

Event 123
 2026-04-25 - 11:38

Women, 400m Freestyle

 13 years and older
 Results

Record de piscine / Pool Record	4:16.48	MACLEAN, Brittany	ESWIM	Gatineau	2012-02-18
Meet Records 15 +	4:35.71	MULLINS, Keira	GSH	Gatineau	2023-04-29
Meet Records 13 - 14	4:36.56	KRAUSS, Ellie	NG	Gatineau	2023-04-29

Points: AQUA 2024

Rank			Age			Time			Pts
13 years									
1.	BEAUCHAMP, Marie		13	Natation Gatineau		4:53.54			515
	50m:		150m:	250m:		350m:			
	100m:	1:09.71	200m:	300m:	3:41.52	400m:	4:53.54		
2.	RASOULIS, Evangelia		13	Greater Ottawa Kingfish S.C.		5:02.49			471
	50m:	34.31 34.31	150m:	250m:	3:09.17 39.66	350m:			
	100m:	1:12.10 37.79	200m:	300m:	3:47.77 38.60	400m:	5:02.49		
3.	GORA, Chelsea		13	Ernestown Barracuda Swim Club		5:03.87			464
	50m:	33.32 33.32	150m:	250m:	3:07.42	350m:	4:25.85		
	100m:	1:11.05 37.73	200m:	300m:		400m:	5:03.87 38.02		
4.	DESSUREAULT, Laurence		13	Club de Natation Mont-Tremblan		5:12.83			425
	50m:		150m:	250m:		350m:			
	100m:	1:12.76	200m:	300m:	3:53.29	400m:	5:12.83		
5.	LAFRENIERE, Sandrienne		13	Natation Gatineau		5:17.21			408
	50m:	36.30 36.30	150m:	250m:	3:19.20 40.84	350m:	4:40.43 40.47		
	100m:	1:16.36 40.06	200m:	300m:	3:59.96 40.76	400m:	5:17.21 36.78		
6.	ANDRUS, Chloe		13	Northumberland Aquatic Club		5:17.39			407
	50m:		150m:	250m:		350m:			
	100m:	1:15.86	200m:	300m:	3:59.83	400m:	5:17.39		
14 years									
1.	NORLOCK, Helena V		14	Carleton Place Water Dragons		5:01.66			475
	50m:	32.46 32.46	150m:	250m:	3:05.50 39.32	350m:	4:23.88 38.24		
	100m:	1:09.36 36.90	200m:	300m:	3:45.64 40.14	400m:	5:01.66 37.78		
2.	HOSKIN, Victoria		14	Greater Ottawa Kingfish S.C.		5:06.58			452
	50m:	34.55 34.55	150m:	250m:	3:10.55 39.24	350m:	4:29.30 39.25		
	100m:	1:12.95 38.40	200m:	300m:	3:50.05 39.50	400m:	5:06.58 37.28		
3.	GOW, Emma L		14	Kingston Blue Marlins		5:18.39			404
	50m:		150m:	250m:		350m:			
	100m:		200m:	300m:		400m:	5:18.39		
15 years									
1.	TRIPP, Helena T		15	Kingston Blue Marlins		4:35.63			622
	50m:	30.72 30.72	150m:	250m:	2:50.97 35.09	350m:	4:01.46 35.38		
	100m:	1:05.48 34.76	200m:	300m:	3:26.08 35.11	400m:	4:35.63 34.17		
2.	BROCHU, Aleni		15	Natation Gatineau		4:41.02			587
	50m:		150m:	250m:		350m:			
	100m:	1:08.72	200m:	300m:	3:31.62	400m:	4:41.02		
3.	PARADIS, Jolianne		15	Natation Gatineau		4:48.01			545
	50m:	33.43 33.43	150m:	250m:	3:00.51 37.50	350m:	4:13.53 36.62		
	100m:	1:09.31 35.88	200m:	300m:	3:36.91 36.40	400m:	4:48.01 34.48		

