



Epreuve 22
2026-05-24 - 11:49

400m Libre

Cat. générale
Liste résultats

Points: AQUA 2026

Rang			Age					Temps	Pts			
8 ans et moins, Filles												
1.	CARETTE, Ophélie		8	Club de natation région de Qué				7:13.88				
	50m:	47.30	47.30	150m:	2:38.40	55.97	250m:	4:32.46	57.22	350m:	6:22.89	55.06
	100m:	1:42.43	55.13	200m:	3:35.24	56.84	300m:	5:27.83	55.37	400m:	7:13.88	50.99
9 - 10 ans, Filles												
1.	VACHON, Romy		10	Club de Natation Régional de I				5:46.26				
	50m:	39.11	39.11	150m:	2:06.54	44.19	250m:	3:35.05	44.29	350m:	5:03.67	44.36
	100m:	1:22.35	43.24	200m:	2:50.76	44.22	300m:	4:19.31	44.26	400m:	5:46.26	42.59
2.	SAINÉ, Elizabeth		10	Rouge et Or/Université Laval				6:06.16				
	50m:	41.06	41.06	150m:	2:14.10	46.50	250m:	3:48.13	47.53	350m:	5:19.82	44.42
	100m:	1:27.60	46.54	200m:	3:00.60	46.50	300m:	4:35.40	47.27	400m:	6:06.16	46.34
3.	CARETTE, Éloïse		10	Club de natation région de Qué				6:10.87				
	50m:	42.72	42.72	150m:	2:17.58	47.39	250m:	3:52.70	47.14	350m:	5:27.56	46.83
	100m:	1:30.19	47.47	200m:	3:05.56	47.98	300m:	4:40.73	48.03	400m:	6:10.87	43.31
4.	CÔTÉ, Florence		9	Club de Natation des Riverains				6:16.95				
	50m:	42.02	42.02	150m:	2:20.64	49.48	250m:	3:59.61	48.61	350m:	5:36.67	47.86
	100m:	1:31.16	49.14	200m:	3:11.00	50.36	300m:	4:48.81	49.20	400m:	6:16.95	40.28
5.	LAROCHE, Eva		10	Équinoxes de Thetford Mines				6:55.73				
	50m:	46.00	46.00	150m:	2:32.64	53.42	250m:	4:19.30	53.26	350m:	6:05.30	52.45
	100m:	1:39.22	53.22	200m:	3:26.04	53.40	300m:	5:12.85	53.55	400m:	6:55.73	50.43
6.	FLORES BERNIER, Rosalie		9	Club Aquatique Charlesbourg				7:00.87				
	50m:	46.89	46.89	150m:	2:34.12	53.49	250m:	4:21.95	54.21	350m:	6:13.79	56.57
	100m:	1:40.63	53.74	200m:	3:27.74	53.62	300m:	5:17.22	55.27	400m:	7:00.87	47.08
7.	DECHAMPLAIN, Anne		10	Club de Natation des Riverains				7:03.15				
	50m:	46.74	46.74	150m:	2:35.47	55.14	250m:	4:25.27	55.05	350m:	6:14.94	55.06
	100m:	1:40.33	53.59	200m:	3:30.22	54.75	300m:	5:19.88	54.61	400m:	7:03.15	48.21
8.	POULIOT, Charlie		10	Club Aquatique Charlesbourg				7:23.06				
	50m:	48.24	48.24	150m:	2:41.76	57.43	250m:	4:35.60	56.27	350m:	6:26.98	55.05
	100m:	1:44.33	56.09	200m:	3:39.33	57.57	300m:	5:31.93	56.33	400m:	7:23.06	56.08
9 - 10 ans, Garçons												
1.	VINCENT, Liam		10	Club Aquatique Charlesbourg				6:00.97				
	50m:	40.38	40.38	150m:	2:12.71	46.95	250m:	3:46.22	47.07	350m:	5:18.23	45.14
	100m:	1:25.76	45.38	200m:	2:59.15	46.44	300m:	4:33.09	46.87	400m:	6:00.97	42.74
2.	BEAUCHEMIN, James		10	Club de Natation des Riverains				6:23.96				
	50m:	43.46	43.46	150m:	2:23.36	49.60	250m:	4:02.01	49.34	350m:	5:39.68	47.91
	100m:	1:33.76	50.30	200m:	3:12.67	49.31	300m:	4:51.77	49.76	400m:	6:23.96	44.28
3.	LEBEL, François		9	Club de Natation des Riverains				6:27.04				
	50m:	43.95	43.95	150m:	2:23.02	50.00	250m:	4:02.91	50.37	350m:	5:41.44	47.61
	100m:	1:33.02	49.07	200m:	3:12.54	49.52	300m:	4:53.83	50.92	400m:	6:27.04	45.60
4.	CÔTÉ, Thomas		10	Club Aquatique Charlesbourg				6:29.07				
	50m:	46.52	46.52	150m:	2:28.04	51.04	250m:	4:07.78	48.93	350m:	5:46.08	48.40
	100m:	1:37.00	50.48	200m:	3:18.85	50.81	300m:	4:57.68	49.90	400m:	6:29.07	42.99



