

Summer Ontario Swimming Championships
Toronto, July 4 - 7, 2024

Event 30
2024-07-07 - 19:15

Men, 400m Freestyle

Open
Results Finals

Points: AQUA 2024

Rank				AGE				Time	FinaPts	Score		
14 years and younger												
1.	LEE, Aidan			14	RAMAC			4:12.73	660	30.00		
	50m:	28.04	28.04	150m:	1:30.19	31.32	250m:	2:34.53	32.54	350m:	3:40.12	32.80
	100m:	58.87	30.83	200m:	2:01.99	31.80	300m:	3:07.32	32.79	400m:	4:12.73	32.61
2.	YAO, Alex			14	MAC			4:16.22	633	25.00		
	50m:	28.80	28.80	150m:	1:32.24	32.00	250m:	2:37.16	32.52	350m:	3:43.22	33.01
	100m:	1:00.24	31.44	200m:	2:04.64	32.40	300m:	3:10.21	33.05	400m:	4:16.22	33.00
3.	SEGUIN, Griffin M			14	BTSC			4:19.45	610	20.00		
	50m:	28.81	28.81	150m:	1:33.84	33.20	250m:	2:41.08	34.05	350m:	3:47.57	33.17
	100m:	1:00.64	31.83	200m:	2:07.03	33.19	300m:	3:14.40	33.32	400m:	4:19.45	31.88
4.	KELLER, James W			13	NYAC			4:24.84	573	15.00		
	50m:	29.43	29.43	150m:	1:35.39	33.47	250m:	2:43.59	34.21	350m:	3:51.75	33.60
	100m:	1:01.92	32.49	200m:	2:09.38	33.99	300m:	3:18.15	34.56	400m:	4:24.84	33.09
5.	HALLS, Wesley			14	OTTER			4:26.24	564	14.00		
	50m:	29.11	29.11	150m:	1:35.23	33.25	250m:	2:44.19	34.83	350m:	3:53.59	34.91
	100m:	1:01.98	32.87	200m:	2:09.36	34.13	300m:	3:18.68	34.49	400m:	4:26.24	32.65
6.	SZAKACS, Nicolas F			14	NYAC			4:26.34	564	13.00		
	50m:	29.51	29.51	150m:	1:36.23	33.83	250m:	2:44.99	34.16	350m:	3:53.04	33.91
	100m:	1:02.40	32.89	200m:	2:10.83	34.60	300m:	3:19.13	34.14	400m:	4:26.34	33.30
7.	MOREIRA, Arthur			14	OAK			4:26.44	563	12.00		
	50m:	30.54	30.54	150m:	1:37.89	33.85	250m:	2:45.98	33.90	350m:	3:53.76	33.75
	100m:	1:04.04	33.50	200m:	2:12.08	34.19	300m:	3:20.01	34.03	400m:	4:26.44	32.68
8.	BRENT, Connor			14	GO			4:33.26	522	-		
	50m:	30.60	30.60	150m:	1:39.83	34.84	250m:	2:50.04	35.13	350m:	4:00.01	34.67
	100m:	1:04.99	34.39	200m:	2:14.91	35.08	300m:	3:25.34	35.30	400m:	4:33.26	33.25
9.	WALDA, Rhys T			14	WAC			4:35.86	507	-		
	50m:	30.01	30.01	150m:	1:38.21	34.42	250m:	2:48.01	35.32	350m:	4:00.42	36.20
	100m:	1:03.79	33.78	200m:	2:12.69	34.48	300m:	3:24.22	36.21	400m:	4:35.86	35.44
10.	FOWLER, Jacob			14	WAAC			4:43.61	467	-		
	50m:	31.30	31.30	150m:	1:42.12	36.27	250m:	2:54.92	36.57	350m:	4:07.88	36.29
	100m:	1:05.85	34.55	200m:	2:18.35	36.23	300m:	3:31.59	36.67	400m:	4:43.61	35.73



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Event 30, Men, 400m Freestyle, Final

