

Manche 6 St Patrick
Victoriaville, 16-3-2024

Event 1	400m Freestyle				18 years and older
2024-03-16 - 14:15	Laquerre Ford				Results
Canadian Master Records 95 - 99	12:08.80	MCGREGOR, Hugh	VCSS	???	2014-01-25
Canadian Master Records 90 - 94	8:29.29	SMITH, Chris	SOM	Etobicoke	2022-03-27
Canadian Master Records 85 - 89	7:54.11	SMITH, Chris	TYMS	???	2017-02-26
Canadian Master Records 80 - 84	6:30.32	DONOGHUE, Karl	PENT	Vernon	2020-01-26
Canadian Master Records 75 - 79	6:12.85	TRAUBER, Amiram	NYG	???	2014-03-28
Canadian Master Records 70 - 74	5:21.27	ARMSTRONG, Ron	EOMAC	Baden	2020-03-01
Canadian Master Records 65 - 69	4:54.22	ABOUD, Mark	GRAN	Etobicoke	2023-05-07
Canadian Master Records 60 - 64	4:40.37	GUSHE, Len	UNCAN	Bowmanville	2023-02-04
Canadian Master Records 55 - 59	4:26.81	GUSHE, Len	SOM	Etobicoke	2018-03-11
Canadian Master Records 50 - 54	4:14.65	STREPPEL, Greg	SOM	Montreal	2019-05-24
Canadian Master Records 45 - 49	4:11.35	STREPPEL, Greg	CMAV	Montreal	2015-05-17
Canadian Master Records 40 - 44	4:11.94	WELBOURN, Graham	TAS	???	2003-04-18
Canadian Master Records 35 - 39	4:12.75	DUPLESSIS, Gilbert	LAVALE	Montreal	2015-05-17
Canadian Master Records 30 - 34	4:10.25	RUSHTON, Tom	WIN	Vancouver	2009-04-17
Canadian Master Records 25 - 29	4:02.71	CLÉMENT, Benoit	MUMS	???	1989-01-01
Canadian Master Records 18 - 24	3:56.04	BONOMO, Robert	TOMS	???	2014-05-16
Canadian Master Records 100 - 104	12:23.26	BRUSSEL, Betty	WRW	Vancouver	2024-02-11
Canadian Master Records 95 - 99	10:39.87	BRUSSEL, Betty	WRW	Victoria	2019-04-12
Canadian Master Records 90 - 94	9:19.42	OLIVER, Judith	MPC	Etobicoke	2023-05-07
Canadian Master Records 85 - 89	7:42.77	MACPHERSON, Linda	RAVE	Calgary	2023-05-27
Canadian Master Records 80 - 84	7:03.25	SEVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux	2023-03-18
Canadian Master Records 75 - 79	6:42.00	MACPHERSON, Linda	SARM	???	2013-04-26
Canadian Master Records 70 - 74	5:58.46	WYLIE, Lori	CMSC	Calgary	2023-05-27
Canadian Master Records 65 - 69	5:49.09	MERRITT, Cathy	NEP	???	2019-03-01
Canadian Master Records 60 - 64	4:48.80	MARSHALL, Lynn	CARMA	Dollard-Des-Ormeaux	2022-03-19
Canadian Master Records 55 - 59	4:37.35	MARSHALL, Lynn	CARMA	???	2016-01-23
Canadian Master Records 50 - 54	4:34.81	MARSHALL, Lynn	CARMA	???	2011-01-29
Canadian Master Records 45 - 49	4:33.09	MARSHALL, Lynn	CARMA	???	2006-04-29
Canadian Master Records 40 - 44	4:26.19	BERTELINK, Cindy	EOMAC	Toronto	2016-05-22
Canadian Master Records 35 - 39	4:25.52	BERTELINK, Cindy	EOMAC	???	2013-03-28
Canadian Master Records 30 - 34	4:26.91	MARSHALL, Lynn	CARMA	???	1991-01-01
Canadian Master Records 25 - 29	4:25.94	MARSHALL, Lynn	CARMA	???	1990-01-01
Canadian Master Records 18 - 24	4:38.56	YAMASHITA-BALL, Adelle	TECH	???	2018-03-01
