

VIII Latvian Youth and Junior Championships  
Riga, 1. - 3.5.2026

Event 9 Girls, 400m Freestyle 2008 and younger  
01.05.2026 - 18:00 Results

Championships records 14 - 18	4:28.55	MOTSNIK Kirke	EST	Riga	01.05.2025
Championships records - 13	4:52.98	ROMANENKO Olivia Aleksandra	EST	Riga	02.05.2025
Latvian Records	4:19.81	MALUKA Ieva	RDSN	Riga	28.02.2020

SKSM Open: 4:10.19 / SM Open: 4:31.74 / SMK Open: 4:47.57 / I Open: 5:07.89 / II Open: 5:38.87 / III Open: 6:22.21 /  
IV Open: 7:42.28

Points: AQUA 2025

Rank	Name	YOB	Team	RT	Time	Points	Level	
<b>LATVIJAS JAUNIEŠU EMPION TS</b>								
1.	TROCJUKA Erika	13	Rigas Kipsalas PK	+0.69	<b>4:53.46</b>	516I		
	<i>LATVIJAS JAUNIEŠU EMPIONE</i>							
	50m: 32.69	32.69	150m: 1:46.44	37.75	250m: 3:03.01	37.85	350m: 4:17.92	36.97
	100m: 1:08.69	36.00	200m: 2:25.16	38.72	300m: 3:40.95	37.94	400m: 4:53.46	35.54
2.	NECAJEVA Viktorija Evelina	13	Daugavpils SS	+0.65	<b>4:57.15</b>	497I		
	50m: 33.70	33.70	150m: 1:49.26	38.05	250m: 3:05.84	38.30	350m: 4:20.75	37.14
	100m: 1:11.21	37.51	200m: 2:27.54	38.28	300m: 3:43.61	37.77	400m: 4:57.15	36.40
3.	KRAVALE Kamilla	13	Daugavpils SS	+0.75	<b>5:10.79</b>	434II		
	50m: 34.64	34.64	150m: 1:53.45	40.01	250m: 3:13.87	40.76	350m: 4:33.48	39.43
	100m: 1:13.44	38.80	200m: 2:33.11	39.66	300m: 3:54.05	40.18	400m: 5:10.79	37.31
4.	FABRICIUSA Alise	13	Ventspils SS Spars	+0.75	<b>5:13.56</b>	423II		
	50m: 34.29	34.29	150m: 1:54.24	40.75	250m: 3:15.45	40.91	350m: 4:36.01	39.88
	100m: 1:13.49	39.20	200m: 2:34.54	40.30	300m: 3:56.13	40.68	400m: 5:13.56	37.55
5.	POULSENA Liva	13	Valmieras SS	+0.68	<b>5:17.33</b>	408II		
	50m: 34.36	34.36	150m: 1:53.33	40.35	250m: 3:16.00	41.35	350m: 4:38.26	40.67
	100m: 1:12.98	38.62	200m: 2:34.65	41.32	300m: 3:57.59	41.59	400m: 5:17.33	39.07
6.	ZAMBERGA Gabriela	14	Kekavas NSS	+0.85	<b>5:20.84</b>	394II		
	50m: 36.73	36.73	150m: 2:00.01	41.77	250m: 3:22.88	41.60	350m: 4:43.82	39.75
	100m: 1:18.24	41.51	200m: 2:41.28	41.27	300m: 4:04.07	41.19	400m: 5:20.84	37.02
7.	UPENIKA Erika	14	Daugavpils SS	+0.75	<b>5:32.02</b>	356II		
	50m: 35.45	35.45	150m: 1:56.22	42.09	250m: 3:21.73	43.04	350m: 4:49.33	43.65
	100m: 1:14.13	38.68	200m: 2:38.69	42.47	300m: 4:05.68	43.95	400m: 5:32.02	42.69
8.	SAJENKO Veronika	15	Olaines SC	+0.55	<b>6:04.48</b>	269III		
	50m: 39.66	39.66	150m: 2:10.99	47.11	250m: 3:45.92	47.84	350m: 5:20.17	46.91
	100m: 1:23.88	44.22	200m: 2:58.08	47.09	300m: 4:33.26	47.34	400m: 6:04.48	44.31
9.	ANTENA Paula	14	Olaines SC	+0.81	<b>6:04.51</b>	269III		
	50m: 38.61	38.61	150m: 2:09.24	46.36	250m: 3:43.75	47.61	350m: 5:18.19	46.97
	100m: 1:22.88	44.27	200m: 2:56.14	46.90	300m: 4:31.22	47.47	400m: 6:04.51	46.32

