

Gatineau Open  
Gatineau, 26- - 28-4-2024

Event 112 Men, 400m Medley 13 years and older  
2024-04-26 - 12:23 Results

Meet Records 15 +	5:02.53	PLAMONDON, William	NG	Gatineau	2018-05-04
Meet Records 13 - 14	5:06.79	CYR-BOUCHARD, Antoine	NG	Centre Sportif de Gatineau	2016-05-27
Quebec Provincial Age Group Records 15 -4:26.99		PAQUIN-FOISY, Etienne	ELITE	Toronto	2015-04-02
Quebec Provincial Age Group Records 13 -4:43.08		CRUZ ZUNIGA, Guillermo	ELITE	Winnipeg	2014-07-24
Record de piscine / Pool Record	4:30.96	SWANSTON, Jeffrey	NEW	Gatineau	2012-02-17

Points: FINA 2020

Rank			Age			Time	Pts	
<b>13 years</b>								
1.	LEBEL, Theo		13	Neptune Natation		<b>5:00.07</b>	536	
	50m:	31.22 31.22	150m:	1:47.18 38.95	250m:	3:08.41 42.88	350m:	4:26.05 34.92
	100m:	1:08.23 37.01	200m:	2:25.53 38.35	300m:	3:51.13 42.72	400m:	5:00.07 34.02
2.	SWEETNAM, Kieran		13	Swim Ottawa		<b>5:38.90</b>	372	
	50m:	36.50 36.50	150m:	2:07.68	250m:	3:37.41	350m:	5:01.83 37.59
	100m:		200m:		300m:	4:24.24 46.83	400m:	5:38.90 37.07
3.	GRENIER, Adam		13	Natation Gatineau		<b>5:42.77</b>	360	
	50m:	35.50 35.50	150m:	1:58.86	250m:	3:33.47 52.51	350m:	5:04.70
	100m:		200m:	2:40.96 42.10	300m:		400m:	5:42.77 38.07
4.	CHIN, Jonah		13	Ddo		<b>5:49.44</b>	339	
	50m:	40.11 40.11	150m:	2:11.02 44.68	250m:	3:45.03 50.28	350m:	5:11.92 39.81
	100m:	1:26.34 46.23	200m:	2:54.75 43.73	300m:	4:32.11 47.08	400m:	5:49.44 37.52
5.	SCHURMANS, Liam A		13	Upper Canada Swim Club		<b>5:50.74</b>	336	
	50m:	36.70 36.70	150m:	2:03.34 42.59	250m:	3:36.03 51.52	350m:	5:11.50 43.37
	100m:	1:20.75 44.05	200m:	2:44.51 41.17	300m:	4:28.13 52.10	400m:	5:50.74 39.24
6.	SHELLOWELL DE VLIAGER, Willem		13	Swim Ottawa		<b>6:09.37</b>	287	
	50m:	42.00 42.00	150m:	2:21.29 48.64	250m:	4:00.69 50.81	350m:	5:32.45 40.04
	100m:	1:32.65 50.65	200m:	3:09.88 48.59	300m:	4:52.41 51.72	400m:	6:09.37 36.92
7.	OUCHIHA, Adam		13	Natation Gatineau		<b>6:16.13</b>	272	
	50m:	37.18 37.18	150m:	2:16.14 51.49	250m:	3:59.35 54.11	350m:	5:35.31 41.84
	100m:	1:24.65 47.47	200m:	3:05.24 49.10	300m:	4:53.47 54.12	400m:	6:16.13 40.82
DSQ	MOULTALA, Alfarouk Abdelhamid		13	Neptune Natation				

**14 years**

1.	BIROLLEAU-SGARD, Charly		14	Natation Gatineau		<b>4:59.85</b>	537	
	50m:	31.58 31.58	150m:	1:47.79 38.33	250m:	3:09.39 43.49	350m:	4:27.85 34.06
	100m:	1:09.46 37.88	200m:	2:25.90 38.11	300m:	3:53.79 44.40	400m:	4:59.85 32.00
2.	JONES, Emile-Olivier		14	Natation Gatineau		<b>5:01.01</b>	531	
	50m:	31.13 31.13	150m:	1:45.92 39.24	250m:	3:08.37 42.91	350m:	4:28.09 35.17
	100m:	1:06.68 35.55	200m:	2:25.46 39.54	300m:	3:52.92 44.55	400m:	5:01.01 32.92
3.	AUGER, Mikael		14	Neptune Natation		<b>5:03.87</b>	516	
	50m:	32.81 32.81	150m:	1:50.47 39.18	250m:	3:11.70 42.87	350m:	4:30.11 33.59
	100m:	1:11.29 38.48	200m:	2:28.83 38.36	300m:	3:56.52 44.82	400m:	5:03.87 33.76
4.	DUMAIS, Darius		14	Neptune Natation		<b>5:22.65</b>	431	
	50m:	34.13 34.13	150m:	1:56.61 42.00	250m:	3:23.48 45.49	350m:	4:46.08 38.66
	100m:	1:14.61 40.48	200m:	2:37.99 41.38	300m:	4:07.42 43.94	400m:	5:22.65 36.57
5.	ONORATI, Matteo		14	Ddo		<b>5:35.66</b>	383	
	50m:	34.57 34.57	150m:	1:56.66	250m:	3:29.88	350m:	4:58.60 37.37
	100m:		200m:		300m:	4:21.23 51.35	400m:	5:35.66 37.06