Quebec Provincial Master Records 95 - 99	16:31.48	LEHMAN, Eugene	MPC	Trois-Rivieres	2008-04-11
Quebec Provincial Master Records 90 - 94	12:26.09	LEHMAN, Eugene	MPC	Pointe-Claire	2004-01-23
Quebec Provincial Master Records 85 - 89	8:54.06	AMYOT, Jacques	CMNQ	Dollard-des-Ormeaux	2009-03-14
Quebec Provincial Master Records 80 - 84	7:02.32	SHIBATA, Mark	MPC	Dollard-Des-Ormeaux	2019-03-16
Quebec Provincial Master Records 75 - 79	6:17.36	CHASE, Leonard	MPC	Cote St-Luc	2023-04-15
Quebec Provincial Master Records 70 - 74	6:08.24	RANSOM, Ken	MPC	Montreal	2016-04-16
Quebec Provincial Master Records 65 - 69	5:20.78	CHARRON, Denis	UNQC	Sherbrooke	2022-12-03
Quebec Provincial Master Records 60 - 64	4:48.81	JACOBS, Calvin	CACM	Cote St-Luc	2023-04-15
Quebec Provincial Master Records 55 - 59	4:30.28	GIROUX, Martin	MPC	Cote St-Luc	2023-04-15
Quebec Provincial Master Records 50 - 54	4:25.78	GIROUX, Martin	MPC	Quebec	2022-05-21
Quebec Provincial Master Records 45 - 49	4:23.13	POISSON, Mathieu	GAMIN	Montreal	2015-05-17
Quebec Provincial Master Records 40 - 44	4:17.88	DESCHÉNES, Gilles	CMDG	Montreal	2006-04-23
Quebec Provincial Master Records 35 - 39	4:12.75	DUPLESSIS, Gilbert	LAVALE	Montreal	2015-05-17
Quebec Provincial Master Records 30 - 34	4:12.91	GAUVIN, Chrystian	STE	Toronto	2005-05-22
Quebec Provincial Master Records 25 - 29	4:02.71	CLÉMENT, Benoit	MUMS	???	1989-01-01
Quebec Provincial Master Records 18 - 24	4:17.61	JENSEN, Daniel	MPC	Gatineau	2012-04-13
Quebec Provincial Master Records 95 - 99	9:59.99	,			
Quebec Provincial Master Records 90 - 94	9:19.42	OLIVER, Judith	MPC	Etobicoke	2023-05-07
Quebec Provincial Master Records 85 - 89	8:41.24	WALDIE, Mae	MPC	Quebec	2022-05-21
Quebec Provincial Master Records 80 - 84	7:03.25	SEVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux	2023-03-18
Quebec Provincial Master Records 75 - 79	6:56.79	SEVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux	2019-03-16
Quebec Provincial Master Records 70 - 74	7:13.81	DILLINGER, Erda	MPC	Lasalle	2012-02-19
Quebec Provincial Master Records 65 - 69	5:55.86	LATREILLE, Denise	UNQC	Montreal-Nord	2023-12-02
Quebec Provincial Master Records 60 - 64	5:38.19	HANSEN, Hillary	MPC	Cote St-Luc	2023-04-15
Quebec Provincial Master Records 55 - 59	4:54.88	LOWENSTEYN, Ilka	CSLA	Sherbrooke	2022-04-23
Quebec Provincial Master Records 50 - 54	4:48.99	LOWENSTEYN, Ilka	CSLA	Pointe-Claire	2015-01-24
Quebec Provincial Master Records 45 - 49	4:46.19	LOWENSTEYN, Ilka	CSLA	Quebec	2014-04-13
Quebec Provincial Master Records 40 - 44	4:43.26	D'AMBOISE, Marie-Ève	STL	Montreal	2019-05-25
Quebec Provincial Master Records 35 - 39	4:26.18	HEVEY, Sarah-Lee	CSLA	Drummondville	2024-01-27
Quebec Provincial Master Records 30 - 34	4:41.42	CHARRON, Christine	CMDG	Toronto	2009-05-15

