

2024 Winter Ontario Swimming Championships  
Toronto, 29/2 - 3/3/2024

Event 14  
1/3/24 - 18:20

Men, 400m Medley

Open  
Results Finals

Points: FINA 2024

| Rank                 |                    |         |       | AGE   |         |       |       | Time           | FinaPts | Score |         |       |
|----------------------|--------------------|---------|-------|-------|---------|-------|-------|----------------|---------|-------|---------|-------|
| 14 years and younger |                    |         |       |       |         |       |       |                |         |       |         |       |
| 1.                   | YAO, Alex          |         |       | 14    | MAC     |       |       | <b>4:51.69</b> | 574     | 30.00 |         |       |
|                      | 50m:               | 31.24   | 31.24 | 150m: | 1:46.10 | 38.71 | 250m: | 3:05.29        | 41.30   | 350m: | 4:20.49 | 32.71 |
|                      | 100m:              | 1:07.39 | 36.15 | 200m: | 2:23.99 | 37.89 | 300m: | 3:47.78        | 42.49   | 400m: | 4:51.69 | 31.20 |
| 2.                   | GOSTLIN, Misha     |         |       | 14    | ESWIM   |       |       | <b>4:51.95</b> | 573     | 25.00 |         |       |
|                      | 50m:               | 30.77   | 30.77 | 150m: | 1:45.47 | 39.49 | 250m: | 3:04.32        | 40.24   | 350m: | 4:20.64 | 35.51 |
|                      | 100m:              | 1:05.98 | 35.21 | 200m: | 2:24.08 | 38.61 | 300m: | 3:45.13        | 40.81   | 400m: | 4:51.95 | 31.31 |
| 3.                   | LUTZ-CRUZ, Mason M |         |       | 14    | NYAC    |       |       | <b>4:54.78</b> | 556     | 20.00 |         |       |
|                      | 50m:               | 31.52   | 31.52 | 150m: | 1:46.46 | 38.26 | 250m: | 3:06.32        | 42.25   | 350m: | 4:22.73 | 34.42 |
|                      | 100m:              | 1:08.20 | 36.68 | 200m: | 2:24.07 | 37.61 | 300m: | 3:48.31        | 41.99   | 400m: | 4:54.78 | 32.05 |
| 4.                   | COOKE, Jackson     |         |       | 14    | LAC     |       |       | <b>4:55.79</b> | 551     | 15.00 |         |       |
|                      | 50m:               | 30.86   | 30.86 | 150m: | 1:45.04 | 38.29 | 250m: | 3:05.16        | 43.16   | 350m: | 4:23.33 | 34.48 |
|                      | 100m:              | 1:06.75 | 35.89 | 200m: | 2:22.00 | 36.96 | 300m: | 3:48.85        | 43.69   | 400m: | 4:55.79 | 32.46 |
| 5.                   | SHUSTOV, Anton     |         |       | 14    | RHAC    |       |       | <b>4:59.86</b> | 528     | 14.00 |         |       |