**LATVIJAS JUNIORU EMPION TS**

1.	KURBALE DA SILVA Isabela Maria	11	Kipsalas peldbaseins II	+0.75	<b>4:46.80</b>	552SMK		
	<i>LATVIJAS JUNIORU EMPIONE</i>							
	50m: 32.16	32.16	150m: 1:44.35	36.39	250m: 2:58.12	36.99	350m: 4:11.28	36.38
	100m: 1:07.96	35.80	200m: 2:21.13	36.78	300m: 3:34.90	36.78	400m: 4:46.80	35.52
2.	GUSTINA Marta	12	Dobeles SS	+0.76	<b>4:51.34</b>	527I		
	50m: 31.94	31.94	150m: 1:45.48	37.02	250m: 3:00.40	37.52	350m: 4:15.24	37.28
	100m: 1:08.46	36.52	200m: 2:22.88	37.40	300m: 3:37.96	37.56	400m: 4:51.34	36.10
3.	GULBE Liva	08	RSS Ridzene-DSN	+0.69	<b>5:03.34</b>	467I		
	50m: 33.42	33.42	150m: 1:49.58	38.50	250m: 3:08.37	38.80	350m: 4:26.07	38.33
	100m: 1:11.08	37.66	200m: 2:29.57	39.99	300m: 3:47.74	39.37	400m: 5:03.34	37.27

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Event 9, Girls, 400m Freestyle, LATVIJAS JUNIORU EMPION TS

Rank	Name	YOB	Team	RT	Time	Points	Level
4.	SKRABE Liene Evelina	11	Valmieras SS	+0.65	<b>5:09.53</b>	439	II
	50m: 33.58 33.58	150m: 1:51.70	39.57	250m: 3:11.69	39.78	350m: 4:31.02	39.46
	100m: 1:12.13 38.55	200m: 2:31.91	40.21	300m: 3:51.56	39.87	400m: 5:09.53	38.51
5.	MONOKANDILOSE Darija	10	Kipsalas peldbaseins I	+0.81	<b>5:17.88</b>	405	II
	50m: 34.27 34.27	150m: 1:52.37	39.58	250m: 3:12.65	40.18	350m: 4:36.04	41.84
	100m: 1:12.79 38.52	200m: 2:32.47	40.10	300m: 3:54.20	41.55	400m: 5:17.88	41.84
6.	ZARINA Eva	12	PK Ogre	+0.81	<b>5:19.84</b>	398	II
	50m: 36.02 36.02	150m: 1:57.37	41.25	250m: 3:20.23	41.49	350m: 4:41.85	40.23
	100m: 1:16.12 40.10	200m: 2:38.74	41.37	300m: 4:01.62	41.39	400m: 5:19.84	37.99
7.	TREIGUTE Lea	12	PS Riga	+0.76	<b>5:31.34</b>	358	II
	50m: 36.22 36.22	150m: 1:59.04	41.83	250m: 3:24.13	42.60	350m: 4:50.05	42.91
	100m: 1:17.21 40.99	200m: 2:41.53	42.49	300m: 4:07.14	43.01	400m: 5:31.34	41.29