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Quebec Provincial Master Records 25 - 29 4:29.39 MCCLEMONT, Laura MUMS Montreal 2011-05-21
Quebec Provincial Master Records 18 - 24 4:51.59 LEMIEUX, Chantal ??? 1992-01-01

Points: FINA 2024

Rank			Age							Time	Pts	
25 - 29 years, Women												
1.	LORTIE, Marie-Laurence		29	Club de natation Les Requins d						4:55.49		
	50m:	33.83	33.83	150m:	1:48.11	37.38	250m:	3:03.30	37.69	350m:	4:18.55	37.53
	100m:	1:10.73	36.90	200m:	2:25.61	37.50	300m:	3:41.02	37.72	400m:	4:55.49	36.94
2.	LEGAULT, Laurence		29	Mustang Boucherville						5:33.02		
	50m:	36.59	36.59	150m:	1:58.37	41.56	250m:	3:23.56	42.66	350m:	4:50.18	43.34
	100m:	1:16.81	40.22	200m:	2:40.90	42.53	300m:	4:06.84	43.28	400m:	5:33.02	42.84
3.	PERIARD, Frederique		29	Mustang Boucherville						5:42.33		
	50m:	37.15	37.15	150m:	2:01.71	43.22	250m:	3:29.52	43.91	350m:	4:58.15	44.00
	100m:	1:18.49	41.34	200m:	2:45.61	43.90	300m:	4:14.15	44.63	400m:	5:42.33	44.18
4.	CLOAREC, Sarah		25	Club de Natation Mont-Tremblant						6:53.71		
	50m:	40.33	40.33	150m:	2:18.89	51.81	250m:	4:06.43	53.97	350m:	5:56.77	57.06
	100m:	1:27.08	46.75	200m:	3:12.46	53.57	300m:	4:59.71	53.28	400m:	6:53.71	56.94
25 - 29 years, Men												
1.	BARRETTE, Simon		27	C. N. Haut-Richelieu						4:37.55		
	50m:	30.90	30.90	150m:	1:40.30	35.03	250m:	2:50.34	34.79	350m:	4:01.68	35.84
	100m:	1:05.27	34.37	200m:	2:15.55	35.25	300m:	3:25.84	35.50	400m:	4:37.55	35.87
2.	LAPOINTE, Thomas		29	Maitres A Contre Courant						4:54.49		
	50m:	31.58	31.58	150m:	1:42.27	36.03	250m:	2:57.11	37.97	350m:	4:16.08	40.12
	100m:	1:06.24	34.66	200m:	2:19.14	36.87	300m:	3:35.96	38.85	400m:	4:54.49	38.41
30 - 34 years, Women												
1.	MATHIEU, Laurie		32	SANS ATTACHE						6:46.96		
	50m:	44.39	44.39	150m:	2:24.61	50.94	250m:	4:10.55	53.72	350m:	5:56.33	53.16
	100m:	1:33.67	49.28	200m:	3:16.83	52.22	300m:	5:03.17	52.62	400m:	6:46.96	50.63
30 - 34 years, Men												
1.	RAMIREZ-ROMO, Sergio		32	Mtl Nord Natation						5:14.23		
	50m:	34.86	34.86	150m:	1:54.80	40.88	250m:	3:17.86	41.15	350m:	4:38.80	39.41
	100m:	1:13.92	39.06	200m:	2:36.71	41.91	300m:	3:59.39	41.53	400m:	5:14.23	35.43
2.	RENE, Vincent		32	Club de natation region de Que						6:05.09		
	50m:	40.77	40.77	150m:	2:12.15	46.06	250m:	3:45.21	46.00	350m:	5:20.34	47.66
	100m:	1:26.09	45.32	200m:	2:59.21	47.06	300m:	4:32.68	47.47	400m:	6:05.09	44.75
35 - 39 years, Women												
1.	MATHIEU, Virginie		35	Mustang Boucherville						5:38.65		
	50m:	36.61	36.61	150m:	2:02.14	44.31	250m:	3:27.42	43.50	350m:	4:55.36	43.84
	100m:	1:17.83	41.22	200m:	2:43.92	41.78	300m:	4:11.52	44.10	400m:	5:38.65	43.29
2.	COMEAU, Christelle		39	Club Natation Bois Francs						5:59.70		
	50m:	38.33	38.33	150m:	2:10.62	46.82	250m:	3:43.33	46.37	350m:	5:15.40	45.94
	100m:	1:23.80	45.47	200m:	2:56.96	46.34	300m:	4:29.46	46.13	400m:	5:59.70	44.30