|                      | 50m:               | 31.89   | 31.89 | 150m: | 1:49.51 | 38.61 | 250m: | 3:08.14        | 40.82   | 350m: | 4:25.91 | 35.32 |
|                      | 100m:              | 1:10.90 | 39.01 | 200m: | 2:27.32 | 37.81 | 300m: | 3:50.59        | 42.45   | 400m: | 4:59.86 | 33.95 |
| 6.                   | MESZAROS, David    |         |       | 14    | NYAC    |       |       | <b>5:01.76</b> | 518     | 13.00 |         |       |
|                      | 50m:               | 32.11   | 32.11 | 150m: | 1:50.92 | 41.11 | 250m: | 3:10.17        | 38.90   | 350m: | 4:26.99 | 36.58 |
|                      | 100m:              | 1:09.81 | 37.70 | 200m: | 2:31.27 | 40.35 | 300m: | 3:50.41        | 40.24   | 400m: | 5:01.76 | 34.77 |
| 7.                   | TRAN, Landon       |         |       | 14    | TORCH   |       |       | <b>5:02.15</b> | 516     | 12.00 |         |       |
|                      | 50m:               | 31.55   | 31.55 | 150m: | 1:50.06 | 42.25 | 250m: | 3:12.53        | 41.59   | 350m: | 4:29.91 | 36.58 |
|                      | 100m:              | 1:07.81 | 36.26 | 200m: | 2:30.94 | 40.88 | 300m: | 3:53.33        | 40.80   | 400m: | 5:02.15 | 32.24 |
| 8.                   | SEGUIN, Griffin M  |         |       | 14    | BTSC    |       |       | <b>5:02.77</b> | 513     | 11.00 |         |       |
|                      | 50m:               | 31.73   | 31.73 | 150m: | 1:49.57 | 40.61 | 250m: | 3:13.99        | 44.73   | 350m: | 4:31.37 | 32.81 |
|                      | 100m:              | 1:08.96 | 37.23 | 200m: | 2:29.26 | 39.69 | 300m: | 3:58.56        | 44.57   | 400m: | 5:02.77 | 31.40 |
| 9.                   | SUCEVEANU, Kirill  |         |       | 14    | RAMAC   |       |       | <b>5:05.83</b> | 498     | 10.00 |         |       |
|                      | 50m:               | 32.83   | 32.83 | 150m: | 1:51.34 | 39.31 | 250m: | 3:12.94        | 43.16   | 350m: | 4:31.83 | 35.95 |
|                      | 100m:              | 1:12.03 | 39.20 | 200m: | 2:29.78 | 38.44 | 300m: | 3:55.88        | 42.94   | 400m: | 5:05.83 | 34.00 |
| 10.                  | TOMPA, Oliver      |         |       | 14    | LSC     |       |       | <b>5:09.81</b> | 479     | 9.00  |         |       |
|                      | 50m:               | 32.01   | 32.01 | 150m: | 1:49.90 | 40.19 | 250m: | 3:13.89        | 44.40   | 350m: | 4:33.95 | 35.49 |
|                      | 100m:              | 1:09.71 | 37.70 | 200m: | 2:29.49 | 39.59 | 300m: | 3:58.46        | 44.57   | 400m: | 5:09.81 | 35.86 |

