

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

Event 14
2026-01-31 - 12:25

Men, 400m Medley

Open
Results

Points: AQUA 2025

Rank	Age								Time		Pts		
14 years and younger													
1.	CHAN, Curtis				14	Richmond Rapids				5:25.60	375	ICVD	
	50m:	34.94	34.94	150m:	1:57.99	43.01	250m:	3:24.18	45.11	350m:	4:47.79		39.06
	100m:	1:14.98	40.04	200m:	2:39.07	41.08	300m:	4:08.73	44.55	400m:	5:25.60		37.81
2.	LACANARIA, John				14	Chena Swim Club				5:28.86	364		
	50m:	35.42	35.42	150m:	2:01.41	43.95	250m:	3:28.60	42.49	350m:	4:51.35	38.87	
	100m:	1:17.46	42.04	200m:	2:46.11	44.70	300m:	4:12.48	43.88	400m:	5:28.86	37.51	
3.	CHIONG, Craig Jason				13	Wayland Swim Club				5:33.84	347		
	50m:	35.33	35.33	150m:	2:00.02	43.12	250m:	3:30.08	47.76	350m:	4:56.84	38.39	
	100m:	1:16.90	41.57	200m:	2:42.32	42.30	300m:	4:18.45	48.37	400m:	5:33.84	37.00	
4.	BOSE, Nicholas				13	Vancouver Pacific Swim Club				5:34.53	345		
	50m:	36.04	36.04	150m:	2:03.58	44.19	250m:	3:31.95	45.92	350m:	4:58.22	39.96	
	100m:	1:19.39	43.35	200m:	2:46.03	42.45	300m:	4:18.26	46.31	400m:	5:34.53	36.31	
5.	GANGOSO, Ben				13	Delta Sungod Swim Club				5:45.53	313		
	50m:	39.69	39.69	150m:	2:09.86	45.04	250m:	3:38.90	44.43	350m:	5:07.84	42.50	
	100m:	1:24.82	45.13	200m:	2:54.47	44.61	300m:	4:25.34	46.44	400m:	5:45.53	37.69	
6.	SUN, Harry				13	Chena Swim Club				5:46.01	312		
	50m:	36.70	36.70	150m:	2:06.04	45.04	250m:	3:36.60	45.91	350m:	5:07.21	43.58	
	100m:	1:21.00	44.30	200m:	2:50.69	44.65	300m:	4:23.63	47.03	400m:	5:46.01	38.80	
7.	LAU, Brenden				13	Richmond Rapids				5:48.39	306		
	50m:	38.12	38.12	150m:	2:10.38	49.18	250m:	3:40.65	43.39	350m:	5:06.91	40.66	
	100m:	1:21.20	43.08	200m:	2:57.26	46.88	300m:	4:26.25	45.60	400m:	5:48.39	41.48	
8.	LIU, Nicholas				13	Richmond Rapids				5:49.51	303		
	50m:	34.41	34.41	150m:	2:02.52	48.65	250m:	3:39.87	50.31	350m:	5:10.36	41.43	
	100m:	1:13.87	39.46	200m:	2:49.56	47.04	300m:	4:28.93	49.06	400m:	5:49.51	39.15	
9.	LEE, Ian				13	Richmond Rapids				6:24.36	228		
	50m:	39.78	39.78	150m:	2:19.65	50.61	250m:	4:00.10	50.78	350m:	5:39.46	46.87	
	100m:	1:29.04	49.26	200m:	3:09.32	49.67	300m:	4:52.59	52.49	400m:	6:24.36	44.90	
15 years and older													
1.	CULLINGWORTH, Noah				15	Chena Swim Club				5:35.98	341		
	50m:	36.27	36.27	150m:	2:02.08	42.00	250m:	3:28.80	46.08	350m:	4:57.28	40.52	
	100m:	1:20.08	43.81	200m:	2:42.72	40.64	300m:	4:16.76	47.96	400m:	5:35.98	38.70	
2.	ROMANENKO, Alexander				15	ADVENT Swim Academy				5:59.14	279		
	50m:	38.16	38.16	150m:	2:11.06	47.60	250m:	3:48.18	51.55	350m:	5:20.07	40.84	
	100m:	1:23.46	45.30	200m:	2:56.63	45.57	300m:	4:39.23	51.05	400m:	5:59.14	39.07	
EXH	LEE, Eagan				14	Richmond Rapids				5:14.89	414	ICVD	
	50m:	34.28	34.28	150m:	1:56.40	42.14	250m:	3:18.54	41.41	350m:	4:38.52	38.37	
	100m:	1:14.26	39.98	200m:	2:37.13	40.73	300m:	4:00.15	41.61	400m:	5:14.89	36.37	