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Event 1, 400m Freestyle

35 - 39 years, Men

1.	MARTIN, Jean-Philippe		38	SANS ATTACHE		5:09.92			
	50m:	34.36	34.36	150m:	1:50.14	38.37	250m:	3:08.02	39.04
	100m:	1:11.77	37.41	200m:	2:28.98	38.84	300m:	3:48.14	40.12
							350m:	4:28.89	40.75
							400m:	5:09.92	41.03

40 - 44 years, Women

1.	MATHIEU, Naila		40	C. N. Haut-Richelieu		5:52.81			
	50m:	40.65	40.65	150m:	2:10.27	42.90	250m:	3:39.99	44.72
	100m:	1:27.37	46.72	200m:	2:55.27	45.00	300m:	4:25.02	45.03
							350m:	5:09.93	44.91
							400m:	5:52.81	42.88
2.	DESMARAIS, Catherine		44	C. N. Haut-Richelieu		5:56.99			
	50m:	37.48	37.48	150m:	2:03.39	44.03	250m:	3:36.33	47.10
	100m:	1:19.36	41.88	200m:	2:49.23	45.84	300m:	4:23.89	47.56
							350m:	5:11.39	47.50
							400m:	5:56.99	45.60
3.	LAVOIE, Catherine		44	Cac		6:08.65			
	50m:	30.27	30.27	150m:	2:11.46	47.03	250m:	3:47.15	47.94
	100m:	1:24.43	54.16	200m:	2:59.21	47.75	300m:	4:35.24	48.09
							350m:	5:22.90	47.66
							400m:	6:08.65	45.75

40 - 44 years, Men

1.	GAUCHER, Samuel		42	Les Dauphins de Rimouski		5:07.62			
	50m:	33.37	33.37	150m:	1:50.27	37.88	250m:	3:06.42	38.47
	100m:	1:12.39	39.02	200m:	2:27.95	37.68	300m:	3:45.98	39.56
							350m:	4:26.70	40.72
							400m:	5:07.62	40.92
2.	GAUVIN, Eric		44	Club de Natation Memphremagog		5:35.02			
	50m:	35.27	35.27	150m:	1:57.83	42.65	250m:	3:24.77	43.47
	100m:	1:15.18	39.91	200m:	2:41.30	43.47	300m:	4:07.77	43.00
							350m:	4:51.96	44.19
							400m:	5:35.02	43.06

45 - 49 years, Women

1.	TANGUAY, Veronique		48	Mtl Nord Natation		5:30.47			
	50m:	35.52	35.52	150m:	1:54.93	40.62	250m:	3:19.74	42.75
	100m:	1:14.31	38.79	200m:	2:36.99	42.06	300m:	4:03.62	43.88
							350m:	4:47.37	43.75
							400m:	5:30.47	43.10
2.	LEVASSEUR, Catherine		49	Club de Natation Mont-Tremblant		5:32.83			
	50m:	36.70	36.70	150m:	2:00.83	42.66	250m:	3:26.42	42.87
	100m:	1:18.17	41.47	200m:	2:43.55	42.72	300m:	4:09.14	42.72
							350m:	4:51.39	42.25
							400m:	5:32.83	41.44

