

2025 Bell Canadian Swimming Trials
Victoria, June 7-12, 2025

Event 25 Women, 400m Medley Senior
2025-06-11 - 17:30 Results Finals

World Records	4:24.38	MCINTOSH, Summer	CAN	Toronto	2024-05-16
World Junior Records	4:24.38	MCINTOSH, Summer	CAN	Toronto	2024-05-16
Canadian Senior Records	4:24.38	MCINTOSH, Summer	UNCAN	Toronto	2024-05-16
Canadian Age Group Records	4:46.69	BELLIO, Katrina	ESWIM	Toronto	2019-04-04

AQUA A : 4:43.06 / AQUA J 13 - 18: 4:54.02 / SC2S : 4:45.89 / TR 13 - 18: 5:08.43; 19 +: 5:03.06

Rank		YOB	Club	Seed	RT	Time
Final A						
1.	MCINTOSH, Summer	2006	UNCAN	4:40.93	+0.73	4:23.65
	<i>New World Record?</i>					
	50m: 27.75	27.75	150m: 1:32.36	33.18	250m: 2:43.67	38.36
	100m: 59.18	31.43	200m: 2:05.31	32.95	300m: 3:23.33	39.66
					350m: 3:54.28	30.95
					400m: 4:23.65	29.37
2.	HARVEY, Mary-Sophie	1999	CAMO	4:41.02	+0.71	4:35.56
	50m: 29.32	29.32	150m: 1:39.56	36.66	250m: 2:53.56	38.17
	100m: 1:02.90	33.58	200m: 2:15.39	35.83	300m: 3:32.20	38.64
					350m: 4:04.33	32.13
					400m: 4:35.56	31.23
3.	JANSEN, Ella	2005	ESWIM	4:44.37	+0.65	4:39.30
	50m: 29.04	29.04	150m: 1:37.80	35.18	250m: 2:53.46	40.16
	100m: 1:02.62	33.58	200m: 2:13.30	35.50	300m: 3:35.29	41.83
					350m: 4:07.43	32.14
					400m: 4:39.30	31.87
4.	TAGHAVI, Shima	2011	HYACK	4:55.71	+0.54	4:52.10
	50m: 30.41	30.41	150m: 1:44.11	39.00	250m: 3:03.08	40.96
	100m: 1:05.11	34.70	200m: 2:22.12	38.01	300m: 3:43.79	40.71
					350m: 4:19.18	35.39
					400m: 4:52.10	32.92
5.	BEZANSON, Maya S	2007	TSC	4:57.66	+0.72	4:52.20
	50m: 30.63	30.63	150m: 1:43.15	37.66	250m: 3:03.83	43.92
	100m: 1:05.49	34.86	200m: 2:19.91	36.76	300m: 3:47.62	43.79
					350m: 4:20.30	32.68
					400m: 4:52.20	31.90
6.	BRENDZAN, Olivia	2003	EKSC	4:57.33	+0.83	4:53.83
	50m: 31.18	31.18	150m: 1:43.86	37.04	250m: 3:02.38	42.41
	100m: 1:06.82	35.64	200m: 2:19.97	36.11	300m: 3:45.11	42.73
					350m: 4:19.98	34.87
					400m: 4:53.83	33.85
7.	BLANCHARD, Kamila	2007	PCSC	4:58.39	+0.71	4:56.99
	50m: 31.11	31.11	150m: 1:45.55	38.45	250m: 3:05.83	42.00
	100m: 1:07.10	35.99	200m: 2:23.83	38.28	300m: 3:48.62	42.79
					350m: 4:23.30	34.68
					400m: 4:56.99	33.69
8.	KEHLER, Ruby H	2007	KAJ	4:58.60	+0.78	4:57.40
	50m: 30.89	30.89	150m: 1:45.03	39.52	250m: 3:07.71	44.35
	100m: 1:05.51	34.62	200m: 2:23.36	38.33	300m: 3:52.10	44.39
					350m: 4:24.99	32.89
					400m: 4:57.40	32.41
Final B						
9.	PHILLIPS, Eleaunah	2006	EKSC	4:58.79	+0.65	4:53.09
	50m: 30.43	30.43	150m: 1:42.20	36.91	250m: 3:00.12	42.31
	100m: 1:05.29	34.86	200m: 2:17.81	35.61	300m: 3:43.55	43.43
					350m: 4:18.96	35.41
					400m: 4:53.09	34.13
10.	XU, Huini	2012	MAC	5:00.48	+0.43	4:54.35
	50m: 31.16	31.16	150m: 1:45.15	38.57	250m: 3:05.72	43.41
	100m: 1:06.58	35.42	200m: 2:22.31	37.16	300m: 3:48.56	42.84
					350m: 4:22.85	34.29
					400m: 4:54.35	31.50
11.	BAHLER, Abbi	2006	RDCSC	4:58.82	+0.73	4:58.31
	50m: 31.21	31.21	150m: 1:45.14	37.93	250m: 3:05.85	43.47
	100m: 1:07.21	36.00	200m: 2:22.38	37.24	300m: 3:50.17	44.32
					350m: 4:24.57	34.40
					400m: 4:58.31	33.74
12.	FORRESTER, Katie	2004	MAC	4:59.80	+0.61	4:58.46
	50m: 29.45	29.45	150m: 1:42.43	38.15	250m: 3:04.73	44.63
	100m: 1:04.28	34.83	200m: 2:20.10	37.67	300m: 3:50.68	45.95
					350m: 4:25.60	34.92
					400m: 4:58.46	32.86