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Event 112, Boys, 400m Medley, 14 years

Rank			Age							Time	Pts	
6.	FORTIER, William		14	Neptune Natation						<b>6:07.70</b>	291	
	50m:	36.95	36.95	150m:	2:08.87	47.66	250m:	3:52.43	58.32	350m:	5:30.28	
	100m:	1:21.21	44.26	200m:	2:54.11	45.24	300m:			400m:	6:07.70	37.42

15 years

1.	CLEARY, Evan		15	Ddo						<b>4:54.64</b>	566	
	50m:	31.08	31.08	150m:	1:45.63		250m:	3:06.29	41.84	350m:	4:22.06	
	100m:			200m:	2:24.45	38.82	300m:			400m:	4:54.64	32.58
2.	GOYETTE, Antoine		15	Natation Gatineau						<b>5:18.63</b>	448	
	50m:	33.65	33.65	150m:	1:51.70	41.25	250m:	3:18.48	46.28	350m:	4:42.52	36.77
	100m:	1:10.45	36.80	200m:	2:32.20	40.50	300m:	4:05.75	47.27	400m:	5:18.63	36.11
3.	JINGAN, Samir		15	Groupe aquatique Mille-Iles Nord						<b>5:22.20</b>	433	
	50m:	32.72	32.72	150m:	1:54.26	41.62	250m:	3:22.28	46.79	350m:	4:46.65	37.45
	100m:	1:12.64	39.92	200m:	2:35.49	41.23	300m:	4:09.20	46.92	400m:	5:22.20	35.55
4.	GUENETTE, Guillaume		15	Natation Gatineau						<b>5:23.68</b>	427	
	50m:	35.72	35.72	150m:			250m:	3:25.04	48.42	350m:		
	100m:	1:18.04	42.32	200m:	2:36.62		300m:	4:14.87	49.83	400m:	5:23.68	
5.	BLANCHARD, Emile		15	Neptune Natation						<b>5:27.49</b>	412	
	50m:	35.57	35.57	150m:	1:58.02	41.58	250m:	3:25.79	47.46	350m:	4:50.82	37.35
	100m:	1:16.44	40.87	200m:	2:38.33	40.31	300m:	4:13.47	47.68	400m:	5:27.49	36.67
6.	BOLANOS-LABELLE, Zachary		15	Neptune Natation						<b>6:14.39</b>	276	
	50m:	38.59	38.59	150m:	2:17.24	49.65	250m:	3:57.09	51.91	350m:	5:34.50	43.98
	100m:	1:27.59	49.00	200m:	3:05.18	47.94	300m:	4:50.52	53.43	400m:	6:14.39	39.89

16 years and older

1.	SEMENYUK, Yegor		18	Natation Gatineau						<b>4:43.61</b>	635	
	<i>Meet Record</i>											
	50m:	29.40	29.40	150m:	1:38.48	36.68	250m:	2:55.45	41.86	350m:	4:11.79	33.75
	100m:	1:01.80	32.40	200m:	2:13.59	35.11	300m:	3:38.04	42.59	400m:	4:43.61	31.82
2.	GALLACHER, Jonathan R		16	Upper Canada Swim Club						<b>4:50.48</b>	591	
	50m:	29.75	29.75	150m:	1:42.04	37.43	250m:	3:00.67	41.46	350m:	4:17.12	34.51
	100m:	1:04.61	34.86	200m:	2:19.21	37.17	300m:	3:42.61	41.94	400m:	4:50.48	33.36
3.	TROTIER, Louis		17	Ddo						<b>4:59.03</b>	542	
	50m:	31.91	31.91	150m:	1:48.89	39.35	250m:	3:09.31	42.72	350m:	4:26.79	32.83
	100m:	1:09.54	37.63	200m:	2:26.59	37.70	300m:	3:53.96	44.65	400m:	4:59.03	32.24
4.	EL OUAHDANI, Rayan		16	Neptune Natation						<b>5:04.45</b>	513	
	50m:	29.75	29.75	150m:	1:46.87		250m:	3:11.91	43.61	350m:	4:30.85	
	100m:			200m:	2:28.30	41.43	300m:			400m:	5:04.45	33.60
5.	PARENT, Nicolas		16	Groupe aquatique Mille-Iles Nord						<b>5:05.53</b>	508	
	50m:	32.14	32.14	150m:	1:50.99	40.85	250m:	3:12.67	42.13	350m:		
	100m:	1:10.14	38.00	200m:	2:30.54	39.55	300m:	3:55.82	43.15	400m:	5:05.53	
6.	ALLAIRE, Laurent		16	Natation Gatineau						<b>5:06.14</b>	505	
	50m:			150m:	1:49.04	40.65	250m:			350m:	4:33.79	34.94
	100m:	1:08.39		200m:	2:28.94	39.90	300m:	3:58.85		400m:	5:06.14	32.35

