

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

Event 5 Women, 400m Freestyle Open
2025-06-07 - 18:59 Results Finals

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

AQUA A : 4:10.23 / AQUA J 13 - 18: 4:16.52 / TR 13 - 18: 4:30.43; 19 +: 4:25.15

Rank	YOB						Club		RT		Time	
Senior												
Final A												
1.	MCINTOSH, Summer						2006		UNCAN		+0.74	3:54.18
	<i>New World Record?</i>											
	50m:	27.22	27.22	150m:	1:26.56	29.61	250m:	2:26.04	29.62	350m:	3:25.12	29.47
	100m:	56.95	29.73	200m:	1:56.42	29.86	300m:	2:55.65	29.61	400m:	3:54.18	29.06
2.	JANSEN, Ella						2005		ESWIM		+0.72	4:07.36
	50m:	28.10	28.10	150m:	1:30.03	31.30	250m:	2:32.91	31.68	350m:	3:36.11	31.71
	100m:	58.73	30.63	200m:	2:01.23	31.20	300m:	3:04.40	31.49	400m:	4:07.36	31.25
3.	COSGROVE, Ella R						2007		UNCAN		+0.78	4:11.64
	50m:	29.14	29.14	150m:	1:33.30	31.96	250m:	2:36.92	31.45	350m:	3:40.25	31.63
	100m:	1:01.34	32.20	200m:	2:05.47	32.17	300m:	3:08.62	31.70	400m:	4:11.64	31.39
4.	O'CROININ, Emma						2003		UBCT /HPCVN		+0.56	4:14.35
	50m:	28.95	28.95	150m:	1:32.65	32.13	250m:	2:36.79	31.94	350m:	3:41.88	32.77
	100m:	1:00.52	31.57	200m:	2:04.85	32.20	300m:	3:09.11	32.32	400m:	4:14.35	32.47
5.	KRYGER, Madison						2008		BROCK		+0.76	4:15.91
	50m:	29.86	29.86	150m:	1:34.53	32.51	250m:	2:39.18	32.05	350m:	3:43.99	32.56
	100m:	1:02.02	32.16	200m:	2:07.13	32.60	300m:	3:11.43	32.25	400m:	4:15.91	31.92
6.	MEKLENSEK, Tori						2002		DSC /SFU		+0.70	4:17.11
	50m:	29.45	29.45	150m:	1:33.58	32.04	250m:	2:40.09	33.36	350m:	3:45.94	32.09
	100m:	1:01.54	32.09	200m:	2:06.73	33.15	300m:	3:13.85	33.76	400m:	4:17.11	31.17
7.	BEZANSON, Maya S						2007		TSC		+0.75	4:17.49
	50m:	29.54	29.54	150m:	1:34.04	32.38	250m:	2:39.52	32.58	350m:	3:45.29	32.93
	100m:	1:01.66	32.12	200m:	2:06.94	32.90	300m:	3:12.36	32.84	400m:	4:17.49	32.20
8.	STROJNOWSKA, Julia						2006		OS		+0.69	4:22.62
	50m:	30.04	30.04	150m:	1:35.78	33.15	250m:	2:42.26	33.26	350m:	3:49.45	33.73
	100m:	1:02.63	32.59	200m:	2:09.00	33.22	300m:	3:15.72	33.46	400m:	4:22.62	33.17
Final B												
9.	WEATHERHEAD, Taryn E						2008		KISU		+0.74	4:19.24
	50m:	29.63	29.63	150m:	1:33.92	32.09	250m:	2:39.69	33.01	350m:	3:47.01	33.67
	100m:	1:01.83	32.20	200m:	2:06.68	32.76	300m:	3:13.34	33.65	400m:	4:19.24	32.23
10.	LEIGH, Peyton						2008		BROCK		+0.65	4:22.66
	50m:	29.57	29.57	150m:	1:34.69	33.07	250m:	2:42.20	33.88	350m:	3:50.28	33.93
	100m:	1:01.62	32.05	200m:	2:08.32	33.63	300m:	3:16.35	34.15	400m:	4:22.66	32.38
11.	HARRISON, Ella A						2009		CREST		+0.63	4:23.70
	50m:	29.54	29.54	150m:	1:34.36	32.54	250m:	2:41.64	33.61	350m:	3:49.92	33.88
	100m:	1:01.82	32.28	200m:	2:08.03	33.67	300m:	3:16.04	34.40	400m:	4:23.70	33.78

