.00	
	50m:	30.98	30.98	150m:	1:37.50	33.44	250m:	2:45.21	33.79	350m:	3:52.17	32.97
	100m:	1:04.06	33.08	200m:	2:11.42	33.92	300m:	3:19.20	33.99	400m:	4:23.73	31.56
13.	PIATERA MERCIER, Delphine			16	SHER			+0.74	<b>4:24.90</b>	701	8.00	
	50m:	30.39	30.39	150m:	1:37.35	33.86	250m:	2:44.64	33.53	350m:	3:51.81	33.51
	100m:	1:03.49	33.10	200m:	2:11.11	33.76	300m:	3:18.30	33.66	400m:	4:24.90	33.09
14.	GORDON, Lindsay			17	PCSC			+0.69	<b>4:25.91</b>	693	7.00	
	50m:	29.81	29.81	150m:	1:36.02	33.49	250m:	2:44.09	34.22	350m:	3:52.52	34.30
	100m:	1:02.53	32.72	200m:	2:09.87	33.85	300m:	3:18.22	34.13	400m:	4:25.91	33.39
15.	MCNABB, Sara			15	FAST			+0.65	<b>4:26.29</b>	690	6.00	
	50m:	30.13	30.13	150m:	1:36.95	33.34	250m:	2:45.13	34.06	350m:	3:53.55	33.79
	100m:	1:03.61	33.48	200m:	2:11.07	34.12	300m:	3:19.76	34.63	400m:	4:26.29	32.74
16.	QI, Kelly			16	WDSC			+0.78	<b>4:26.63</b>	687	5.00	
	50m:	30.42	30.42	150m:	1:37.18	33.72	250m:	2:45.09	34.06	350m:	3:53.38	33.90
	100m:	1:03.46	33.04	200m:	2:11.03	33.85	300m:	3:19.48	34.39	400m:	4:26.63	33.25
17.	WEATHERHEAD, Taryn			16	KISU			+0.73	<b>4:27.19</b>	683	4.00	
	50m:	30.49	30.49	150m:	1:37.93	33.73	250m:	2:45.64	33.95	350m:	3:54.46	34.07
	100m:	1:04.20	33.71	200m:	2:11.69	33.76	300m:	3:20.39	34.75	400m:	4:27.19	32.73
18.	TOEWS, Bevin			16	MAC			+0.80	<b>4:29.10</b>	669	3.00	
	50m:	31.33	31.33	150m:	1:39.68	34.31	250m:	2:47.74	33.81	350m:	3:55.82	33.96
	100m:	1:05.37	34.04	200m:	2:13.93	34.25	300m:	3:21.86	34.12	400m:	4:29.10	33.28
19.	TOMORY, Zoe			15	LSC			+0.80	<b>4:31.69</b>	650	2.00	
	50m:	30.81	30.81	150m:	1:38.53	34.25	250m:	2:48.01	35.05	350m:	3:58.19	35.21
	100m:	1:04.28	33.47	200m:	2:12.96	34.43	300m:	3:22.98	34.97	400m:	4:31.69	33.50
20.	VROOM, Taira			17	BTSC			+0.76	<b>4:33.71</b>	635	1.00 x	
	50m:	30.39	30.39	150m:	1:38.92	34.92	250m:	2:49.57	35.48	350m:	3:59.47	34.82
	100m:	1:04.00	33.61	200m:	2:14.09	35.17	300m:	3:24.65	35.08	400m:	4:33.71	34.24

Championnat canadiens de natation Speedo 2024 Speedo Canadian Swimming Championships  
Toronto, July 24-30, 2024

Event 3, Women, 400m Freestyle, Final

18 years and older

Final A

1.	STROJNOWSKA, Julia	18	OS	+0.70	<b>4:15.36</b>	783	50.00	
	50m: 29.38	29.38	150m: 1:33.37	32.15	250m: 2:38.40	32.54	350m: 3:43.53	32.22
	100m: 1:01.22	31.84	200m: 2:05.86	32.49	300m: 3:11.31	32.91	400m: 4:15.36	31.83
2.	MEKLENSEK, Tori	22	DSC	+0.68	<b>4:16.24</b>	775	30.00	
	50m: 29.87	29.87	150m: 1:34.27	32.47	250m: 2:39.83	32.63	350m: 3:45.24	32.77
	100m: 1:01.80	31.93	200m: 2:07.20	32.93	300m: 3:12.47	32.64	400m: 4:16.24	31.00
3.	TREMBLAY, Raphaelle	19	LMRL	+0.65	<b>4:21.53</b>	729	20.00	
	50m: 30.69	30.69	150m: 1:37.10	33.46	250m: 2:43.28	32.59	350m: 3:48.81	32.60
	100m: 1:03.64	32.95	200m: 2:10.69	33.59	300m: 3:16.21	32.93	400m: 4:21.53	32.72
4.	MASSEY, Ashlyn	18	PCSC	+0.71	<b>4:25.86</b>	693	19.00	
	50m: 30.41	30.41	150m: 1:36.75	33.38	250m: 2:44.18	33.87	350m: 3:52.97	34.49
	100m: 1:03.37	32.96	200m: 2:10.31	33.56	300m: 3:18.48	34.30	400m: 4:25.86	32.89
5.	SALDANA RIEBELING, Maria	18	CDSC	+0.75	<b>4:27.42</b>	681	18.00	
	50m: 30.24	30.24	150m: 1:36.63	33.64	250m: 2:44.98	34.29	350m: 3:53.84	34.44
	100m: 1:02.99	32.75	200m: 2:10.69	34.06	300m: 3:19.40	34.42	400m: 4:27.42	33.58
6.	SAVA, Helen Anne	18	RAMAC	+0.82	<b>4:29.22</b>	668	17.00	x
	50m: 30.92	30.92	150m: 1:39.13	34.36	250m: 2:47.65	34.14	350m: 3:56.06	33.88
	100m: 1:04.77	33.85	200m: 2:13.51	34.38	300m: 3:22.18	34.53	400m: 4:29.22	33.16
7.	BESNER, Kaitlyn	18	PCSC	+0.79	<b>4:29.27</b>	667	16.00	x
	50m: 30.39	30.39	150m: 1:37.89	34.01	250m: 2:47.02	34.36	350m: 3:56.41	34.15
	100m: 1:03.88	33.49	200m: 2:12.66	34.77	300m: 3:22.26	35.24	400m: 4:29.27	32.86
8.	BOWIE, Shayne	19	EKSC	+0.74	<b>4:29.72</b>	664	15.00	x
	50m: 31.53	31.53	150m: 1:39.42	34.12	250m: 2:47.85	34.24	350m: 3:56.89	34.33
	100m: 1:05.30	33.77	200m: 2:13.61	34.19	300m: 3:22.56	34.71	400m: 4:29.72	32.83
9.	JAMES-BRENNAN, Lydia	19	NKB	+0.89	<b>4:30.57</b>	658	14.00	x
	50m: 31.33	31.33	150m: 1:39.04	34.02	250m: 2:48.09	34.47	350m: 3:57.03	34.29
	100m: 1:05.02	33.69	200m: 2:13.62	34.58	300m: 3:22.74	34.65	400m: 4:30.57	33.54
10.	MAROVINO, Katie	19	ESWIM	+0.72	<b>4:30.77</b>	656	13.00	x
	50m: 31.51	31.51	150m: 1:39.41	34.13	250m: 2:48.54	34.56	350m: 3:57.81	34.39
	100m: 1:05.28	33.77	200m: 2:13.98	34.57	300m: 3:23.42	34.88	400m: 4:30.77	32.96

