



2025 TYR Pro Swim Series

Sacramento, CA

April 2 - 5



Event 111 3 APR 2025 - 6:01 PM

Women's 400m Individual Medley

Final

Results

Event Number 11

	Record	Splits	Name	NAT Code	Location	Date
WR	4:24.38	59.18 2:06.30 3:23.43	McINTOSH Summer	CAN	Toronto (CAN)	16 MAY 2024
AR	4:31.12	1:03.69 2:13.33 3:28.65	HOFF Katie	USA	Omaha, NE (USA)	29 JUN 2008
US	4:26.98	59.76 2:06.82 3:25.96	McINTOSH Summer	SYS	Westmont, IL (USA)	7 MAR 2025
WJ	4:24.38	59.18 2:06.30 3:23.43	McINTOSH Summer	CAN	Toronto (CAN)	16 MAY 2024

Final B

Rank	Lane	Name	Club Code	R.T.	Time	Time Behind	
1	4	KALMAR Laura	FRES	0.67	4:57.05		
50m (3) 32.00	100m (8) 1:11.15 39.15	150m (6) 1:49.45 38.30	200m (3) 2:26.74 37.29	250m (2) 3:07.38 40.64	300m (1) 3:49.21 41.83	350m (1) 4:24.07 34.86	32.98
2	5	WIMBERLY Georgia	LAC	0.79	4:59.40	2.35	
50m (8) 32.34	100m (7) 1:09.70 37.36	150m (1) 1:47.62 37.92	200m (1) 2:23.89 36.27	250m (1) 3:07.01 43.12	300m (3) 3:50.71 43.70	350m (2) 4:25.80 35.09	33.60
3	3	FLOWERS Ella	UN-CA	0.71	5:00.10	3.05	
50m (1) 30.75	100m (1) 1:06.43 35.68	150m (2) 1:47.64 41.21	200m (4) 2:27.65 40.01	250m (3) 3:08.55 40.90	300m (2) 3:50.47 41.92	350m (3) 4:26.12 35.65	33.98
4	6	SALA Addison	LAKE	0.76	5:02.97	5.92	
50m (7) 32.13	100m (5) 1:09.07 36.94	150m (3) 1:48.06 38.99	200m (2) 2:25.75 37.69	250m (4) 3:09.55 43.80	300m (4) 3:54.39 44.84	350m (4) 4:28.92 34.53	34.05
5	1	QUINTO Melanie	UN-SN	0.76	5:08.10	11.05	
50m (=4) 32.05	100m (3) 1:08.95 36.90	150m (4) 1:49.08 40.13	200m (6) 2:28.32 39.24	250m (6) 3:13.44 45.12	300m (7) 3:58.85 45.41	350m (5) 4:34.19 35.34	33.91
6	7	NIELSEN Lauren	UN-SN	0.87	5:08.55	11.50	
50m (=4) 32.05	100m (4) 1:09.04 36.99	150m (8) 1:50.67 41.63	200m (8) 2:30.80 40.13	250m (8) 3:14.73 43.93	300m (6) 3:58.79 44.06	350m (8) 4:35.44 36.65	33.11
7	8	RECIO Marrassa	UN-SN	0.70	5:08.71	11.66	
50m (2) 31.68	100m (2) 1:08.19 36.51	150m (7) 1:50.14 41.95	200m (7) 2:29.25 39.11	250m (7) 3:14.64 45.39	300m (8) 3:59.65 45.01	350m (7) 4:35.25 35.60	33.46
8	2	BROUGHTON Ellie	UN-NM	0.76	5:09.06	12.01	
50m (6) 32.09	100m (6) 1:09.13 37.04	150m (5) 1:49.26 40.13	200m (5) 2:27.76 38.50	250m (5) 3:12.32 44.56	300m (5) 3:57.59 45.27	350m (6) 4:34.26 36.67	34.80