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

Event 5, Women, 400m Freestyle, Final, Senior

Rank	YOB				Club				RT	Time	
12.	WISE, Elleigh				2010 CASC				+0.73	4:24.98	
	50m:	29.58	29.58	150m:	1:35.52	33.36	250m:	2:43.74	34.12	350m:	3:52.38 34.21
	100m:	1:02.16	32.58	200m:	2:09.62	34.10	300m:	3:18.17	34.43	400m:	4:24.98 32.60
13.	MCNABB, Sara				2008 FAST				+0.56	4:25.92	
	50m:	29.67	29.67	150m:	1:35.56	33.41	250m:	2:43.93	34.18	350m:	3:52.86 34.20
	100m:	1:02.15	32.48	200m:	2:09.75	34.19	300m:	3:18.66	34.73	400m:	4:25.92 33.06
14.	CARDIFF, Callie				2011 UCSC				+0.59	4:27.41	
	50m:	30.63	30.63	150m:	1:37.76	33.99	250m:	2:46.53	34.68	350m:	3:54.90 34.31
	100m:	1:03.77	33.14	200m:	2:11.85	34.09	300m:	3:20.59	34.06	400m:	4:27.41 32.51
15.	TINMOUTH, Iris				2004 MCGIL				+0.78	4:29.24	
	50m:	30.80	30.80	150m:	1:37.89	33.98	250m:	2:46.63	34.66	350m:	3:55.46 34.57
	100m:	1:03.91	33.11	200m:	2:11.97	34.08	300m:	3:20.89	34.26	400m:	4:29.24 33.78
16.	WALKER, Chloe				2010 USC				+0.67	4:29.95	
	50m:	29.50	29.50	150m:	1:35.55	33.41	250m:	2:44.55	34.44	350m:	3:55.05 34.95
	100m:	1:02.14	32.64	200m:	2:10.11	34.56	300m:	3:20.10	35.55	400m:	4:29.95 34.90

Junior

1.	COSGROVE, Ella R				2007 UNCAN				+0.78	4:11.64 (A)	
	50m:	29.14	29.14	150m:	1:33.30	31.96	250m:	2:36.92	31.45	350m:	3:40.25 31.63
	100m:	1:01.34	32.20	200m:	2:05.47	32.17	300m:	3:08.62	31.70	400m:	4:11.64 31.39
2.	KRYGER, Madison				2008 BROCK				+0.76	4:15.91 (A)	
	50m:	29.86	29.86	150m:	1:34.53	32.51	250m:	2:39.18	32.05	350m:	3:43.99 32.56
	100m:	1:02.02	32.16	200m:	2:07.13	32.60	300m:	3:11.43	32.25	400m:	4:15.91 31.92
3.	BEZANSON, Maya S				2007 TSC				+0.75	4:17.49 (A)	
	50m:	29.54	29.54	150m:	1:34.04	32.38	250m:	2:39.52	32.58	350m:	3:45.29 32.93
	100m:	1:01.66	32.12	200m:	2:06.94	32.90	300m:	3:12.36	32.84	400m:	4:17.49 32.20
4.	MCLEOD, Abigail				2010 WDSC				+0.58	4:17.73	
	50m:	29.37	29.37	150m:	1:34.03	32.74	250m:	2:40.14	33.02	350m:	3:45.95 32.76
	100m:	1:01.29	31.92	200m:	2:07.12	33.09	300m:	3:13.19	33.05	400m:	4:17.73 31.78
5.	CLARK, Maxine				2008 UCSC				+0.70	4:18.23	
	50m:	29.20	29.20	150m:	1:33.76	32.58	250m:	2:39.72	32.87	350m:	3:45.93 33.28
	100m:	1:01.18	31.98	200m:	2:06.85	33.09	300m:	3:12.65	32.93	400m:	4:18.23 32.30
6.	THOMAS, Mia E				2008 TSC				+0.65	4:18.59	
	50m:	30.44	30.44	150m:	1:35.96	33.26	250m:	2:42.33	33.33	350m:	3:47.57 32.71
	100m:	1:02.70	32.26	200m:	2:09.00	33.04	300m:	3:14.86	32.53	400m:	4:18.59 31.02
7.	MYNOTT, Naomi				2009 WDSC				+0.55	4:20.24	
	50m:	29.89	29.89	150m:	1:34.53	32.87	250m:	2:41.01	33.43	350m:	3:47.79 33.61
	100m:	1:01.66	31.77	200m:	2:07.58	33.05	300m:	3:14.18	33.17	400m:	4:20.24 32.45
8.	COOPER, Isabella				2009 LSC				+0.84	4:20.65	
	50m:	30.14	30.14	150m:	1:35.47	32.64	250m:	2:41.85	32.91	350m:	3:48.25 32.94
	100m:	1:02.83	32.69	200m:	2:08.94	33.47	300m:	3:15.31	33.46	400m:	4:20.65 32.40
9.	WINSER, Marlee L				2008 KISU				+0.81	4:21.24	
	50m:	30.35	30.35	150m:	1:35.97	32.92	250m:	2:41.85	32.56	350m:	3:49.48 33.68
	100m:	1:03.05	32.70	200m:	2:09.29	33.32	300m:	3:15.80	33.95	400m:	4:21.24 31.76
10.	ZENG, Michelle				2010 WVOSC				+0.69	4:24.89	
	50m:	30.26	30.26	150m:	1:35.49	33.14	250m:	2:42.72	34.04	350m:	3:51.12 34.35
	100m:	1:02.35	32.09	200m:	2:08.68	33.19	300m:	3:16.77	34.05	400m:	4:24.89 33.77

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

Event 5, Girls, 400m Freestyle, Final, Junior

Rank					YOB	Club				RT	Time		
11.	KEHLER, Ruby H				2007		KAJ				+0.77	4:26.62	
	50m:	29.57	29.57	150m:	1:34.80	32.90	250m:	2:42.78	33.88	350m:	3:52.51	34.54	
	100m:	1:01.90	32.33	200m:	2:08.90	34.10	300m:	3:17.97	35.19	400m:	4:26.62	34.11	