

Rapids LMR Open 2026
Richmond, BC, 31 Jan - 01 Feb

Event 13
2026-01-31 - 12:12

Women, 400m Medley

Open
Results

Points: AQUA 2025

Rank	Age						Time				Pts		
14 years and younger													
1.	FRIER, Hannah			14	Richmond Rapids				5:38.84		428	ICVD	
	50m:	36.44	36.44	150m:	2:01.40	41.17	250m:	3:30.12	47.40	350m:	5:00.56		41.73
	100m:	1:20.23	43.79	200m:	2:42.72	41.32	300m:	4:18.83	48.71	400m:	5:38.84		38.28
2.	CHEUNG, Leah			14	Richmond Rapids				5:47.68		396		
	50m:	36.93	36.93	150m:	2:10.47	49.84	250m:	3:43.08	43.80	350m:	5:10.68	41.35	
	100m:	1:20.63	43.70	200m:	2:59.28	48.81	300m:	4:29.33	46.25	400m:	5:47.68	37.00	
3.	FINKELSTEIN, Hannah			13	Chena Swim Club				5:56.48		368		
	50m:	40.12	40.12	150m:	2:13.13	47.59	250m:	3:47.60	48.53	350m:	5:18.66	42.38	
	100m:	1:25.54	45.42	200m:	2:59.07	45.94	300m:	4:36.28	48.68	400m:	5:56.48	37.82	
4.	PREVOST, Amelie			14	Vancouver Pacific Swim Club				6:09.11		331		
	50m:	38.57	38.57	150m:	2:14.95	49.65	250m:	3:55.03	51.34	350m:	5:29.05	41.41	
	100m:	1:25.30	46.73	200m:	3:03.69	48.74	300m:	4:47.64	52.61	400m:	6:09.11	40.06	
5.	REED, Anabelle			13	Chena Swim Club				6:10.57		327		
	50m:	40.58	40.58	150m:	2:16.93	48.39	250m:	3:54.01	50.03	350m:	5:29.50	43.72	
	100m:	1:28.54	47.96	200m:	3:03.98	47.05	300m:	4:45.78	51.77	400m:	6:10.57	41.07	
6.	WEBB, Rachel			13	ADVENT Swim Academy				6:21.01		301		
	50m:	40.24	40.24	150m:	2:13.66	48.54	250m:	3:57.33	56.27	350m:	5:39.25	45.91	
	100m:	1:25.12	44.88	200m:	3:01.06	47.40	300m:	4:53.34	56.01	400m:	6:21.01	41.76	
15 years and older													
1.	HOMENIUK, Isabel			15	Richmond Rapids				5:40.56		422		
	50m:	35.16	35.16	150m:	2:03.52	45.80	250m:	3:34.34	46.12	350m:	5:01.75	41.35	
	100m:	1:17.72	42.56	200m:	2:48.22	44.70	300m:	4:20.40	46.06	400m:	5:40.56	38.81	
DNS	JIANG, Rhianna			15	Pacific Sea Wolves								
EXH	LOUNT, Genevieve			12	Richmond Rapids				5:43.61		411		
	50m:	36.91	36.91	150m:	2:07.27	45.33	250m:	3:40.98	48.80	350m:	5:07.02	38.75	
	100m:	1:21.94	45.03	200m:	2:52.18	44.91	300m:	4:28.27	47.29	400m:	5:43.61	36.59	
EXH	YABLONSKY, Kelly K			14	Pacific Sea Wolves				5:47.88		396		
	50m:	36.60	36.60	150m:	2:03.76	42.45	250m:	3:36.98	50.19	350m:	5:08.03	40.06	
	100m:	1:21.31	44.71	200m:	2:46.79	43.03	300m:	4:27.97	50.99	400m:	5:47.88	39.85	