2025 Bell Canadian Swimming Trials
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Event 25, Women, 400m Medley, Final, Senior

Rank					YOB	Club					Seed	RT	Time	
13.	TREMBLAY, Raphaelle				2004	LMRL					5:03.23	+0.68	5:03.13	+
	50m:	31.71	31.71	150m:	1:47.00	39.52	250m:	3:09.65	44.15	350m:	4:29.38	35.28		
	100m:	1:07.48	35.77	200m:	2:25.50	38.50	300m:	3:54.10	44.45	400m:	5:03.13	33.75		
14.	VEZINA, Corinne				2004	UL					5:02.10	+0.68	5:03.79	+
	50m:	30.90	30.90	150m:	1:49.32	40.66	250m:	3:11.47	41.56	350m:	4:30.20	35.41		
	100m:	1:08.66	37.76	200m:	2:29.91	40.59	300m:	3:54.79	43.32	400m:	5:03.79	33.59		
15.	CHRISTIE, Claire				2006	GGST					5:04.42	+0.78	5:04.39	+
	50m:	31.35	31.35	150m:	1:47.77	39.92	250m:	3:10.92	44.35	350m:	4:31.06	34.20		
	100m:	1:07.85	36.50	200m:	2:26.57	38.80	300m:	3:56.86	45.94	400m:	5:04.39	33.33		
16.	WANG, Angela Jiachen				2007	MAC					5:03.89	+0.69	5:08.54	+
	50m:	31.27	31.27	150m:	1:48.86	42.05	250m:	3:12.96	43.93	350m:	4:33.53	36.22		
	100m:	1:06.81	35.54	200m:	2:29.03	40.17	300m:	3:57.31	44.35	400m:	5:08.54	35.01		

Event 25 Girls, 400m Medley Junior
2025-06-11 - 17:30 Results Final

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World Junior Records	4:24.38	MCINTOSH, Summer	CAN	Toronto	2024-05-16
Canadian Senior Records	4:24.38	MCINTOSH, Summer	UNCAN	Toronto	2024-05-16
Canadian Age Group Records 15 - 17	4:24.38	MCINTOSH, Summer	UNCAN	Toronto	2024-05-16
Canadian Age Group Records 13 - 14	4:46.69	BELLIO, Katrina	ESWIM	Toronto	2019-04-04