OVERALL AWARDS/ RVALSTU KOMANDU APBALVOŠANA

1.	ROOP Adele	09	Ujumise Spordiklubi	+0.75	<b>4:33.61</b>	636	SMK
	50m: 31.31 31.31	150m: 1:40.31	35.03	250m: 2:50.38	35.01	350m: 3:59.80	34.59
	100m: 1:05.28 33.97	200m: 2:15.37	35.06	300m: 3:25.21	34.83	400m: 4:33.61	33.81
2.	VILBORN Freya Cornelia	11	Ujumise Spordiklubi	+0.73	<b>4:40.65</b>	589	SMK
	50m: 30.41 30.41	150m: 1:39.93	35.09	250m: 2:52.21	36.23	350m: 4:05.59	36.56
	100m: 1:04.84 34.43	200m: 2:15.98	36.05	300m: 3:29.03	36.82	400m: 4:40.65	35.06
3.	MEDVEDEVA Maria	11	Ujumisklubi Aktiiv	+0.73	<b>4:43.50</b>	572	SMK
	50m: 31.02 31.02	150m: 1:41.63	36.10	250m: 2:54.36	36.58	350m: 4:08.42	37.32
	100m: 1:05.53 34.51	200m: 2:17.78	36.15	300m: 3:31.10	36.74	400m: 4:43.50	35.08
4.	NIINEP Karolina	11	Kohtla-Jarve VSK	+0.78	<b>4:44.41</b>	566	SMK
	50m: 31.10 31.10	150m: 1:41.49	35.79	250m: 2:54.51	36.59	350m: 4:08.40	36.82
	100m: 1:05.70 34.60	200m: 2:17.92	36.43	300m: 3:31.58	37.07	400m: 4:44.41	36.01
5.	KURBALE DA SILVA Isabela Maria	11	Kipsalas peldbaseins II	+0.75	<b>4:46.80</b>	552	SMK
	50m: 32.16 32.16	150m: 1:44.35	36.39	250m: 2:58.12	36.99	350m: 4:11.28	36.38
	100m: 1:07.96 35.80	200m: 2:21.13	36.78	300m: 3:34.90	36.78	400m: 4:46.80	35.52
6.	ANNUS Isabel	08	Ujumise Spordiklubi	+0.78	<b>4:48.32</b>	544	I
	50m: 32.31 32.31	150m: 1:43.90	36.45	250m: 2:58.74	37.12	350m: 4:12.29	36.42
	100m: 1:07.45 35.14	200m: 2:21.62	37.72	300m: 3:35.87	37.13	400m: 4:48.32	36.03
7.	GUSTINA Marta	12	Dobeles SS	+0.76	<b>4:51.34</b>	527	I
	50m: 31.94 31.94	150m: 1:45.48	37.02	250m: 3:00.40	37.52	350m: 4:15.24	37.28
	100m: 1:08.46 36.52	200m: 2:22.88	37.40	300m: 3:37.96	37.56	400m: 4:51.34	36.10
8.	TROCJUKA Erika	13	Rigas Kipsalas PK	+0.69	<b>4:53.46</b>	516	I
	50m: 32.69 32.69	150m: 1:46.44	37.75	250m: 3:03.01	37.85	350m: 4:17.92	36.97
	100m: 1:08.69 36.00	200m: 2:25.16	38.72	300m: 3:40.95	37.94	400m: 4:53.46	35.54
9.	LUIISK Lili Tereese	11	Kalevi Ujumiskool	+0.79	<b>4:54.41</b>	511	I
	50m: 32.10 32.10	150m: 1:46.28	38.00	250m: 3:03.04	38.83	350m: 4:19.15	37.60
	100m: 1:08.28 36.18	200m: 2:24.21	37.93	300m: 3:41.55	38.51	400m: 4:54.41	35.26
10.	NECAJEVA Viktorija Evelina	13	Daugavpils SS	+0.65	<b>4:57.15</b>	497	I
	50m: 33.70 33.70	150m: 1:49.26	38.05	250m: 3:05.84	38.30	350m: 4:20.75	37.14
	100m: 1:11.21 37.51	200m: 2:27.54	38.28	300m: 3:43.61	37.77	400m: 4:57.15	36.40
11.	GULBE Liva	08	RSS Ridzene-DSN	+0.69	<b>5:03.34</b>	467	I
	50m: 33.42 33.42	150m: 1:49.58	38.50	250m: 3:08.37	38.80	350m: 4:26.07	38.33
	100m: 1:11.08 37.66	200m: 2:29.57	39.99	300m: 3:47.74	39.37	400m: 5:03.34	37.27

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Event 9, Girls, 400m Freestyle, OVERALL AWARDS/ RVALSTU KOMANDU APBALVOŠANA