Final A

Rank	Lane	Name	Club Code	R.T.	Time	Time Behind	
1	3	NYSTRAND Lisa	NCS	0.74	4:45.02		
50m (2) 30.36	100m (2) 1:04.72 34.36	150m (3) 1:42.40 37.68	200m (2) 2:19.09 36.69	250m (1) 2:58.47 39.38	300m (1) 3:37.96 39.49	350m (1) 4:11.62 33.66	33.40
2	6	McDEVITT Alexa	UN-PN	0.73	4:46.61	1.59	
50m (3) 30.45	100m (3) 1:05.18 34.73	150m (4) 1:43.79 38.61	200m (4) 2:21.97 38.18	250m (3) 3:01.91 39.94	300m (3) 3:42.91 41.00	350m (2) 4:15.14 32.23	31.47
3	5	JACKL Vivien	HUN	0.81	4:46.76	1.74	
50m (5) 30.60	100m (4) 1:05.51 34.91	150m (1) 1:40.84 35.33	200m (1) 2:15.76 34.92	250m (2) 2:59.10 43.34	300m (2) 3:42.83 43.73	350m (3) 4:15.35 32.52	31.41
4	4	KOZAN Justina	UN-CA	0.65	4:46.85	1.83	
50m (4) 30.58	100m (7) 1:06.80 36.22	150m (5) 1:45.43 38.63	200m (5) 2:22.86 37.43	250m (5) 3:03.65 40.79	300m (4) 3:44.91 41.26	350m (4) 4:16.39 31.48	30.46
5	2	GWINN Applejean	SAND	0.69	4:52.13	7.11	
50m (1) 30.02	100m (1) 1:03.81 33.79	150m (2) 1:42.23 38.42	200m (3) 2:20.09 37.86	250m (4) 3:02.18 42.09	300m (5) 3:45.76 43.58	350m (5) 4:19.50 33.74	32.63
6	1	SU Mia	UN-PC	0.73	4:56.60	11.58	
50m (8) 31.92	100m (8) 1:08.11 36.19	150m (6) 1:46.77 38.66	200m (6) 2:24.25 37.48	250m (6) 3:06.59 42.34	300m (6) 3:47.56 40.97	350m (6) 4:21.94 34.38	34.66
7	7	TAN Mikayla	UN-PC	0.67	4:57.53	12.51	
50m (6) 30.68	100m (6) 1:06.30 35.62	150m (8) 1:48.02 41.72	200m (8) 2:28.07 40.05	250m (8) 3:07.93 39.86	300m (7) 3:49.13 41.20	350m (7) 4:24.01 34.88	33.52
8	8	ACKERMAN Ella	UN-SN	0.80	4:59.22	14.20	
50m (7) 31.13	100m (5) 1:06.21 35.08	150m (7) 1:46.94 40.73	200m (7) 2:25.35 38.41	250m (7) 3:07.51 42.16	300m (8) 3:50.34 42.83	350m (8) 4:24.94 34.60	34.28

Official Timekeeping by Omega





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Sacramento, CA

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Final

Results

Event Number 11

Final C

Rank	Lane	Name	Club Code					R.T.	Time	Time Behind
1	4	CARTER Jesse	UN-SN					0.65	5:09.34	
50m (1) 31.11	100m (1) 1:08.47 37.36	150m (1) 1:48.13 39.66	200m (1) 2:27.41 39.28	250m (1) 3:12.48 45.07	300m (1) 3:58.77 46.29	350m (1) 4:34.46 35.69			34.88	
2	5	DIVIS Martina	SDSA					0.77	5:15.17	5.83
50m (2) 32.76	100m (2) 1:11.58 38.82	150m (2) 1:52.68 41.10	200m (2) 2:32.89 40.21	250m (2) 3:18.17 45.28	300m (2) 4:04.03 45.86	350m (2) 4:39.94 35.91			35.23	

Legend:	= Equal rank	AR American Record	R.T. Reaction Time	US US Open Record
WJ World Junior Record	WR World Record			

Official Timekeeping by Omega

