

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

Event 131
2026-02-01 - 19:04

Girls, 400m Freestyle

12 years and younger
Results

Points: AQUA 2025

Rank	Age								Time		Pts	
10 years and younger												
1.	HWANG, Mirai K				10	Canadian Dolphin Swim Club				6:10.35	240	
	50m:	39.74	39.74	150m:	2:11.48	46.30	250m:	3:45.22	46.97	350m:	5:22.27	48.64
	100m:	1:25.18	45.44	200m:	2:58.25	46.77	300m:	4:33.63	48.41	400m:	6:10.35	48.08
WDR	PULJIC, Kiara				10	Canadian Dolphin Swim Club						
11 - 12 years												
1.	HU, Elsa				11	Pacific Sea Wolves				5:26.96	349	ICVD
	50m:	36.77	36.77	150m:	1:59.46	41.39	250m:	3:23.25	41.70	350m:	4:46.40	41.37
	100m:	1:18.07	41.30	200m:	2:41.55	42.09	300m:	4:05.03	41.78	400m:	5:26.96	40.56
2.	MORRIS, Naiah				12	Richmond Rapids				5:29.31	341	ICVD
	50m:	37.94	37.94	150m:	2:01.20	41.98	250m:	3:25.82	42.18	350m:	4:49.84	41.94
	100m:	1:19.22	41.28	200m:	2:43.64	42.44	300m:	4:07.90	42.08	400m:	5:29.31	39.47
3.	LIN, Monique				11	Pacific Sea Wolves				5:32.72	331	
	50m:	38.04	38.04	150m:	2:02.48	42.08	250m:	3:27.63	42.43	350m:	4:52.13	41.63
	100m:	1:20.40	42.36	200m:	2:45.20	42.72	300m:	4:10.50	42.87	400m:	5:32.72	40.59
4.	HUANG, Elena R				12	Canadian Dolphin Swim Club				5:38.23	315	
	50m:	38.62	38.62	150m:	2:04.08	42.56	250m:	3:31.63	43.83	350m:	4:57.65	42.77
	100m:	1:21.52	42.90	200m:	2:47.80	43.72	300m:	4:14.88	43.25	400m:	5:38.23	40.58
5.	WATSON, Nieve J				11	West Vancouver Otters				5:38.25	315	
	50m:	37.40	37.40	150m:	2:01.56	42.35	250m:	3:29.09	44.03	350m:	4:56.89	44.41
	100m:	1:19.21	41.81	200m:	2:45.06	43.50	300m:	4:12.48	43.39	400m:	5:38.25	41.36
6.	NI, Nathalie M				11	Pacific Sea Wolves				5:39.84	311	
	50m:	38.24	38.24	150m:	2:04.54	43.04	250m:	3:32.01	43.61	350m:	4:59.72	43.95
	100m:	1:21.50	43.26	200m:	2:48.40	43.86	300m:	4:15.77	43.76	400m:	5:39.84	40.12
7.	SIGVARDT, Savannah				12	Vancouver Pacific Swim Club				5:40.69	308	
	50m:	37.83	37.83	150m:	2:03.37	42.62	250m:	3:30.85	43.71	350m:	4:58.38	44.02
	100m:	1:20.75	42.92	200m:	2:47.14	43.77	300m:	4:14.36	43.51	400m:	5:40.69	42.31
8.	LIU, Rachel				11	Pacific Sea Wolves				6:10.38	240	
	50m:	40.62	40.62	150m:	2:13.32	47.16	250m:	3:46.04	47.09	350m:	5:24.02	49.45
	100m:	1:26.16	45.54	200m:	2:58.95	45.63	300m:	4:34.57	48.53	400m:	6:10.38	46.36
9.	LIN, Emma				11	Richmond Rapids				6:28.36	208	
	50m:	40.20	40.20	150m:	2:15.89	48.47	250m:	3:55.86	50.15	350m:	5:38.68	51.54
	100m:	1:27.42	47.22	200m:	3:05.71	49.82	300m:	4:47.14	51.28	400m:	6:28.36	49.68