Event 123, Girls, 400m Freestyle, 15 years

Rank					Age					Time	Pts	
4.	BOUDREAU-LAVOIE, Charlotte				15	Greater Ottawa Kingfish S.C.				5:06.40	453	
	50m:	34.23	34.23	150m:	1:52.04	39.37	250m:	3:10.33	38.70	350m:	4:28.20	38.35
	100m:	1:12.67	38.44	200m:	2:31.63	39.59	300m:	3:49.85	39.52	400m:	5:06.40	38.20
5.	SCHMIDT STUTZMAN, Maggie O				15	Kingston Blue Marlins				5:12.60	426	
	50m:	35.69	35.69	150m:	1:55.58	39.55	250m:	3:13.93	38.62	350m:		
	100m:	1:16.03	40.34	200m:	2:35.31	39.73	300m:	3:53.29	39.36	400m:	5:12.60	

16 years and older

1.	KRAUSS, Ellie				17	Natation Gatineau				4:32.53	644	
	50m:			150m:		250m:			350m:			
	100m:	1:05.59		200m:	2:15.53	300m:	3:24.46		400m:	4:32.53		
2.	TESSIER, Sophia				17	Natation Gatineau				4:39.40	597	
	50m:			150m:		250m:			350m:			
	100m:	1:07.27		200m:		300m:	3:28.84		400m:	4:39.40		
3.	BOYER, Mariane				17	Natation Gatineau				4:42.11	580	
	50m:	32.41	32.41	150m:	1:43.33	35.60	250m:	2:55.26	35.92	350m:	4:06.92	35.93
	100m:	1:07.73	35.32	200m:	2:19.34	36.01	300m:	3:30.99	35.73	400m:	4:42.11	35.19
4.	NOORDHOF, Ava				17	Greater Ottawa Kingfish S.C.				4:47.88	546	
	50m:	33.11	33.11	150m:	1:46.01	36.27	250m:	2:58.71	36.52	350m:	4:11.56	36.63
	100m:	1:09.74	36.63	200m:	2:22.19	36.18	300m:	3:34.93	36.22	400m:	4:47.88	36.32
5.	KINSELLA, Maia				16	Timmins Marlins Swim Club				4:48.53	542	
	50m:			150m:		250m:			350m:			
	100m:	1:10.02		200m:	2:23.92	300m:	3:37.49		400m:	4:48.53		
6.	LIVINGSTON, Emmanuelle				17	Greater Ottawa Kingfish S.C.				4:52.35	521	
	50m:	33.54	33.54	150m:	1:46.34		250m:	3:01.02		350m:	4:16.75	
	100m:			200m:			300m:			400m:	4:52.35	35.60
7.	COLLINS, Julia G				16	Kingston Blue Marlins				4:54.67	509	
	50m:	33.82	33.82	150m:	1:48.03	37.33	250m:	3:02.14		350m:	4:17.54	38.03
	100m:	1:10.70	36.88	200m:			300m:	3:39.51	37.37	400m:	4:54.67	37.13
8.	TIMPSON, Evangelina E				16	Kingston Blue Marlins				4:57.70	494	
	50m:			150m:	1:49.13	37.16	250m:			350m:		
	100m:	1:11.97		200m:	2:27.25	38.12	300m:	3:44.06		400m:	4:57.70	
9.	OUIMET, Arielle				16	Greater Ottawa Kingfish S.C.				5:00.38	481	
	50m:	33.30	33.30	150m:	1:49.53		250m:	3:05.82		350m:		
	100m:			200m:			300m:			400m:	5:00.38	
10.	SERSON, Olivia				18	Ernestown Barracuda Swim Club				5:01.83	474	
	50m:			150m:		250m:			350m:			
	100m:	1:09.21		200m:	2:25.31		300m:	3:44.07		400m:	5:01.83	
11.	MENDIETA-SWEET, Justice T				16	Kingston Blue Marlins				5:09.00	442	
	50m:			150m:		250m:			350m:	4:31.34		
	100m:			200m:		300m:			400m:	5:09.00	37.66	