

Event 112 Men, 400m Medley 13 years and older
2026-04-24 - 11:46 Results

Record de piscine / Pool Record	4:30.96	SWANSTON, Jeffrey	NEW	Gatineau	2012-02-17
Meet Records 15 +	4:43.61	SEMENYUK, Yegor	NG	Gatineau	2024-04-26
Meet Records 13 - 14	4:55.54	TANGANELLI, Joao Gabriel	NN	Gatineau	2023-04-28

Points: AQUA 2024

Rank Age Time Pts
13 years

1.	LABOISSONNIERE, Max L	13	Greater Ottawa Kingfish S.C.	5:19.89	435
	50m: 34.49 34.49	150m:	250m: 3:19.92	350m: 4:43.26	
	100m:	200m:	300m:	400m: 5:19.89	36.63
2.	AGUENIS, Adam Liam	13	Natation Gatineau	5:51.75	327
	50m: 35.60 35.60	150m: 2:04.44	250m: 3:40.09 49.27	350m: 5:12.13	39.51
	100m:	200m: 2:50.82 46.38	300m: 4:32.62 52.53	400m: 5:51.75	39.62

14 years

1.	JASEM RADHE, Kinan	14	Natation Gatineau	4:53.85	562
	50m: 31.87 31.87	150m: 1:43.13 36.93	250m: 3:04.03 43.63	350m: 4:21.75	34.46
	100m: 1:06.20 34.33	200m: 2:20.40 37.27	300m: 3:47.29 43.26	400m: 4:53.85	32.10
2.	THOMAS, Ronan	14	Northumberland Aquatic Club	5:17.29	446
	50m: 35.50 35.50	150m:	250m: 3:20.23 43.26	350m:	
	100m:	200m: 2:36.97	300m:	400m: 5:17.29	
3.	KHOKAZ, Nathan	14	Natation Gatineau	5:22.16	426
	50m: 32.45 32.45	150m: 1:49.13 40.35	250m: 3:18.87 50.50	350m: 4:46.30	36.49
	100m: 1:08.78 36.33	200m: 2:28.37 39.24	300m: 4:09.81 50.94	400m: 5:22.16	35.86
4.	PACHEBAT, Gabriel	14	Natation Gatineau	5:31.79	390
	50m: 35.08 35.08	150m: 1:58.21 42.88	250m: 3:29.34 49.24	350m: 4:56.37	37.47
	100m: 1:15.33 40.25	200m: 2:40.10 41.89	300m: 4:18.90 49.56	400m: 5:31.79	35.42
5.	HELMSTAEDT, Grant	14	Ernestown Barracuda Swim Club	5:49.67	333
	50m: 37.91 37.91	150m: 2:13.19 43.82	250m: 3:43.37 45.91	350m: 5:11.56	40.08
	100m: 1:29.37 51.46	200m: 2:57.46 44.27	300m: 4:31.48 48.11	400m: 5:49.67	38.11

15 years

1.	ZEWDIE, Matteo	15	Greater Ottawa Kingfish S.C.	4:58.91	533
	50m: 31.09 31.09	150m: 1:45.78 37.51	250m: 3:08.72 46.11	350m: 4:27.17	33.15
	100m: 1:08.27 37.18	200m: 2:22.61 36.83	300m: 3:54.02 45.30	400m: 4:58.91	31.74
2.	BARON, Gabe F	15	Kingston Blue Marlins	5:14.37	458
	50m: 31.29 31.29	150m: 1:49.87 41.45	250m: 3:17.73 46.38	350m: 4:38.90	35.67
	100m: 1:08.42 37.13	200m: 2:31.35 41.48	300m: 4:03.23 45.50	400m: 5:14.37	35.47
3.	SHELWELL DE VLIIEGER, Willem	15	Swim Ottawa	5:16.65	449
	50m: 34.47 34.47	150m: 1:56.31 42.66	250m: 3:23.59 45.35	350m: 4:43.36	35.00
	100m: 1:13.65 39.18	200m: 2:38.24 41.93	300m: 4:08.36 44.77	400m: 5:16.65	33.29
4.	REZVANI, Artin	15	Natation Gatineau	5:31.59	391
	50m:	150m: 2:00.62 44.03	250m: 3:30.08 47.79	350m: 4:55.15	36.95
	100m: 1:16.59	200m: 2:42.29 41.67	300m: 4:18.20 48.12	400m: 5:31.59	36.44

Event 112, Men, 400m Medley

16 years and older

1.	RUSU, Eduard-Daniel	19	Club aquatique Montreal	4:36.71	673
	50m: 29.43 29.43	150m: 1:39.92	36.99 250m: 2:54.11 38.95	350m: 4:06.28	32.10
	100m: 1:02.93 33.50	200m: 2:15.16	35.24 300m: 3:34.18 40.07	400m: 4:36.71	30.43
2.	JONES, Emile-Olivier	16	Natation Gatineau	4:45.28	614
	50m: 30.03 30.03	150m: 1:41.13	250m: 2:59.63	350m: 4:14.14	32.22
	100m:	200m:	300m: 3:41.92 42.29	400m: 4:45.28	31.14
3.	BIROLLEAU-SGARD, Charly	16	Natation Gatineau	4:51.15	577
	50m: 30.30 30.30	150m: 1:42.51	38.12 250m: 3:01.93 40.91	350m:	
	100m: 1:04.39 34.09	200m: 2:21.02	38.51 300m: 3:43.73 41.80	400m: 4:51.15	
4.	PANTAROTTO, Dylan	17	Swim Ottawa	4:52.27	571
	50m: 29.72 29.72	150m: 1:42.25	38.27 250m: 3:03.26 43.42	350m: 4:20.11	33.97
	100m: 1:03.98 34.26	200m: 2:19.84	37.59 300m: 3:46.14 42.88	400m: 4:52.27	32.16
5.	THOMAS, Evan	17	Northumberland Aquatic Club	4:53.93	561
	50m: 30.67 30.67	150m:	250m: 3:04.34 44.10	350m: 4:21.51	33.00
	100m: 1:05.09 34.42	200m: 2:20.24	300m: 3:48.51 44.17	400m: 4:53.93	32.42
6.	CAMERON, Beckett	17	Swim Ottawa	5:04.92	503
	50m: 29.51 29.51	150m: 1:46.74	250m: 3:10.76	350m: 4:31.14	
	100m:	200m:	300m:	400m: 5:04.92	33.78
7.	GOYETTE, Antoine	17	Natation Gatineau	5:06.01	497
	50m: 30.52 30.52	150m: 1:44.82	38.73 250m: 3:07.66 42.44	350m: 4:29.72	36.02
	100m: 1:06.09 35.57	200m: 2:25.22	40.40 300m: 3:53.70 46.04	400m: 5:06.01	36.29
8.	BOWLES, Matthew	16	Swim Ottawa	5:22.69	424
	50m: 31.21 31.21	150m: 1:52.52	42.99 250m: 3:20.11 44.68	350m: 4:44.42	38.17
	100m: 1:09.53 38.32	200m: 2:35.43	42.91 300m: 4:06.25 46.14	400m: 5:22.69	38.27
9.	CRAMPTON, Drew	18	Ernestown Barracuda Swim Club	5:27.59	405
	50m: 32.20 32.20	150m: 1:53.64	42.59 250m: 3:24.22	350m: 4:50.09	
	100m: 1:11.05 38.85	200m:	300m:	400m: 5:27.59	37.50