

Event 111 Women, 400m Medley 13 years and older
2026-04-24 - 11:33 Results

Record de piscine / Pool Record	4:50.42	JEWELL, Karyn	CNG	Gatineau	2012-02-17
Meet Records 15 +	5:17.35	BOYER, Mariane	NG	Gatineau	2024-04-26
Meet Records 13 - 14	5:22.15	BOYER, Mariane	NG	Gatineau	2023-04-28

Points: AQUA 2024

Rank	Age	Time	Pts		
13 years					
1.	RAFTER, Sadie	13	Swim Ottawa	5:53.24	426
	50m: 36.33 36.33	150m: 2:04.76	45.02 250m: 3:41.65	51.76 350m: 5:13.80	40.32
	100m: 1:19.74 43.41	200m: 2:49.89	45.13 300m: 4:33.48	51.83 400m: 5:53.24	39.44
2.	LAFRENIERE, Sandrienne	13	Natation Gatineau	6:08.61	375
	50m:	150m:	250m: 3:59.90	50.00 350m:	
	100m: 1:30.04	200m: 3:09.90	300m: 4:49.47	49.57 400m: 6:08.61	
3.	TOGTOKHBAYAR, Uranbileg	13	Swim Ottawa	6:17.03	350
	50m:	150m:	250m:	350m: 5:35.30	
	100m: 1:28.60	200m: 2:59.16	300m:	400m: 6:17.03	41.73
14 years					
1.	MCKENNA, Ainsley	14	Swim Ottawa	5:47.21	448
	50m: 35.23 35.23	150m:	250m: 3:35.69	350m:	
	100m:	200m:	300m:	400m: 5:47.21	
2.	PENNELL, Julia	14	Ernestown Barracuda Swim Club	5:48.13	445
	50m:	150m: 2:02.45	250m:	350m:	
	100m:	200m:	300m:	400m: 5:48.13	
3.	DEMOULIN, Mary	14	Natation Gatineau	6:05.13	386
	50m: 39.23 39.23	150m: 2:13.05	50.05 250m: 3:51.80	52.56 350m: 5:27.70	42.36
	100m: 1:23.00 43.77	200m: 2:59.24	46.19 300m: 4:45.34	53.54 400m: 6:05.13	37.43
15 years					
1.	MARTINEAU, Alyssa	15	Natation Gatineau	5:18.50	581
	50m: 32.68 32.68	150m: 1:50.91	40.58 250m: 3:18.93	47.49 350m: 4:42.77	36.28
	100m: 1:10.33 37.65	200m: 2:31.44	40.53 300m: 4:06.49	47.56 400m: 5:18.50	35.73
2.	BROCHU, Aleni	15	Natation Gatineau	5:22.98	557
	50m: 33.73 33.73	150m: 1:51.46	250m: 3:20.10	48.60 350m: 4:46.67	
	100m:	200m: 2:31.50	40.04 300m:	400m: 5:22.98	36.31
3.	ARCHIBALD, Fia	15	Swim Ottawa	5:54.26	422
	50m: 37.94 37.94	150m: 2:05.97	45.36 250m: 3:41.99	52.87 350m:	
	100m: 1:20.61 42.67	200m: 2:49.12	43.15 300m: 4:33.09	51.10 400m: 5:54.26	
16 years and older					
1.	BOYER, Mariane	17	Natation Gatineau	5:14.86	602
	50m: 32.99 32.99	150m: 1:52.66	42.67 250m: 3:19.86	44.83 350m: 4:39.96	35.79
	100m: 1:09.99 37.00	200m: 2:35.03	42.37 300m: 4:04.17	44.31 400m: 5:14.86	34.90
2.	JODOIN, Olivia	17	Greater Ottawa Kingfish S.C.	5:25.87	543
	50m: 34.00 34.00	150m: 1:55.35	43.19 250m: 3:24.10	46.31 350m: 4:49.06	39.06
	100m: 1:12.16 38.16	200m: 2:37.79	42.44 300m: 4:10.00	45.90 400m: 5:25.87	36.81

Event 111, Women, 400m Medley, 16 years and older

Rank					Age					Time	Pts	
3.	LIVINGSTON, Emmanuelle				17	Greater Ottawa Kingfish S.C.				5:35.58	497	
	50m:	35.97	35.97	150m:	2:00.51	45.08	250m:	3:33.49	50.08	350m:	4:59.35	
	100m:	1:15.43	39.46	200m:	2:43.41	42.90	300m:			400m:	5:35.58	36.23
4.	MENDIETA-SWEET, Justice T				16	Kingston Blue Marlins				5:52.87	427	
	50m:	36.79	36.79	150m:			250m:			350m:	5:14.66	39.47
	100m:	1:20.77	43.98	200m:	2:56.96		300m:	4:35.19		400m:	5:52.87	38.21
5.	RANDS, Catherine				17	Swim Ottawa				6:03.62	390	
	50m:	38.65	38.65	150m:	2:14.02	48.18	250m:	3:48.84	48.74	350m:	5:22.07	43.68
	100m:	1:25.84	47.19	200m:	3:00.10	46.08	300m:	4:38.39	49.55	400m:	6:03.62	41.55