AQUA A Open: 4:43.06 / AQUA J : 4:54.02 / SC2S Open: 4:45.89 / TR : 5:08.43

Rank				YOB	Club		Seed		RT		Time		
1.	TAGHAVI, Shima			2011		HYACK		4:55.71		+0.54		4:52.10 (A)	
	50m:	30.41	30.41	150m:	1:44.11	39.00	250m:	3:03.08	40.96	350m:	4:19.18	35.39	
	100m:	1:05.11	34.70	200m:	2:22.12	38.01	300m:	3:43.79	40.71	400m:	4:52.10	32.92	
2.	BEZANSON, Maya S			2007		TSC		4:57.66		+0.72		4:52.20 (A)	
	50m:	30.63	30.63	150m:	1:43.15	37.66	250m:	3:03.83	43.92	350m:	4:20.30	32.68	
	100m:	1:05.49	34.86	200m:	2:19.91	36.76	300m:	3:47.62	43.79	400m:	4:52.20	31.90	
3.	MYNOTT, Naomi			2009		WDSC		5:01.65		+0.52		4:53.50	
	50m:	30.07	30.07	150m:	1:42.33	37.18	250m:	3:03.42	44.07	350m:	4:21.08	32.99	
	100m:	1:05.15	35.08	200m:	2:19.35	37.02	300m:	3:48.09	44.67	400m:	4:53.50	32.42	
4.	WIGGINTON, Rachel			2007		UCSC		4:59.86		+0.68		4:56.68	
	50m:	31.20	31.20	150m:	1:44.17	37.95	250m:	3:04.16	43.41	350m:	4:23.08	34.32	
	100m:	1:06.22	35.02	200m:	2:20.75	36.58	300m:	3:48.76	44.60	400m:	4:56.68	33.60	
5.	BLANCHARD, Kamila			2007		PCSC		4:58.39		+0.71		4:56.99 (A)	
	50m:	31.11	31.11	150m:	1:45.55	38.45	250m:	3:05.83	42.00	350m:	4:23.30	34.68	
	100m:	1:07.10	35.99	200m:	2:23.83	38.28	300m:	3:48.62	42.79	400m:	4:56.99	33.69	
6.	KEHLER, Ruby H			2007		KAJ		4:58.60		+0.78		4:57.40 (A)	
	50m:	30.89	30.89	150m:	1:45.03	39.52	250m:	3:07.71	44.35	350m:	4:24.99	32.89	
	100m:	1:05.51	34.62	200m:	2:23.36	38.33	300m:	3:52.10	44.39	400m:	4:57.40	32.41	
7.	VROOM, Taira N			2007		BTSC		4:59.44		+0.72		4:57.81	
	50m:	30.62	30.62	150m:	1:45.06	38.86	250m:	3:08.27	44.45	350m:	4:25.40	33.12	
	100m:	1:06.20	35.58	200m:	2:23.82	38.76	300m:	3:52.28	44.01	400m:	4:57.81	32.41	
8.	CHAI, Amy			2008		MAC		5:02.70		+0.73		4:59.47	
	50m:	31.05	31.05	150m:	1:45.83	39.06	250m:	3:07.18	42.76	350m:	4:25.50	34.93	
	100m:	1:06.77	35.72	200m:	2:24.42	38.59	300m:	3:50.57	43.39	400m:	4:59.47	33.97	

2025 Bell Canadian Swimming Trials
Victoria, June 7-12, 2025

Event 25, Girls, 400m Medley, Final, Junior

Rank				YOB	Club			Seed	RT	Time		
9.	ZENG, Michelle			2010	WVOSC			5:02.03	+0.55	4:59.95		
	50m:	31.56	31.56	150m:	1:47.64	40.32	250m:	3:10.61	43.43	350m:	4:27.93	33.84
	100m:	1:07.32	35.76	200m:	2:27.18	39.54	300m:	3:54.09	43.48	400m:	4:59.95	32.02
10.	DU, Shu Tong			2008	MAC			5:03.13	+0.75	5:00.28		
	50m:	31.85	31.85	150m:	1:47.90	39.86	250m:	3:10.04	43.95	350m:	4:27.76	34.01
	100m:	1:08.04	36.19	200m:	2:26.09	38.19	300m:	3:53.75	43.71	400m:	5:00.28	32.52
11.	CARDIFF, Callie			2011	UCSC			5:02.96	+0.62	5:00.58		
	50m:	31.45	31.45	150m:	1:46.46	38.90	250m:	3:08.00	43.42	350m:	4:27.12	34.85
	100m:	1:07.56	36.11	200m:	2:24.58	38.12	300m:	3:52.27	44.27	400m:	5:00.58	33.46
12.	ORAVSKY, Laila M			2007	BTSC			5:02.14	+0.63	5:00.87		
	50m:	31.07	31.07	150m:	1:46.83	40.07	250m:	3:08.62	41.33	350m:	4:27.13	34.20
	100m:	1:06.76	35.69	200m:	2:27.29	40.46	300m:	3:52.93	44.31	400m:	5:00.87	33.74