Rank	Name	YOB	Team	RT	Time	Points	Level
12.	TSISTJAKOVA Anastassia	13	Ujumisklubi Aktiiv	+0.71	<b>5:03.73</b>	465I	
	50m: 32.80 32.80	150m: 1:47.75	38.30	250m: 3:06.27	39.56	350m: 4:24.30	38.55
	100m: 1:09.45 36.65	200m: 2:26.71	38.96	300m: 3:45.75	39.48	400m: 5:03.73	39.43
13.	SALM Marleen	14	Audentese Spordiklubi	+0.68	<b>5:07.82</b>	447I	
	50m: 34.12 34.12	150m: 1:52.34	39.62	250m: 3:11.38	39.21	350m: 4:29.71	38.84
	100m: 1:12.72 38.60	200m: 2:32.17	39.83	300m: 3:50.87	39.49	400m: 5:07.82	38.11
14.	SKRABE Liene Evelina	11	Valmieras SS	+0.65	<b>5:09.53</b>	439II	
	50m: 33.58 33.58	150m: 1:51.70	39.57	250m: 3:11.69	39.78	350m: 4:31.02	39.46
	100m: 1:12.13 38.55	200m: 2:31.91	40.21	300m: 3:51.56	39.87	400m: 5:09.53	38.51
15.	KRAVALE Kamilla	13	Daugavpils SS	+0.75	<b>5:10.79</b>	434II	
	50m: 34.64 34.64	150m: 1:53.45	40.01	250m: 3:13.87	40.76	350m: 4:33.48	39.43
	100m: 1:13.44 38.80	200m: 2:33.11	39.66	300m: 3:54.05	40.18	400m: 5:10.79	37.31
16.	FABRICIUSA Alise	13	Ventspils SS Spars	+0.75	<b>5:13.56</b>	423II	
	50m: 34.29 34.29	150m: 1:54.24	40.75	250m: 3:15.45	40.91	350m: 4:36.01	39.88
	100m: 1:13.49 39.20	200m: 2:34.54	40.30	300m: 3:56.13	40.68	400m: 5:13.56	37.55
17.	LUNEVA Kira	13	Kohtla-Jarve VSK	+0.84	<b>5:15.58</b>	414II	
	50m: 34.35 34.35	150m: 1:54.18	40.58	250m: 3:15.29	40.47	350m: 4:36.81	40.30
	100m: 1:13.60 39.25	200m: 2:34.82	40.64	300m: 3:56.51	41.22	400m: 5:15.58	38.77
18.	POULSENA Liva	13	Valmieras SS	+0.68	<b>5:17.33</b>	408II	
	50m: 34.36 34.36	150m: 1:53.33	40.35	250m: 3:16.00	41.35	350m: 4:38.26	40.67
	100m: 1:12.98 38.62	200m: 2:34.65	41.32	300m: 3:57.59	41.59	400m: 5:17.33	39.07
19.	MONOKANDILOSE Darija	10	Kipsalas peldbaseins I	+0.81	<b>5:17.88</b>	405II	
	50m: 34.27 34.27	150m: 1:52.37	39.58	250m: 3:12.65	40.18	350m: 4:36.04	41.84
	100m: 1:12.79 38.52	200m: 2:32.47	40.10	300m: 3:54.20	41.55	400m: 5:17.88	41.84
20.	KAARE Sarah Maria	09	Kalevi Ujumiskool	+0.78	<b>5:19.06</b>	401II	
	50m: 34.47 34.47	150m: 1:54.74	40.54	250m: 3:16.43	40.92	350m: 4:38.64	41.10
	100m: 1:14.20 39.73	200m: 2:35.51	40.77	300m: 3:57.54	41.11	400m: 5:19.06	40.42
21.	SULSENBERG Aya Sofia	11	Kalevi Ujumiskool	+0.83	<b>5:19.78</b>	398II	
	50m: 34.09 34.09	150m: 1:52.36	40.29	250m: 3:15.27	41.50	350m: 4:39.01	42.00
	100m: 1:12.07 37.98	200m: 2:33.77	41.41	300m: 3:57.01	41.74	400m: 5:19.78	40.77
22.	ZARINA Eva	12	PK Ogre	+0.81	<b>5:19.84</b>	398II	
	50m: 36.02 36.02	150m: 1:57.37	41.25	250m: 3:20.23	41.49	350m: 4:41.85	40.23
	100m: 1:16.12 40.10	200m: 2:38.74	41.37	300m: 4:01.62	41.39	400m: 5:19.84	37.99
23.	ZAMBERGA Gabriela	14	Kekavas NSS	+0.85	<b>5:20.84</b>	394II	
	50m: 36.73 36.73	150m: 2:00.01	41.77	250m: 3:22.88	41.60	350m: 4:43.82	39.75
	100m: 1:18.24 41.51	200m: 2:41.28	41.27	300m: 4:04.07	41.19	400m: 5:20.84	37.02
24.	TREIGUTE Lea	12	PS Riga	+0.76	<b>5:31.34</b>	358II	
	50m: 36.22 36.22	150m: 1:59.04	41.83	250m: 3:24.13	42.60	350m: 4:50.05	42.91
	100m: 1:17.21 40.99	200m: 2:41.53	42.49	300m: 4:07.14	43.01	400m: 5:31.34	41.29
25.	UPENIKA Erika	14	Daugavpils SS	+0.75	<b>5:32.02</b>	356II	
	50m: 35.45 35.45	150m: 1:56.22	42.09	250m: 3:21.73	43.04	350m: 4:49.33	43.65
	100m: 1:14.13 38.68	200m: 2:38.69	42.47	300m: 4:05.68	43.95	400m: 5:32.02	42.69
26.	SAJENKO Veronika	15	Olaines SC	+0.55	<b>6:04.48</b>	269III	
	50m: 39.66 39.66	150m: 2:10.99	47.11	250m: 3:45.92	47.84	350m: 5:20.17	46.91
	100m: 1:23.88 44.22	200m: 2:58.08	47.09	300m: 4:33.26	47.34	400m: 6:04.48	44.31
27.	ANTENA Paula	14	Olaines SC	+0.81	<b>6:04.51</b>	269III	
	50m: 38.61 38.61	150m: 2:09.24	46.36	250m: 3:43.75	47.61	350m: 5:18.19	46.97
	100m: 1:22.88 44.27	200m: 2:56.14	46.90	300m: 4:31.22	47.47	400m: 6:04.51	46.32