2024 Winter Ontario Swimming Championships  
Toronto, 29/2 - 3/3/2024

Event 14, Men, 400m Medley, Final

15 years

|     |                              |       |               |                |               |       |
|-----|------------------------------|-------|---------------|----------------|---------------|-------|
| 1.  | CESCON, Benjamin D           | 15    | CREST         | <b>4:42.58</b> | 631           | 30.00 |
|     | 50m: 29.86                   | 29.86 | 150m: 1:43.43 | 39.10          | 250m: 2:58.14 | 36.84 |
|     | 100m: 1:04.33                | 34.47 | 200m: 2:21.30 | 37.87          | 300m: 3:36.74 | 38.60 |
|     |                              |       |               |                | 350m: 4:09.54 | 32.80 |
|     |                              |       |               |                | 400m: 4:42.58 | 33.04 |
| 2.  | BROWN, Connor D              | 15    | CW            | <b>4:45.56</b> | 612           | 25.00 |
|     | 50m: 29.56                   | 29.56 | 150m: 1:41.86 | 37.22          | 250m: 2:58.54 | 40.56 |
|     | 100m: 1:04.64                | 35.08 | 200m: 2:17.98 | 36.12          | 300m: 3:39.87 | 41.33 |
|     |                              |       |               |                | 350m: 4:13.40 | 33.53 |
|     |                              |       |               |                | 400m: 4:45.56 | 32.16 |
| 3.  | VON WASILEWSKI PEYKOV, Pe15r | TSC   |               | <b>4:47.49</b> | 600           | 20.00 |
|     | 50m: 29.97                   | 29.97 | 150m: 1:43.94 | 39.29          | 250m: 3:01.47 | 39.06 |
|     | 100m: 1:04.65                | 34.68 | 200m: 2:22.41 | 38.47          | 300m: 3:41.52 | 40.05 |
|     |                              |       |               |                | 350m: 4:14.78 | 33.26 |
|     |                              |       |               |                | 400m: 4:47.49 | 32.71 |
| 4.  | ZELENI, Paul                 | 15    | MAC           | <b>4:49.08</b> | 590           | 15.00 |
|     | 50m: 29.11                   | 29.11 | 150m: 1:43.16 | 40.40          | 250m: 3:03.50 | 41.54 |
|     | 100m: 1:02.76                | 33.65 | 200m: 2:21.96 | 38.80          | 300m: 3:45.14 | 41.64 |
|     |                              |       |               |                | 350m: 4:18.21 | 33.07 |
|     |                              |       |               |                | 400m: 4:49.08 | 30.87 |
| 5.  | MACNEIL, Noah                | 15    | ESWIM         | <b>4:49.36</b> | 588           | 14.00 |
|     | 50m: 30.07                   | 30.07 | 150m: 1:45.69 | 39.87          | 250m: 3:03.74 | 39.44 |
|     | 100m: 1:05.82                | 35.75 | 200m: 2:24.30 | 38.61          | 300m: 3:43.35 | 39.61 |
|     |                              |       |               |                | 350m: 4:17.51 | 34.16 |
|     |                              |       |               |                | 400m: 4:49.36 | 31.85 |
| 6.  | SWEETNAM, Declan             | 15    | SWOTT         | <b>4:54.14</b> | 560           | 13.00 |
|     | 50m: 30.57                   | 30.57 | 150m: 1:44.99 | 38.95          | 250m: 3:02.21 | 38.38 |
|     | 100m: 1:06.04                | 35.47 | 200m: 2:23.83 | 38.84          | 300m: 3:42.86 | 40.65 |
|     |                              |       |               |                | 350m: 4:18.57 | 35.71 |
|     |                              |       |               |                | 400m: 4:54.14 | 35.57 |
| 7.  | WATSON, Scott                | 15    | ESWIM         | <b>4:54.23</b> | 559           | 12.00 |
|     | 50m: 29.84                   | 29.84 | 150m: 1:42.63 | 37.12          | 250m: 3:00.73 | 42.16 |
|     | 100m: 1:05.51                | 35.67 | 200m: 2:18.57 | 35.94          | 300m: 3:44.02 | 43.29 |
|     |                              |       |               |                | 350m: 4:20.08 | 36.06 |
|     |                              |       |               |                | 400m: 4:54.23 | 34.15 |
| 8.  | LEE, Luke                    | 15    | NYAC          | <b>5:03.50</b> | 510           | - x   |
|     | 50m: 30.54                   | 30.54 | 150m: 1:48.27 | 40.80          | 250m: 3:11.27 | 43.06 |
|     | 100m: 1:07.47                | 36.93 | 200m: 2:28.21 | 39.94          | 300m: 3:53.98 | 42.71 |
|     |                              |       |               |                | 350m: 4:29.07 | 35.09 |
|     |                              |       |               |                | 400m: 5:03.50 | 34.43 |
| 9.  | FRIGHT, Cullen M             | 15    | WS            | <b>5:03.79</b> | 508           | - x   |
|     | 50m: 32.34                   | 32.34 | 150m: 1:50.33 | 39.32          | 250m: 3:12.04 | 43.64 |
|     | 100m: 1:11.01                | 38.67 | 200m: 2:28.40 | 38.07          | 300m: 3:56.36 | 44.32 |
|     |                              |       |               |                | 350m: 4:31.15 | 34.79 |
|     |                              |       |               |                | 400m: 5:03.79 | 32.64 |
| 10. | HUNT, Kaleb J                | 15    | CW            | <b>5:06.70</b> | 494           | - x   |
|     | 50m: 31.05                   | 31.05 | 150m: 1:48.06 | 40.60          | 250m: 3:11.42 | 43.34 |
|     | 100m: 1:07.46                | 36.41 | 200m: 2:28.08 | 40.02          | 300m: 3:55.21 | 43.79 |
|     |                              |       |               |                | 350m: 4:31.77 | 36.56 |
|     |                              |       |               |                | 400m: 5:06.70 | 34.93 |