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Event 112, Men, 400m Medley, 16 years and older

Rank									Age									Time	Pts
7.	VERGNANO MCRAE, Kyle								17	Ddo								<b>5:07.52</b>	498
	50m:	31.55	31.55	150m:	1:49.45	42.12	250m:	3:14.57	45.90	350m:	4:35.40	34.50							
	100m:	1:07.33	35.78	200m:	2:28.67	39.22	300m:	4:00.90	46.33	400m:	5:07.52	32.12							
8.	MACDONALD, Calum								17	Swim Ottawa								<b>5:08.30</b>	494
	50m:	29.90	29.90	150m:	1:45.08	40.41	250m:	3:09.88	45.88	350m:	4:32.21	35.00							
	100m:	1:04.67	34.77	200m:	2:24.00	38.92	300m:	3:57.21	47.33	400m:	5:08.30	36.09							
9.	BOURQUE, Yanick								16	Neptune Natation								<b>5:09.66</b>	488
	50m:	31.95	31.95	150m:	1:50.32	41.88	250m:	3:16.68	47.43	350m:	4:37.03	34.05							
	100m:	1:08.44	36.49	200m:	2:29.25	38.93	300m:	4:02.98	46.30	400m:	5:09.66	32.63							
10.	ISRAILOV, Idan								16	Neptune Natation								<b>5:09.80</b>	487
	50m:	30.21	30.21	150m:	1:45.54	39.48	250m:	3:10.61	45.77	350m:	4:33.74	35.78							
	100m:	1:06.06	35.85	200m:	2:24.84	39.30	300m:	3:57.96	47.35	400m:	5:09.80	36.06							
11.	BEAUMADIER, Cyriaque								16	Neptune Natation								<b>5:15.78</b>	460
	50m:	35.46	35.46	150m:	1:56.80	43.21	250m:	3:21.23	42.55	350m:									
	100m:	1:13.59	38.13	200m:	2:38.68	41.88	300m:	4:03.13	41.90	400m:	5:15.78								
12.	DUFORT, Anthony								19	Club de Natation Mont-Tremblan								<b>5:16.40</b>	457
	50m:	31.11	31.11	150m:	1:50.41	42.58	250m:	3:18.12	46.03	350m:	4:41.63	36.95							
	100m:	1:07.83	36.72	200m:	2:32.09	41.68	300m:	4:04.68	46.56	400m:	5:16.40	34.77							
13.	BEAUMADIER, Alexandre								16	Neptune Natation								<b>5:21.29</b>	437
	50m:	32.83	32.83	150m:	1:52.86	42.98	250m:	3:22.35	47.41	350m:	4:46.29	35.99							
	100m:	1:09.88	37.05	200m:	2:34.94	42.08	300m:	4:10.30	47.95	400m:	5:21.29	35.00							
14.	BOYER, Julian								16	Swim Ottawa								<b>5:25.97</b>	418
	50m:	32.38	32.38	150m:	1:52.24	42.50	250m:	3:23.27	49.69	350m:	4:50.90	37.13							
	100m:	1:09.74	37.36	200m:	2:33.58	41.34	300m:	4:13.77	50.50	400m:	5:25.97	35.07							
15.	PAGEL, Luka								16	Ddo								<b>5:27.81</b>	411
	50m:	33.88	33.88	150m:	1:58.33	45.12	250m:	3:29.22	49.32	350m:	4:54.34	36.06							
	100m:	1:13.21	39.33	200m:	2:39.90	41.57	300m:	4:18.28	49.06	400m:	5:27.81	33.47							
16.	COULOMBE, Olivier								16	Neptune Natation								<b>5:27.91</b>	411
	50m:	32.44	32.44	150m:	1:54.87	43.66	250m:	3:26.28	48.65	350m:	4:51.77	35.66							
	100m:	1:11.21	38.77	200m:	2:37.63	42.76	300m:	4:16.11	49.83	400m:	5:27.91	36.14							
17.	ELLEFSEN, Tom								18	Natation Gatineau								<b>5:31.20</b>	399
	50m:	35.33	35.33	150m:	2:05.17	44.85	250m:	3:30.10	42.86	350m:	4:53.21	40.09							
	100m:	1:20.32	44.99	200m:	2:47.24	42.07	300m:	4:13.12	43.02	400m:	5:31.20	37.99							
18.	CRAMPTON, Drew								16	Ernestown Barracuda Swim Club								<b>5:34.16</b>	388
	50m:	34.23	34.23	150m:	1:56.96	44.43	250m:	3:30.20	51.17	350m:	4:57.82	36.82							
	100m:	1:12.53	38.30	200m:	2:39.03	42.07	300m:	4:21.00	50.80	400m:	5:34.16	36.34							