15 years

1. ZELENI, Paul	15	MAC	4:13.14	657	30.00
50m: 28.07	28.07	150m: 1:32.66	32.73	250m: 2:38.53	32.75
100m: 59.93	31.86	200m: 2:05.78	33.12	300m: 3:11.30	32.77
				350m: 3:43.09	31.79
				400m: 4:13.14	30.05
2. BROWN, Connor D	15	CW	4:13.97	650	25.00
50m: 28.39	28.39	150m: 1:33.06	32.97	250m: 2:38.77	33.01
100m: 1:00.09	31.70	200m: 2:05.76	32.70	300m: 3:11.38	32.61
				350m: 3:43.80	32.42
				400m: 4:13.97	30.17
3. KEENES, Charlie	15	COBRA	4:14.24	648	20.00
50m: 28.78	28.78	150m: 1:32.92	32.96	250m: 2:38.35	32.54
100m: 59.96	31.18	200m: 2:05.81	32.89	300m: 3:11.07	32.72
				350m: 3:43.29	32.22
				400m: 4:14.24	30.95
4. ARDELEANU, Gabriel	15	COBRA	4:15.17	641	15.00
50m: 29.05	29.05	150m: 1:33.38	32.19	250m: 2:38.74	32.66
100m: 1:01.19	32.14	200m: 2:06.08	32.70	300m: 3:11.40	32.66
				350m: 3:43.93	32.53
				400m: 4:15.17	31.24
5. ARBEAU, Aiden	15	OTTER	4:21.00	599	14.00
50m: 29.46	29.46	150m: 1:35.43	33.17	250m: 2:42.59	33.23
100m: 1:02.26	32.80	200m: 2:09.36	33.93	300m: 3:15.97	33.38
				350m: 3:49.14	33.17
				400m: 4:21.00	31.86
6. CESCUN, Benjamin D	15	CREST	4:21.81	593	13.00
50m: 30.15	30.15	150m: 1:36.49	33.26	250m: 2:43.55	33.41
100m: 1:03.23	33.08	200m: 2:10.14	33.65	300m: 3:16.82	33.27
				350m: 3:49.68	32.86
				400m: 4:21.81	32.13
7. STREDWICK, Thomas	15	OSAC	4:24.34	577	12.00
50m: 29.92	29.92	150m: 1:36.50	33.11	250m: 2:44.54	33.65
100m: 1:03.39	33.47	200m: 2:10.89	34.39	300m: 3:19.12	34.58
				350m: 3:51.84	32.72
				400m: 4:24.34	32.50
8. REFAAT, Youssef	15	OAK	4:25.26	571	11.00
50m: 29.75	29.75	150m: 1:36.76	33.95	250m: 2:44.52	33.49
100m: 1:02.81	33.06	200m: 2:11.03	34.27	300m: 3:18.48	33.96
				350m: 3:52.33	33.85
				400m: 4:25.26	32.93
9. LUTZ-CRUZ, Mason M	15	NYAC	4:27.03	559	-
50m: 29.22	29.22	150m: 1:35.65	33.91	250m: 2:45.09	34.65
100m: 1:01.74	32.52	200m: 2:10.44	34.79	300m: 3:19.54	34.45
				350m: 3:53.97	34.43
				400m: 4:27.03	33.06
10. WATSON, Scott	15	MAC	4:30.38	539	-
50m: 29.33	29.33	150m: 1:36.09	33.80	250m: 2:45.82	35.09
100m: 1:02.29	32.96	200m: 2:10.73	34.64	300m: 3:20.59	34.77
				350m: 3:56.13	35.54
				400m: 4:30.38	34.25

16 years

1. HOU, Eric	16	ESWIM	4:05.27	722	30.00
50m: 28.95	28.95	150m: 1:31.80	31.59	250m: 2:33.27	30.59
100m: 1:00.21	31.26	200m: 2:02.68	30.88	300m: 3:04.55	31.28
				350m: 3:35.32	30.77
				400m: 4:05.27	29.95
2. THOMPSON, Oliver	16	OAK	4:06.04	715	25.00
50m: 28.60	28.60	150m: 1:31.98	32.10	250m: 2:34.48	30.92
100m: 59.88	31.28	200m: 2:03.56	31.58	300m: 3:05.29	30.81
				350m: 3:36.20	30.91
				400m: 4:06.04	29.84
3. SKAVINSKI, Nicholas	16	ESWIM	4:09.07	689	20.00
50m: 28.69	28.69	150m: 1:31.47	31.48	250m: 2:34.30	31.29
100m: 59.99	31.30	200m: 2:03.01	31.54	300m: 3:06.33	32.03
				350m: 3:38.03	31.70
				400m: 4:09.07	31.04
4. CARSWELL, Riley	16	WEST	4:09.17	688	15.00
50m: 28.72	28.72	150m: 1:31.67	31.43	250m: 2:34.96	31.03
100m: 1:00.24	31.52	200m: 2:03.93	32.26	300m: 3:07.45	32.49
				350m: 3:39.19	31.74
				400m: 4:09.17	29.98



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Event 30, Boys, 400m Freestyle, Final, 16 years