16 years

|    |                        |       |               |                |               |       |
|----|------------------------|-------|---------------|----------------|---------------|-------|
| 1. | SCHAEPPER, Jordan      | 16    | NKB           | <b>4:37.03</b> | 670           | 30.00 |
|    | 50m: 28.21             | 28.21 | 150m: 1:37.44 | 36.41          | 250m: 2:53.57 | 40.40 |
|    | 100m: 1:01.03          | 32.82 | 200m: 2:13.17 | 35.73          | 300m: 3:34.99 | 41.42 |
|    |                        |       |               |                | 350m: 4:06.35 | 31.36 |
|    |                        |       |               |                | 400m: 4:37.03 | 30.68 |
| 2. | HARRISON, Jaques R     | 16    | CREST         | <b>4:39.96</b> | 649           | 25.00 |
|    | 50m: 28.65             | 28.65 | 150m: 1:37.77 | 35.47          | 250m: 2:54.29 | 41.38 |
|    | 100m: 1:02.30          | 33.65 | 200m: 2:12.91 | 35.14          | 300m: 3:35.72 | 41.43 |
|    |                        |       |               |                | 350m: 4:07.72 | 32.00 |
|    |                        |       |               |                | 400m: 4:39.96 | 32.24 |
| 3. | SHEARER, Ewan          | 16    | LAC           | <b>4:42.54</b> | 632           | 20.00 |
|    | 50m: 28.66             | 28.66 | 150m: 1:39.63 | 36.61          | 250m: 2:57.58 | 42.04 |
|    | 100m: 1:03.02          | 34.36 | 200m: 2:15.54 | 35.91          | 300m: 3:40.22 | 42.64 |
|    |                        |       |               |                | 350m: 4:11.82 | 31.60 |
|    |                        |       |               |                | 400m: 4:42.54 | 30.72 |
| 4. | CLAWSON-HONEYMAN, Finn | 16    | GO            | <b>4:43.56</b> | 625           | 15.00 |
|    | 50m: 29.82             | 29.82 | 150m: 1:42.77 | 38.60          | 250m: 3:00.00 | 39.60 |
|    | 100m: 1:04.17          | 34.35 | 200m: 2:20.40 | 37.63          | 300m: 3:40.31 | 40.31 |
|    |                        |       |               |                | 350m: 4:12.62 | 32.31 |
|    |                        |       |               |                | 400m: 4:43.56 | 30.94 |