45 - 49 years, Men

1.	VALLEE, Mathieu		46	Club de Natation Memphremagog		5:51.68			
	50m:	36.56	36.56	150m:	1:59.24	42.75	250m:	3:29.71	41.69
	100m:	1:16.49	39.93	200m:	2:48.02	48.78	300m:	4:16.27	46.56
							350m:	5:03.27	47.00
							400m:	5:51.68	48.41
2.	BEAUDRY, David		47	Club de Natation Memphremagog		6:02.27			
	50m:	40.61	40.61	150m:	2:12.08	46.78	250m:	3:46.65	47.35
	100m:	1:25.30	44.69	200m:	2:59.30	47.22	300m:	4:32.80	46.15
							350m:	5:18.46	45.66
							400m:	6:02.27	43.81

50 - 54 years, Women

1.	PLOUFFE, Marisol		51	VELOX		5:42.88			
	50m:	36.71	36.71	150m:	2:02.45	43.58	250m:	3:31.59	45.10
	100m:	1:18.87	42.16	200m:	2:46.49	44.04	300m:	4:15.27	43.68
							350m:	5:00.17	44.90
							400m:	5:42.88	42.71
2.	LEVESQUE, Edith		50	LMRL Riviere-du-Loup		6:37.44			
	50m:	44.02	44.02	150m:	2:22.36	49.75	250m:	4:04.52	51.47
	100m:	1:32.61	48.59	200m:	3:13.05	50.69	300m:	4:55.96	51.44
							350m:	5:47.74	51.78
							400m:	6:37.44	49.70

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Event 1, 400m Freestyle

50 - 54 years, Men

1.	MARIN, Etienne		52	C. N. Haut-Richelieu		4:54.21			
	50m:	34.27	34.27	150m:	1:48.99	37.50	250m:	3:03.27	36.78
	100m:	1:11.49	37.22	200m:	2:26.49	37.50	300m:	3:40.52	37.25
							350m:	4:17.81	37.29
							400m:	4:54.21	36.40
2.	POTVIN, Jean-Francois		51	Club de Natation Mont-Tremblant		5:13.73			
	50m:	35.96	35.96	150m:	1:53.52	39.60	250m:	3:12.74	40.07
	100m:	1:13.92	37.96	200m:	2:32.67	39.15	300m:	3:53.14	40.40
							350m:	4:33.46	40.32
							400m:	5:13.73	40.27
3.	DUCHESNE, Steeve		54	Club de Natation Memphremagog		5:38.80			
	50m:	38.74	38.74	150m:	2:02.99	42.85	250m:	3:29.08	42.69
	100m:	1:20.14	41.40	200m:	2:46.39	43.40	300m:	4:12.30	43.22
							350m:	4:56.08	43.78
							400m:	5:38.80	42.72
4.	POUPION, Erik		53	Elite		6:01.23			
	50m:	36.11	36.11	150m:	2:01.52	43.88	250m:	3:36.21	47.94
	100m:	1:17.64	41.53	200m:	2:48.27	46.75	300m:	4:24.39	48.18
							350m:	5:13.64	49.25
							400m:	6:01.23	47.59

55 - 59 years, Women

1.	FRANK, Emily		57	Ddo		5:38.33			
	50m:	38.42	38.42	150m:	2:04.11	43.16	250m:	3:31.17	43.53
	100m:	1:20.95	42.53	200m:	2:47.64	43.53	300m:	4:14.48	43.31
							350m:	4:56.92	42.44
							400m:	5:38.33	41.41
2.	CHAPDELAIN, Josee		57	Mtl Nord Natation		5:44.63			
	50m:	38.59	38.59	150m:	1:48.09	36.90	250m:	3:01.76	36.64
	100m:	1:11.19	32.60	200m:	2:25.12	37.03	300m:	3:46.14	44.38
							350m:	4:30.92	44.78
							400m:	5:44.63	1:13.71
3.	LEDUC, Nathalie		56	Club de Natation Memphremagog		6:26.87			
	50m:	43.09	43.09	150m:	2:18.43	49.03	250m:	3:57.27	49.68
	100m:	1:29.40	46.31	200m:	3:07.59	49.16	300m:	4:47.27	50.00
							350m:	5:37.43	50.16
							400m:	6:26.87	49.44
4.	BARRETTE, Marie-Josée		59	Camo		7:41.30			
	50m:	50.59	50.59	150m:	2:47.81	59.85	250m:	4:45.52	59.06
	100m:	1:47.96	57.37	200m:	3:46.46	58.65	300m:	5:44.27	58.75
							350m:	6:42.74	58.47
							400m:	7:41.30	58.56
5.	GRAVEL, Marie-France		55	Club de Natation Memphremagog		8:18.83			
	50m:	51.49	51.49	150m:	2:52.27	1:02.00	250m:	4:59.83	1:04.34
	100m:	1:50.27	58.78	200m:	3:55.49	1:03.22	300m:	6:05.61	1:05.78
							350m:	7:12.33	1:06.72
							400m:	8:18.83	1:06.50