Epreuve 22, Garçons, 400m Libre, 9 - 10 ans

Rang			Age					Temps	Pts			
5.	PINEAU, Nicolas		10	Club Aquatique Charlesbourg				6:30.44				
	50m:	41.02	41.02	150m:	2:20.09	49.98	250m:	4:01.73	51.42	350m:	5:42.50	51.14
	100m:	1:30.11	49.09	200m:	3:10.31	50.22	300m:	4:51.36	49.63	400m:	6:30.44	47.94
6.	DUMONT, Noa		10	Club de Natation des Riverains				6:30.80				
	50m:	45.16	45.16	150m:	2:25.64	50.45	250m:	4:05.85	50.10	350m:	5:44.67	48.51
	100m:	1:35.19	50.03	200m:	3:15.75	50.11	300m:	4:56.16	50.31	400m:	6:30.80	46.13
7.	GUERRA DOUTRELOUX, Federico		10	Club de Natation des Riverains				7:20.26				
	50m:	49.90	49.90	150m:	2:42.46	56.57	250m:	4:32.65	54.97	350m:	6:23.36	54.96
	100m:	1:45.89	55.99	200m:	3:37.68	55.22	300m:	5:28.40	55.75	400m:	7:20.26	56.90
8.	GAGNON, Augustin		9	Club de Natation des Riverains				7:21.02				
	50m:	49.20	49.20	150m:	2:39.48	55.77	250m:	4:32.86	57.72	350m:	6:23.93	55.75
	100m:	1:43.71	54.51	200m:	3:35.14	55.66	300m:	5:28.18	55.32	400m:	7:21.02	57.09

11 - 12 ans, Filles

1.	BONNIN, Lucy		11	Club de Natation des Riverains				6:11.58				
	50m:	43.33	43.33	150m:	2:16.69	45.75	250m:	3:51.37	48.10	350m:	5:27.18	48.69
	100m:	1:30.94	47.61	200m:	3:03.27	46.58	300m:	4:38.49	47.12	400m:	6:11.58	44.40
2.	BLAIS-LAPOINTE, Justine		12	Club de Natation des Riverains				6:16.82				
	50m:	42.25	42.25	150m:	2:18.39	48.82	250m:	3:56.46	49.00	350m:	5:32.86	47.13
	100m:	1:29.57	47.32	200m:	3:07.46	49.07	300m:	4:45.73	49.27	400m:	6:16.82	43.96
3.	HUDON, Lily		11	Club de natation région de Qué				6:25.86				
	50m:	45.38	45.38	150m:	2:24.92	49.88	250m:	4:04.84	50.45	350m:	5:40.22	45.56
	100m:	1:35.04	49.66	200m:	3:14.39	49.47	300m:	4:54.66	49.82	400m:	6:25.86	45.64
4.	MORIN, Lili		12	Club Aquatique Charlesbourg				6:29.16				
	50m:	43.00	43.00	150m:	2:21.69	49.47	250m:	4:01.89	49.44	350m:	5:41.66	49.49
	100m:	1:32.22	49.22	200m:	3:12.45	50.76	300m:	4:52.17	50.28	400m:	6:29.16	47.50
5.	VIEL, Agate		12	Club de natation région de Qué				6:31.56				
	50m:	43.80	43.80	150m:	2:21.66	49.49	250m:	4:02.05	50.45	350m:	5:41.64	50.21
	100m:	1:32.17	48.37	200m:	3:11.60	49.94	300m:	4:51.43	49.38	400m:	6:31.56	49.92
6.	POWELL, Jasmine		11	Club de Natation des Riverains				6:32.79				
	50m:	41.13	41.13	150m:	2:22.52	49.89	250m:	4:03.89	50.54	350m:	5:45.62	50.42
	100m:	1:32.63	51.50	200m:	3:13.35	50.83	300m:	4:55.20	51.31	400m:	6:32.79	47.17
7.	DEMERS, Laurie		12	Club Aquatique Charlesbourg				6:41.96				
	50m:	44.36	44.36	150m:	2:28.06	52.82	250m:	4:10.37	52.43	350m:	5:53.88	51.39
	100m:	1:35.24	50.88	200m:	3:17.94	49.88	300m:	5:02.49	52.12	400m:	6:41.96	48.08
8.	MICHAUD, Marie-Philippe		11	Club de Natation Régional de l				6:48.81				
	50m:	47.08	47.08	150m:	2:33.37	53.42	250m:	4:17.88	51.85	350m:	5:59.98	50.35
	100m:	1:39.95	52.87	200m:	3:26.03	52.66	300m:	5:09.63	51.75	400m:	6:48.81	48.83
9.	MARTINEAU, Roxane		12	Club de Natation des Riverains				7:05.30				
	50m:	48.43	48.43	150m:	2:38.07	55.31	250m:	4:28.85	55.51	350m:	6:17.97	54.04
	100m:	1:42.76	54.33	200m:	3:33.34	55.27	300m:	5:23.93	55.08	400m:	7:05.30	47.33
10.	BOUCHARD, Romy		12	Club Aquatique Charlesbourg				7:11.52				
	50m:	46.46	46.46	150m:	2:33.15	54.70	250m:	4:25.85	56.73	350m:	6:19.00	55.85
	100m:	1:38.45	51.99	200m:	3:29.12	55.97	300m:	5:23.15	57.30	400m:	7:11.52	52.52
11.	LACOMBE, Ariane		12	Club Aquatique Charlesbourg				7:19.45				
	50m:	48.94	48.94	150m:	2:41.97	56.81	250m:	4:35.16	56.23	350m:	6:25.24	53.47
	100m:	1:45.16	56.22	200m:	3:38.93	56.96	300m:	5:31.77	56.61	400m:	7:19.45	54.21