2024 Winter Ontario Swimming Championships  
Toronto, 29/2 - 3/3/2024

Event 14, Boys, 400m Medley, Final, 16 years

| Rank |                      |         | AGE   |       |         | Time           | FinaPts | Score   |       |       |         |       |
|------|----------------------|---------|-------|-------|---------|----------------|---------|---------|-------|-------|---------|-------|
| 5.   | VOROBIEV, Max        |         | 16    | MAC   |         | <b>4:46.57</b> | 605     | 14.00   |       |       |         |       |
|      | 50m:                 | 30.01   | 30.01 | 150m: | 1:42.94 | 38.67          | 250m:   | 3:04.02 | 43.70 | 350m: | 4:17.17 | 29.99 |
|      | 100m:                | 1:04.27 | 34.26 | 200m: | 2:20.32 | 37.38          | 300m:   | 3:47.18 | 43.16 | 400m: | 4:46.57 | 29.40 |
| 6.   | KONG, Kiet           |         | 16    | MAC   |         | <b>4:47.93</b> | 597     | 13.00   |       |       |         |       |
|      | 50m:                 | 30.11   | 30.11 | 150m: | 1:45.63 | 40.42          | 250m:   | 3:02.57 | 37.71 | 350m: | 4:15.61 | 34.77 |
|      | 100m:                | 1:05.21 | 35.10 | 200m: | 2:24.86 | 39.23          | 300m:   | 3:40.84 | 38.27 | 400m: | 4:47.93 | 32.32 |
| 7.   | KUNG, Owen           |         | 16    | MAC   |         | <b>4:48.57</b> | 593     | 12.00   |       |       |         |       |
|      | 50m:                 | 29.49   | 29.49 | 150m: | 1:42.16 | 38.49          | 250m:   | 3:01.44 | 41.63 | 350m: | 4:17.04 | 33.57 |
|      | 100m:                | 1:03.67 | 34.18 | 200m: | 2:19.81 | 37.65          | 300m:   | 3:43.47 | 42.03 | 400m: | 4:48.57 | 31.53 |
| 8.   | WU, Fung Lin         |         | 16    | ESWIM |         | <b>4:49.50</b> | 587     | 11.00   |       |       |         |       |
|      | 50m:                 | 29.46   | 29.46 | 150m: | 1:43.80 | 39.04          | 250m:   | 3:01.96 | 39.17 | 350m: | 4:16.97 | 33.62 |
|      | 100m:                | 1:04.76 | 35.30 | 200m: | 2:22.79 | 38.99          | 300m:   | 3:43.35 | 41.39 | 400m: | 4:49.50 | 32.53 |
| 9.   | CAPRAZ, Mehmet Deniz |         | 16    | NKB   |         | <b>4:50.89</b> | 579     | 10.00   |       |       |         |       |
|      | 50m:                 | 29.82   | 29.82 | 150m: | 1:42.57 | 37.88          | 250m:   | 3:00.29 | 40.92 | 350m: | 4:17.50 | 34.38 |
|      | 100m:                | 1:04.69 | 34.87 | 200m: | 2:19.37 | 36.80          | 300m:   | 3:43.12 | 42.83 | 400m: | 4:50.89 | 33.39 |
| 10.  | KAY, Declan E        |         | 16    | SCAR  |         | <b>4:53.13</b> | 566     | 9.00    |       |       |         |       |
|      | 50m:                 | 29.69   | 29.69 | 150m: | 1:43.13 | 38.10          | 250m:   | 3:02.36 | 42.03 | 350m: | 4:19.75 | 34.75 |
|      | 100m:                | 1:05.03 | 35.34 | 200m: | 2:20.33 | 37.20          | 300m:   | 3:45.00 | 42.64 | 400m: | 4:53.13 | 33.38 |

