

Event 213	Women, 400m Medley	13 years and older
2025-06-14 - 11:35		Results

IVCD 13 - 14: 5:48.50; 15 +: 5:33.90 / PROV 13 - 14: 5:25.90; 15 - 16: 5:21.20; 17 +: 5:16.40; 15 +: 5:21.20 / QUAL 15 +: 6:00.00; 13 - 14: 6:15.00

Points: AQUA 2024

Rank	Age										Time	Pts
13 - 14 years												
1.	ZENG, Michelle				14	West Vancouver Otters				4:46.26	740	IVC PRO
	50m:	30.72	30.72	150m:	1:42.44	37.23	250m:	3:00.41	41.41	350m:	4:14.95	32.42
	100m:	1:05.21	34.49	200m:	2:19.00	36.56	300m:	3:42.53	42.12	400m:	4:46.26	31.31
2.	CIPRICK, Grace				14	West Vancouver Otters				5:28.78	488	IVC
	50m:	34.68	34.68	150m:	1:56.52	43.05	250m:	3:23.10	44.20	350m:	4:49.32	40.22
	100m:	1:13.47	38.79	200m:	2:38.90	42.38	300m:	4:09.10	46.00	400m:	5:28.78	39.46
3.	WU, Alina				13	Richmond Rapids				5:34.06	465	IVC
	50m:	34.82	34.82	150m:	2:00.43	44.48	250m:	3:28.85	45.86	350m:	4:57.45	41.66
	100m:	1:15.95	41.13	200m:	2:42.99	42.56	300m:	4:15.79	46.94	400m:	5:34.06	36.61
15 years and older												
1.	HO, Tiffany				16	Winskill Dolphins Swim Club				5:18.48	537	IVC PRO PRO
	50m:	33.04	33.04	150m:	1:52.30	41.23	250m:	3:20.86	49.42	350m:	4:44.29	35.91
	100m:	1:11.07	38.03	200m:	2:31.44	39.14	300m:	4:08.38	47.52	400m:	5:18.48	34.19
2.	GUO, Ellie				16	Vancouver Pacific Swim Club				5:49.93	405	
	50m:	35.76	35.76	150m:	2:01.91	44.10	250m:	3:37.48	52.37	350m:	5:11.68	40.41
	100m:	1:17.81	42.05	200m:	2:45.11	43.20	300m:	4:31.27	53.79	400m:	5:49.93	38.25