

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

Event 31
2026-02-01 - 12:13

Women, 400m Freestyle

Open
Results

Points: AQUA 2025

Rank	Age								Time		Pts	
14 years and younger												
1.	VAN ESSEN, Cedar C			13	Chena Swim Club				5:06.18		425	
	50m:	34.19	34.19	150m:	1:52.47	39.80	250m:	3:12.43	39.92	350m:	4:31.33	39.32
	100m:	1:12.67	38.48	200m:	2:32.51	40.04	300m:	3:52.01	39.58	400m:	5:06.18	34.85
2.	MOSER, Sydney			13	Chena Swim Club				5:06.52		423	
	50m:	35.05	35.05	150m:	1:52.89	39.36	250m:	3:10.44	38.59	350m:	4:28.74	39.51
	100m:	1:13.53	38.48	200m:	2:31.85	38.96	300m:	3:49.23	38.79	400m:	5:06.52	37.78
3.	FRIER, Hannah			14	Richmond Rapids				5:06.63		423	
	50m:	34.20	34.20	150m:	1:52.60	39.68	250m:	3:11.92	39.97	350m:	4:30.71	39.11
	100m:	1:12.92	38.72	200m:	2:31.95	39.35	300m:	3:51.60	39.68	400m:	5:06.63	35.92
4.	FINKELSTEIN, Hannah			13	Chena Swim Club				5:09.10		413	
	50m:	34.98	34.98	150m:	1:54.39	40.32	250m:	3:14.70	40.34	350m:	4:33.18	39.09
	100m:	1:14.07	39.09	200m:	2:34.36	39.97	300m:	3:54.09	39.39	400m:	5:09.10	35.92
5.	DIAZ-LUNA, Andrea			14	Chena Swim Club				5:12.49		400	
	50m:	34.70	34.70	150m:	1:54.05	40.31	250m:	3:14.71	40.44	350m:	4:34.76	39.59
	100m:	1:13.74	39.04	200m:	2:34.27	40.22	300m:	3:55.17	40.46	400m:	5:12.49	37.73
6.	GLENDAY, Katie J			14	Squamish Pirates Swim Club				5:21.97		365	
	50m:	36.15	36.15	150m:	1:56.89	40.99	250m:	3:19.81	41.40	350m:	4:42.34	40.73
	100m:	1:15.90	39.75	200m:	2:38.41	41.52	300m:	4:01.61	41.80	400m:	5:21.97	39.63
7.	WONG, Kadence C			13	Gators Swim Club				5:23.84		359	
	50m:	35.70	35.70	150m:	1:57.93	41.51	250m:	3:21.32	42.04	350m:	4:45.43	41.83
	100m:	1:16.42	40.72	200m:	2:39.28	41.35	300m:	4:03.60	42.28	400m:	5:23.84	38.41
8.	OGDEN, Florence			13	Chena Swim Club				5:25.01		355	
	50m:	35.06	35.06	150m:	1:56.35	41.49	250m:	3:21.50	42.50	350m:	4:45.06	41.63
	100m:	1:14.86	39.80	200m:	2:39.00	42.65	300m:	4:03.43	41.93	400m:	5:25.01	39.95
15 years and older												
1.	JIANG, Rhianna			15	Pacific Sea Wolves				4:57.84		462	
	50m:	33.88	33.88	150m:	1:49.29	38.12	250m:	3:06.20	38.49	350m:	4:21.71	37.44
	100m:	1:11.17	37.29	200m:	2:27.71	38.42	300m:	3:44.27	38.07	400m:	4:57.84	36.13
2.	MERRIGAN, Madelyn			17	Chena Swim Club				5:03.21		437	
	50m:	34.49	34.49	150m:	1:51.40	38.84	250m:	3:09.55	39.03	350m:	4:26.44	38.24
	100m:	1:12.56	38.07	200m:	2:30.52	39.12	300m:	3:48.20	38.65	400m:	5:03.21	36.77
3.	AMAT, Romily			15	Chena Swim Club				5:05.15		429	
	50m:	34.10	34.10	150m:	1:49.86	38.42	250m:	3:08.02	39.42	350m:	4:27.36	39.35
	100m:	1:11.44	37.34	200m:	2:28.60	38.74	300m:	3:48.01	39.99	400m:	5:05.15	37.79
4.	ANDERSON, Elizabeth			16	Richmond Rapids				5:09.44		411	
	50m:	34.50	34.50	150m:	1:52.03	39.29	250m:	3:11.63	39.39	350m:	4:30.96	39.34
	100m:	1:12.74	38.24	200m:	2:32.24	40.21	300m:	3:51.62	39.99	400m:	5:09.44	38.48
5.	LAURENCE, Marlo C			15	Gators Swim Club				5:23.28		361	
	50m:	35.73	35.73	150m:	1:57.75	41.76	250m:	3:21.03	41.56	350m:	4:43.93	41.33
	100m:	1:15.99	40.26	200m:	2:39.47	41.72	300m:	4:02.60	41.57	400m:	5:23.28	39.35
6.	HUTCHINSON, Isabella			16	Ridge Meadows Swim Club				5:28.49		344	
	50m:	36.87	36.87	150m:	1:59.48	42.20	250m:	3:23.59	41.96	350m:	4:48.11	42.46
	100m:	1:17.28	40.41	200m:	2:41.63	42.15	300m:	4:05.65	42.06	400m:	5:28.49	40.38