55 - 59 years, Men

1.	MANES, Marc		59	Ddo		6:24.83			
	50m:	43.49	43.49	150m:	2:18.71	48.35	250m:	3:58.21	49.60
	100m:	1:30.36	46.87	200m:	3:08.61	49.90	300m:	4:48.30	50.09
							350m:	5:38.33	50.03
							400m:	6:24.83	46.50
2.	NEVEU, Andre		57	Camo		6:46.87			
	50m:	47.96	47.96	150m:	3:32.21	1:51.13	250m:	4:14.83	50.56
	100m:	1:41.08	53.12	200m:	3:24.27		300m:	5:05.49	50.66
							350m:	5:56.93	51.44
							400m:	6:46.87	49.94

60 - 64 years, Women

1.	VENNE, Chantal		60	Mpc		5:16.62			
	<i>NOUVEAU RECORD QUEBECOIS?</i>								
	50m:	34.65	34.65	150m:	1:53.40	40.13	250m:	3:15.27	41.03
	100m:	1:13.27	38.62	200m:	2:34.24	40.84	300m:	3:56.18	40.91
							350m:	4:36.96	40.78
							400m:	5:16.62	39.66
2.	LECLERC, Manon		62	C. N. Haut-Richelieu		6:00.74			
	50m:	40.86	40.86	150m:	2:10.30	45.12	250m:	3:46.02	49.59
	100m:	1:25.18	44.32	200m:	2:56.43	46.13	300m:	4:28.36	42.34
							350m:	5:14.21	45.85
							400m:	6:00.74	46.53

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Event 1, Women, 400m Freestyle, 60 - 64 years

Rank			Age							Time	Pts	
3.	BOIVIN, Janine		64	Camo						6:27.71		
	50m:	39.61	39.61	150m:	2:11.55	47.47	250m:	3:52.80	51.47	350m:	5:37.80	52.38
	100m:	1:24.08	44.47	200m:	3:01.33	49.78	300m:	4:45.42	52.62	400m:	6:27.71	49.91
4.	BEAULIEU, Louise		63	Camo						7:25.02		
	50m:	49.30	49.30	150m:	2:40.84	56.29	250m:	4:36.21	57.50	350m:	6:31.18	57.28
	100m:	1:44.55	55.25	200m:	3:38.71	57.87	300m:	5:33.90	57.69	400m:	7:25.02	53.84

60 - 64 years, Men

1.	LAMBERT, Christopher		60	Ddo						5:44.45		
	50m:	39.46	39.46	150m:	2:04.40	43.03	250m:	3:33.40	44.53	350m:	5:08.68	50.91
	100m:	1:21.37	41.91	200m:	2:48.87	44.47	300m:	4:17.77	44.37	400m:	5:44.45	35.77
2.	THOMAS, Stephane		62	C. N. Haut-Richelieu						5:58.85		
	50m:	38.68	38.68	150m:	2:06.68	44.50	250m:	3:38.96	46.66	350m:	5:11.30	45.78
	100m:	1:22.18	43.50	200m:	2:52.30	45.62	300m:	4:25.52	46.56	400m:	5:58.85	47.55
3.	BEAULIEU, Jean-Yves		62	Mtl Nord Natation						6:53.61		
	50m:	43.55	43.55	150m:	2:30.61	55.06	250m:	4:20.14	54.53	350m:	6:06.99	52.82
	100m:	1:35.55	52.00	200m:	3:25.61	55.00	300m:	5:14.17	54.03	400m:	6:53.61	46.62