Final B

11.	KENNEDY, Keira	18	CASC	+0.74	<b>4:29.32</b>	667	12.00	x
	50m: 31.67	31.67	150m: 1:39.20	34.17	250m: 2:46.66	33.69	350m: 3:55.60	34.59
	100m: 1:05.03	33.36	200m: 2:12.97	33.77	300m: 3:21.01	34.35	400m: 4:29.32	33.72
12.	CARRIER CLARKE, Emma	19	TSC	+0.74	<b>4:33.20</b>	639	9.00	x
	50m: 31.65	31.65	150m: 1:41.00	34.86	250m: 2:50.97	34.88	350m: 4:00.50	34.42
	100m: 1:06.14	34.49	200m: 2:16.09	35.09	300m: 3:26.08	35.11	400m: 4:33.20	32.70
13.	VADEIKA, Robin	18	WES	+0.70	<b>4:33.26</b>	639	8.00	x
	50m: 31.29	31.29	150m: 1:39.34	34.49	250m: 2:49.11	34.99	350m: 3:59.08	34.79
	100m: 1:04.85	33.56	200m: 2:14.12	34.78	300m: 3:24.29	35.18	400m: 4:33.26	34.18
14.	JACQUES, Emma-Lee	18	BTSC	+0.66	<b>4:33.69</b>	636	7.00	x
	50m: 31.36	31.36	150m: 1:39.87	34.42	250m: 2:49.37	34.68	350m: 3:59.53	35.11
	100m: 1:05.45	34.09	200m: 2:14.69	34.82	300m: 3:24.42	35.05	400m: 4:33.69	34.16

Championnat canadiens de natation Speedo 2024 Speedo Canadian Swimming Championships  
Toronto, July 24-30, 2024

Event 3, Women, 400m Freestyle, Final, 18 years and older

Rank	Name			Age	Club	RT	Time	FinaPts	Score			
15.	MICHAUD, Elisabeth			19	CNSL	+0.77	<b>4:35.89</b>	621	6.00	x		
	50m:	32.10	32.10	150m:	1:41.63	34.90	250m:	2:51.33	34.68	350m:	4:01.45	34.73
	100m:	1:06.73	34.63	200m:	2:16.65	35.02	300m:	3:26.72	35.39	400m:	4:35.89	34.44
16.	CHAMBERS, Jacqueline			18	LAC	+0.79	<b>4:36.83</b>	614	5.00	x		
	50m:	31.76	31.76	150m:	1:39.85	34.49	250m:	2:50.38	35.19	350m:	4:02.55	35.74
	100m:	1:05.36	33.60	200m:	2:15.19	35.34	300m:	3:26.81	36.43	400m:	4:36.83	34.28
17.	FORSTER, Abby			20	BRANT	+0.77	<b>4:37.00</b>	613	4.00	x		
	50m:	32.03	32.03	150m:	1:41.40	34.91	250m:	2:52.24	35.63	350m:	4:03.09	35.10
	100m:	1:06.49	34.46	200m:	2:16.61	35.21	300m:	3:27.99	35.75	400m:	4:37.00	33.91
18.	MARQUIS, Jade			19	SAMAK	+0.73	<b>4:40.22</b>	592	3.00	x		
	50m:	31.87	31.87	150m:	1:41.62	35.09	250m:	2:52.81	35.61	350m:	4:04.64	35.94
	100m:	1:06.53	34.66	200m:	2:17.20	35.58	300m:	3:28.70	35.89	400m:	4:40.22	35.58
19.	BAKER, Chloe			18	CASC	+0.74	<b>4:45.18</b>	562	2.00	x		
	50m:	31.98	31.98	150m:	1:42.95	35.81	250m:	2:55.26	36.45	350m:	4:08.91	37.24
	100m:	1:07.14	35.16	200m:	2:18.81	35.86	300m:	3:31.67	36.41	400m:	4:45.18	36.27