Epreuve 22, Filles, 400m Libre, 11 - 12 ans

Rang			Age	Club				Temps	Pts
12.	JACQUES, Romy		11	Club de Natation des Riverains				8:02.80	
	50m:	49.94 49.94	150m:	2:51.72 1:02.30	250m:	4:59.70 1:04.57	350m:	7:04.14 1:04.69	
	100m:	1:49.42 59.48	200m:	3:55.13 1:03.41	300m:	5:59.45 59.75	400m:	8:02.80 58.66	

11 - 12 ans, Garçons

1.	WANG, Stan		11	Nsh				5:55.14	
	50m:	39.28 39.28	150m:	2:08.99 44.75	250m:	3:39.47 45.22	350m:	5:08.35 42.74	
	100m:	1:24.24 44.96	200m:	2:54.25 45.26	300m:	4:25.61 46.14	400m:	5:55.14 46.79	
2.	GAUDREAU, Charles		12	Club de Natation de Montmagny				6:05.42	
	50m:	39.04 39.04	150m:	2:13.28 47.51	250m:	3:50.52 49.40	350m:	5:21.91 46.81	
	100m:	1:25.77 46.73	200m:	3:01.12 47.84	300m:	4:35.10 44.58	400m:	6:05.42 43.51	
3.	PICARD, Edward		12	Club de Natation des Riverains				6:10.64	
	50m:	43.26 43.26	150m:	2:21.81 50.01	250m:	3:57.00 47.49	350m:	5:24.02 39.93	
	100m:	1:31.80 48.54	200m:	3:09.51 47.70	300m:	4:44.09 47.09	400m:	6:10.64 46.62	
4.	DOYON, Elliot		12	Club de Natation de Montmagny				6:52.17	
	50m:	41.37 41.37	150m:	2:21.90 51.68	250m:	4:09.82 55.27	350m:	5:58.33 53.63	
	100m:	1:30.22 48.85	200m:	3:14.55 52.65	300m:	5:04.70 54.88	400m:	6:52.17 53.84	
5.	DORVAL, Arnaud		11	Club de natation région de Qué				6:56.17	
	50m:	45.38 45.38	150m:	2:31.42 53.33	250m:	4:18.96 54.38	350m:	6:05.42 53.05	
	100m:	1:38.09 52.71	200m:	3:24.58 53.16	300m:	5:12.37 53.41	400m:	6:56.17 50.75	
6.	VALLIÈRE, Arthur		12	Club Aquatique Charlesbourg				7:50.17	
	50m:	48.23 48.23	150m:	2:47.63 1:01.08	250m:	4:48.79 59.94	350m:	6:51.24 1:00.30	
	100m:	1:46.55 58.32	200m:	3:48.85 1:01.22	300m:	5:50.94 1:02.15	400m:	7:50.17 58.93	