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

Event 31, Women, 400m Freestyle, 15 years and older

Rank		Age		Time		Pts	
WDR	DONG, Rebecca	16	Richmond Rapids				
WDR	EKK, Heidi	16	Richmond Rapids				
EXH	SUN, Emma	14	Richmond Rapids	4:35.93	581	ICVD	
	50m: 31.64	31.64	150m: 1:41.92	35.42	250m: 2:52.52	34.98	350m: 4:02.70 34.87
	100m: 1:06.50	34.86	200m: 2:17.54	35.62	300m: 3:27.83	35.31	400m: 4:35.93 33.23
EXH	LEE, Kaelyn	17	Richmond Rapids	4:41.67	546	ICVD	
	50m: 32.17	32.17	150m: 1:43.80	36.15	250m: 2:54.44	35.14	350m: 4:05.84 35.92
	100m: 1:07.65	35.48	200m: 2:19.30	35.50	300m: 3:29.92	35.48	400m: 4:41.67 35.83
EXH	HANLON, Riley I	14	Chena Swim Club	4:52.98	485	ICVD	
	50m: 33.04	33.04	150m: 1:46.98	37.38	250m: 3:02.24	37.63	350m: 4:17.43 37.63
	100m: 1:09.60	36.56	200m: 2:24.61	37.63	300m: 3:39.80	37.56	400m: 4:52.98 35.55
EXH	LIN, Yi-Jin	13	Richmond Rapids	4:55.90	471	ICVD	
	50m: 33.97	33.97	150m: 1:47.72	37.31	250m: 3:04.23	38.54	350m: 4:20.85 38.21
	100m: 1:10.41	36.44	200m: 2:25.69	37.97	300m: 3:42.64	38.41	400m: 4:55.90 35.05
EXH	LOUNT, Genevieve	12	Richmond Rapids	5:12.55	399		
	50m: 33.79	33.79	150m: 1:52.89	40.55	250m: 3:13.26	40.33	350m: 4:34.08 40.76
	100m: 1:12.34	38.55	200m: 2:32.93	40.04	300m: 3:53.32	40.06	400m: 5:12.55 38.47
EXH	CURTISS, Elise	12	Richmond Rapids	5:23.72	359		
	50m: 35.76	35.76	150m: 1:57.34	41.64	250m: 3:19.39	41.19	350m: 4:43.41 42.14
	100m: 1:15.70	39.94	200m: 2:38.20	40.86	300m: 4:01.27	41.88	400m: 5:23.72 40.31