Rank			AGE					Time	FinaPts	Score
5.	MARSELLA, Matthew		16	GMAC				4:14.44	647	14.00
	50m:	28.69 28.69	150m:	1:33.05 32.48	250m:	2:38.92 33.51	350m:	3:43.22 32.23		
	100m:	1:00.57 31.88	200m:	2:05.41 32.36	300m:	3:10.99 32.07	400m:	4:14.44 31.22		
6.	BOYD, Dylan		16	ESWIM				4:17.35	625	13.00
	50m:	28.59 28.59	150m:	1:33.06 32.71	250m:	2:39.31 33.31	350m:	3:45.34 32.78		
	100m:	1:00.35 31.76	200m:	2:06.00 32.94	300m:	3:12.56 33.25	400m:	4:17.35 32.01		
7.	KUNG, Owen		16	MAC				4:19.27	611	12.00
	50m:	28.70 28.70	150m:	1:33.21 32.43	250m:	2:39.50 33.25	350m:	3:46.81 33.72		
	100m:	1:00.78 32.08	200m:	2:06.25 33.04	300m:	3:13.09 33.59	400m:	4:19.27 32.46		
8.	CAPRAZ, Mehmet Deniz		16	NKB				4:19.66	608	11.00
	50m:	28.82 28.82	150m:	1:32.31 31.92	250m:	2:36.96 32.29	350m:	3:44.74 34.25		
	100m:	1:00.39 31.57	200m:	2:04.67 32.36	300m:	3:10.49 33.53	400m:	4:19.66 34.92		
9.	POP, Robert		16	WAAC				4:20.59	602	-
	50m:	28.95 28.95	150m:	1:34.95 33.20	250m:	2:41.29 32.40	350m:	3:47.31 32.96		
	100m:	1:01.75 32.80	200m:	2:08.89 33.94	300m:	3:14.35 33.06	400m:	4:20.59 33.28		
10.	RUSH, Cooper J		16	CREST				4:23.36	583	-
	50m:	29.07 29.07	150m:	1:34.13 32.93	250m:	2:41.45 33.91	350m:	3:49.75 34.25		
	100m:	1:01.20 32.13	200m:	2:07.54 33.41	300m:	3:15.50 34.05	400m:	4:23.36 33.61		

17 years and older

1.	VILCHEZ, Jordi		18	BTSC				3:57.74	793	30.00
	50m:	27.17 27.17	150m:	1:27.44 30.53	250m:	2:28.35 30.40	350m:	3:28.76 30.16		
	100m:	56.91 29.74	200m:	1:57.95 30.51	300m:	2:58.60 30.25	400m:	3:57.74 28.98		
2.	VOROBIEV, Max		17	MAC				3:58.46	786	25.00
	50m:	27.29 27.29	150m:	1:27.16 30.33	250m:	2:28.36 30.67	350m:	3:29.12 30.41		
	100m:	56.83 29.54	200m:	1:57.69 30.53	300m:	2:58.71 30.35	400m:	3:58.46 29.34		
3.	DEBROUX, William M		18	BTSC				4:04.55	728	20.00
	50m:	27.88 27.88	150m:	1:29.10 31.11	250m:	2:31.41 31.22	350m:	3:34.43 31.71		
	100m:	57.99 30.11	200m:	2:00.19 31.09	300m:	3:02.72 31.31	400m:	4:04.55 30.12		
4.	SHEARER, Ewan		17	LAC				4:06.76	709	15.00
	50m:	28.38 28.38	150m:	1:30.68 31.55	250m:	2:33.78 31.42	350m:	3:36.14 30.77		
	100m:	59.13 30.75	200m:	2:02.36 31.68	300m:	3:05.37 31.59	400m:	4:06.76 30.62		
5.	HARRISON, Jaques R		17	CREST				4:06.93	707	14.00
	50m:	28.20 28.20	150m:	1:30.00 31.17	250m:	2:32.39 31.21	350m:	3:35.76 31.77		
	100m:	58.83 30.63	200m:	2:01.18 31.18	300m:	3:03.99 31.60	400m:	4:06.93 31.17		
6.	POWALOWSKI, Mateusz		18	MSSAC				4:07.06	706	13.00
	50m:	28.38 28.38	150m:	1:30.34 31.18	250m:	2:33.55 31.70	350m:	3:36.99 31.57		
	100m:	59.16 30.78	200m:	2:01.85 31.51	300m:	3:05.42 31.87	400m:	4:07.06 30.07		
7.	DIETZ, Brian		17	ESWIM				4:08.19	697	12.00
	50m:	27.64 27.64	150m:	1:29.65 31.00	250m:	2:33.02 31.47	350m:	3:36.43 31.57		
	100m:	58.65 31.01	200m:	2:01.55 31.90	300m:	3:04.86 31.84	400m:	4:08.19 31.76		
8.	SCHAEPPER, Jordan		17	NKB				4:09.43	686	11.00
	50m:	28.01 28.01	150m:	1:29.53 31.08	250m:	2:32.38 31.40	350m:	3:36.86 32.24		
	100m:	58.45 30.44	200m:	2:00.98 31.45	300m:	3:04.62 32.24	400m:	4:09.43 32.57		



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Event 30, Men, 400m Freestyle, Final, 17 years and older

Rank	AGE	Time	FinaPts	Score	
9.	SWITZER, William	18 MAC	4:17.62	623	-
	50m:	150m:	250m:	32.78	350m:
	100m: 1:01.93	200m: 2:07.84	300m: 3:13.67	33.05	400m: 4:17.62
10.	GODWALDT, Austin	17 BRANT	4:24.06	578	-
	50m: 28.52 28.52	150m: 1:32.70 32.64	250m: 2:40.19 34.17	350m: 3:50.09	35.24
	100m: 1:00.06 31.54	200m: 2:06.02 33.32	300m: 3:14.85 34.66	400m: 4:24.06	33.97