13 - 14 ans, Filles

1.	LAJEUNESSE, Emilie		14	Club de Natation de Montmagny				5:35.28	
	50m:	38.79 38.79	150m:	2:05.42 43.52	250m:	3:32.95 44.01	350m:	4:58.67 41.75	
	100m:	1:21.90 43.11	200m:	2:48.94 43.52	300m:	4:16.92 43.97	400m:	5:35.28 36.61	
2.	BOUSNINA, Sara		14	Rouge et Or/Université Laval				5:56.39	
	50m:	40.49 40.49	150m:	2:10.73 45.48	250m:	3:42.96 46.02	350m:	5:13.68 44.02	
	100m:	1:25.25 44.76	200m:	2:56.94 46.21	300m:	4:29.66 46.70	400m:	5:56.39 42.71	
3.	LAPORTE, Emma		14	Club de Natation des Riverains				6:11.08	
	50m:	40.97 40.97	150m:	2:14.97 48.00	250m:	3:50.33 48.04	350m:	5:25.23 46.81	
	100m:	1:26.97 46.00	200m:	3:02.29 47.32	300m:	4:38.42 48.09	400m:	6:11.08 45.85	
4.	JACQUES, Mathilde		14	Club de Natation Régional de I				6:18.40	
	50m:	42.08 42.08	150m:	2:16.93 48.15	250m:	3:53.89 48.85	350m:	5:30.93 48.38	
	100m:	1:28.78 46.70	200m:	3:05.04 48.11	300m:	4:42.55 48.66	400m:	6:18.40 47.47	

13 - 14 ans, Garçons

1.	BEAUDET, Gabriel		14	Club de natation région de Qué				5:20.44	
	50m:	36.50 36.50	150m:	1:58.04 41.53	250m:	3:19.57 40.36	350m:	4:40.33 39.88	
	100m:	1:16.51 40.01	200m:	2:39.21 41.17	300m:	4:00.45 40.88	400m:	5:20.44 40.11	
2.	ABEL, Jérémie		14	Club de natation région de Qué				5:47.44	
	50m:	39.26 39.26	150m:	2:09.31 45.58	250m:	3:39.61 45.17	350m:	5:07.46 42.88	
	100m:	1:23.73 44.47	200m:	2:54.44 45.13	300m:	4:24.58 44.97	400m:	5:47.44 39.98	
3.	BERBERI, Elliot		13	Club de Natation Régional de I				5:52.80	
	50m:	38.69 38.69	150m:	2:07.10 45.26	250m:	3:38.23 45.54	350m:	5:10.42 46.28	
	100m:	1:21.84 43.15	200m:	2:52.69 45.59	300m:	4:24.14 45.91	400m:	5:52.80 42.38	



Epreuve 22, Garçons, 400m Libre, 13 - 14 ans

Rang			Age					Temps	Pts			
4.	PERNET, Théophile		13	Club de natation région de Qué				6:06.79				
	50m:	41.89	41.89	150m:	2:17.63	48.11	250m:	3:51.85	46.52	350m:	5:24.84	46.57
	100m:	1:29.52	47.63	200m:	3:05.33	47.70	300m:	4:38.27	46.42	400m:	6:06.79	41.95
5.	PARENT, Raphaël		13	Club de natation région de Qué				6:54.99				
	50m:	44.17	44.17	150m:	2:28.59	52.71	250m:	4:16.08	53.86	350m:	6:04.39	54.29
	100m:	1:35.88	51.71	200m:	3:22.22	53.63	300m:	5:10.10	54.02	400m:	6:54.99	50.60

15 ans et plus, Dames

1.	LESSARD, Ilana		15	Club de Natation Régional de I				5:20.85				
	50m:	36.47	36.47	150m:	1:57.21	40.61	250m:	3:19.98	41.13	350m:	4:42.14	41.15
	100m:	1:16.60	40.13	200m:	2:38.85	41.64	300m:	4:00.99	41.01	400m:	5:20.85	38.71
2.	DESBIENS, Delphine		15	Club de Natation des Riverains				6:00.03				
	50m:	38.34	38.34	150m:	2:08.27	45.66	250m:	3:40.97	46.50	350m:	5:14.43	46.57
	100m:	1:22.61	44.27	200m:	2:54.47	46.20	300m:	4:27.86	46.89	400m:	6:00.03	45.60