65 - 69 years, Women

1.	LATREILLE, Denise		68	SANS ATTACHE						5:54.27		
	<i>NOUVEAU RECORD QUEBECOIS?</i>											
	50m:	39.90	39.90	150m:	2:09.12	45.00	250m:	3:39.99	45.44	350m:	5:10.05	44.96
	100m:	1:24.12	44.22	200m:	2:54.55	45.43	300m:	4:25.09	45.10	400m:	5:54.27	44.22
2.	GAUDREAU, Marie		68	La vague de Brossard						7:01.27		
	50m:	47.27	47.27	150m:	2:31.17	53.03	250m:	4:19.15	53.85	350m:	6:07.67	54.71
	100m:	1:38.14	50.87	200m:	3:25.30	54.13	300m:	5:12.96	53.81	400m:	7:01.27	53.60

65 - 69 years, Men

1.	HETU, Daniel		68	Camo						6:18.24		
	50m:	42.62	42.62	150m:	2:17.59	47.75	250m:	3:55.71	49.22	350m:		
	100m:	1:29.84	47.22	200m:	3:06.49	48.90	300m:	4:44.81	49.10	400m:	6:18.24	
2.	BEAUCHESNE, Michel		66	Sher						6:24.02		
	50m:	44.11	44.11	150m:	2:21.27	49.37	250m:	3:59.77	48.78	350m:	5:37.61	48.71
	100m:	1:31.90	47.79	200m:	3:10.99	49.72	300m:	4:48.90	49.13	400m:	6:24.02	46.41
3.	DESJARDINS, Paul		69	Camo						6:39.55		
	50m:	43.52	43.52	150m:	2:23.43	50.91	250m:	4:07.24	52.37	350m:	5:51.12	52.35
	100m:	1:32.52	49.00	200m:	3:14.87	51.44	300m:	4:58.77	51.53	400m:	6:39.55	48.43

70 - 74 years, Women

1.	SOUTHERE, Angele		74	Club de Natation Memphremagog						8:12.36		
	50m:	56.33	56.33	150m:	3:01.58	1:03.40	250m:	5:07.11	1:03.25	350m:	7:13.11	1:03.40
	100m:	1:58.18	1:01.85	200m:	4:03.86	1:02.28	300m:	6:09.71	1:02.60	400m:	8:12.36	59.25
2.	DION, Lise		70	Camo						8:48.33		
	50m:	59.39	59.39	150m:	3:13.95	1:07.34	250m:	5:28.30	1:07.38	350m:	7:42.48	1:06.68
	100m:	2:06.61	1:07.22	200m:	4:20.92	1:06.97	300m:	6:35.80	1:07.50	400m:	8:48.33	1:05.85

Manche 6 St Patrick
Victoriaville, 16-3-2024

Event 1, 400m Freestyle

70 - 74 years, Men

1. FREVE, Guy			71	Cmnq				7:35.80	
50m:	50.33	50.33	150m:	2:46.24	58.88	250m:	4:44.89	59.62	350m: 6:41.71 58.94
100m:	1:47.36	57.03	200m:	3:45.27	59.03	300m:	5:42.77	57.88	400m: 7:35.80 54.09

75 - 79 years, Women

1. CARDINAL, Liliane			75	Mpc				10:03.76	
50m:	1:06.46	1:06.46	150m:	3:34.77	1:15.72	250m:	6:11.86	1:18.40	350m: 8:47.74 1:17.32
100m:	2:19.05	1:12.59	200m:	4:53.46	1:18.69	300m:	7:30.42	1:18.56	400m: 10:03.76 1:16.02

75 - 79 years, Men

1. MCNEIL, Claude			76	Les Dauphins de Rimouski				7:50.33	
50m:	50.58	50.58	150m:	2:50.18	1:01.03	250m:	4:52.30	1:00.31	350m: 6:51.15 59.03
100m:	1:49.15	58.57	200m:	3:51.99	1:01.81	300m:	5:52.12	59.82	400m: 7:50.33 59.18