17 years and older

|    |                  |         |       |       |         |                |       |         |       |       |         |       |
|----|------------------|---------|-------|-------|---------|----------------|-------|---------|-------|-------|---------|-------|
| 1. | SCHEFFEL, Carter |         | 18    | BRANT |         | <b>4:39.72</b> | 651   | 30.00   |       |       |         |       |
|    | 50m:             | 28.69   | 28.69 | 150m: | 1:39.13 | 37.12          | 250m: | 2:54.93 | 39.94 | 350m: | 4:07.72 | 33.56 |
|    | 100m:            | 1:02.01 | 33.32 | 200m: | 2:14.99 | 35.86          | 300m: | 3:34.16 | 39.23 | 400m: | 4:39.72 | 32.00 |
| 2. | RASMUSSEN, Simon |         | 18    | DUCKS |         | <b>4:42.83</b> | 630   | 25.00   |       |       |         |       |
|    | 50m:             | 30.10   | 30.10 | 150m: | 1:41.42 | 36.26          | 250m: | 2:58.56 | 41.28 | 350m: | 4:11.48 | 31.69 |
|    | 100m:            | 1:05.16 | 35.06 | 200m: | 2:17.28 | 35.86          | 300m: | 3:39.79 | 41.23 | 400m: | 4:42.83 | 31.35 |
| 3. | DANDA, Patryk A  |         | 17    | BTSC  |         | <b>4:45.11</b> | 615   | 20.00   |       |       |         |       |
|    | 50m:             | 31.00   | 31.00 | 150m: | 1:44.14 | 37.22          | 250m: | 2:59.51 | 39.48 | 350m: | 4:12.51 | 33.66 |
|    | 100m:            | 1:06.92 | 35.92 | 200m: | 2:20.03 | 35.89          | 300m: | 3:38.85 | 39.34 | 400m: | 4:45.11 | 32.60 |
| 4. | DIETZ, Brian     |         | 17    | ESWIM |         | <b>4:45.81</b> | 610   | 15.00   |       |       |         |       |
|    | 50m:             | 29.66   | 29.66 | 150m: | 1:40.82 | 36.89          | 250m: | 2:58.84 | 41.96 | 350m: | 4:14.44 | 32.61 |
|    | 100m:            | 1:03.93 | 34.27 | 200m: | 2:16.88 | 36.06          | 300m: | 3:41.83 | 42.99 | 400m: | 4:45.81 | 31.37 |
| 5. | LOEWEN, Jack P   |         | 17    | CREST |         | <b>4:46.06</b> | 609   | 14.00   |       |       |         |       |
|    | 50m:             | 29.14   | 29.14 | 150m: | 1:40.68 | 37.22          | 250m: | 2:58.10 | 40.99 | 350m: | 4:13.95 | 33.60 |
|    | 100m:            | 1:03.46 | 34.32 | 200m: | 2:17.11 | 36.43          | 300m: | 3:40.35 | 42.25 | 400m: | 4:46.06 | 32.11 |
| 6. | PILIECI, Alex    |         | 17    | NKB   |         | <b>4:47.66</b> | 599   | 13.00   |       |       |         |       |
|    | 50m:             | 28.32   | 28.32 | 150m: | 1:38.67 | 37.09          | 250m: | 2:58.75 | 42.61 | 350m: | 4:16.58 | 33.79 |
|    | 100m:            | 1:01.58 | 33.26 | 200m: | 2:16.14 | 37.47          | 300m: | 3:42.79 | 44.04 | 400m: | 4:47.66 | 31.08 |
| 7. | DUONG, Kale      |         | 17    | ESWIM |         | <b>4:49.25</b> | 589   | - x     |       |       |         |       |
|    | 50m:             | 28.96   | 28.96 | 150m: | 1:39.82 | 36.71          | 250m: | 2:59.02 | 43.15 | 350m: | 4:16.25 | 33.37 |
|    | 100m:            | 1:03.11 | 34.15 | 200m: | 2:15.87 | 36.05          | 300m: | 3:42.88 | 43.86 | 400m: | 4:49.25 | 33.00 |
| 8. | DUONG, Kaedin    |         | 17    | ESWIM |         | <b>4:49.86</b> | 585   | - x     |       |       |         |       |
|    | 50m:             | 29.40   | 29.40 | 150m: | 1:39.69 | 35.67          | 250m: | 3:00.46 | 45.02 | 350m: | 4:18.08 | 32.84 |
|    | 100m:            | 1:04.02 | 34.62 | 200m: | 2:15.44 | 35.75          | 300m: | 3:45.24 | 44.78 | 400m: | 4:49.86 | 31.78 |

2024 Winter Ontario Swimming Championships  
 Toronto, 29/2 - 3/3/2024

Event 14, Men, 400m Medley, Final, 17 years and older

| Rank |                 |         | AGE   |       |         |       |       | Time           | FinaPts    | Score |         |       |
|------|-----------------|---------|-------|-------|---------|-------|-------|----------------|------------|-------|---------|-------|
| 9.   | BANTA, Jared    |         | 18    | BROCK |         |       |       | <b>4:49.98</b> | <b>584</b> | - X   |         |       |
|      | 50m:            | 30.06   | 30.06 | 150m: | 1:43.69 | 38.90 | 250m: | 3:01.66        | 40.88      | 350m: | 4:18.31 | 34.20 |
|      | 100m:           | 1:04.79 | 34.73 | 200m: | 2:20.78 | 37.09 | 300m: | 3:44.11        | 42.45      | 400m: | 4:49.98 | 31.67 |
| 10.  | MOAVRO, Lucas A |         | 18    | WAC   |         |       |       | <b>4:50.06</b> | <b>584</b> | - X   |         |       |
|      | 50m:            | 29.86   | 29.86 | 150m: | 1:44.83 | 39.49 | 250m: | 3:03.34        | 40.31      | 350m: | 4:18.02 | 34.07 |
|      | 100m:           | 1:05.34 | 35.48 | 200m: | 2:23.03 | 38.20 | 300m: | 3:43.95        | 40.61      | 400m: | 4:50.06 | 32.04 |