

Epreuve 3

Filles, 400m Libre

13 ans et moins

2026-05-14 - 8:30

Liste résultats Elimatoire

Canadian Senior Records	3:54.18	MCINTOSH, Summer	UNCAN	Victoria	2025-06-07
Canadian Age Group Records 13 - 14	4:02.42	MCINTOSH, Summer	ESWIM	Tokyo (JPN)	2021-07-26
Canadian Age Group Records 11 - 12	4:20.68	MCINTOSH, Summer	ESWIM	Winnipeg	2019-08-10
Quebec Provincial Senior Records	4:05.42	HARVEY, Mary-Sophie	CAMO	Saint-Denis (FRA)	2025-05-10
Quebec Provincial Age Group Records	134:31.48	BIRCHENROUGH, Nancy	PCSC	???	1984-08-01
Quebec Provincial Age Group Records - 14:	38.92	CHEBARAKA, Majda	CAMO	Calgary	2012-07-29

Essais canadiens - 17: 4:26.87

Points: Can PARA 2025

Rang	Age	Club	Temps	Pts	100m	200m	300m	400m
1.	13	Pointe-Claire Swim Club	4:42.98	Q	1:08.31	2:20.29	3:33.34	4:42.98
		50m: 32.62	150m: 1:44.27	35.96	250m: 2:56.68	36.39	350m: 4:09.36	36.02
		100m: 1:08.31	200m: 2:20.29	36.02	300m: 3:33.34	36.66	400m: 4:42.98	33.62
2.	13	Pointe-Claire Swim Club	4:44.95	Q	1:07.17	2:18.98	3:32.61	4:44.95
		50m: 31.95	150m: 1:43.18	36.01	250m: 2:55.75	36.77	350m: 4:09.44	36.83
		100m: 1:07.17	200m: 2:18.98	35.80	300m: 3:32.61	36.86	400m: 4:44.95	35.51
3.	13	Pointe-Claire Swim Club	4:46.33	Q	1:06.60	2:19.46	3:33.00	4:46.33
		50m: 31.67	150m: 1:42.65	36.05	250m: 2:55.99	36.53	350m: 4:10.13	37.13
		100m: 1:06.60	200m: 2:19.46	36.81	300m: 3:33.00	37.01	400m: 4:46.33	36.20
4.	13	Elite	4:49.15	Q	1:07.49	2:21.09	3:35.51	4:49.15
		50m: 32.13	150m: 1:43.84	36.35	250m: 2:57.96	36.87	350m: 4:12.30	36.79
		100m: 1:07.49	200m: 2:21.09	37.25	300m: 3:35.51	37.55	400m: 4:49.15	36.85
5.	13	Club de natation du Centre	4:52.82	Q	1:09.34	2:24.04	3:38.74	4:52.82
		50m: 33.37	150m: 1:46.57	37.23	250m: 3:00.73	36.69	350m: 4:17.05	38.31
		100m: 1:09.34	200m: 2:24.04	37.47	300m: 3:38.74	38.01	400m: 4:52.82	35.77
6.	12	Club de Natation Régional	4:52.97	Q	1:08.42	2:22.65	3:39.09	4:52.97
		50m: 32.86	150m: 1:45.29	36.87	250m: 3:00.62	37.97	350m: 4:17.34	38.25
		100m: 1:08.42	200m: 2:22.65	37.36	300m: 3:39.09	38.47	400m: 4:52.97	35.63
7.	13	Club De Natation Sherbrool	4:53.44	Q	1:09.25	2:24.12	3:39.99	4:53.44
		50m: 32.70	150m: 1:46.31	37.06	250m: 3:02.03	37.91	350m: 4:16.98	36.99
		100m: 1:09.25	200m: 2:24.12	37.81	300m: 3:39.99	37.96	400m: 4:53.44	36.46
8.	13	Natation Gatineau	4:56.14	Q	1:08.98	2:25.55	3:42.46	4:56.14
		50m: 32.74	150m: 1:47.07	38.09	250m: 3:03.76	38.21	350m: 4:20.48	38.02
		100m: 1:08.98	200m: 2:25.55	38.48	300m: 3:42.46	38.70	400m: 4:56.14	35.66
9.	12	Nsh	4:56.32	Q	1:08.71	2:25.73	3:42.38	4:56.32
		50m: 31.79	150m: 1:46.99	38.28	250m: 3:04.05	38.32	350m: 4:20.05	37.67
		100m: 1:08.71	200m: 2:25.73	38.74	300m: 3:42.38	38.33	400m: 4:56.32	36.27
10.	13	Club de natation Mégophia	4:57.33	Q	1:11.00	2:26.77	3:43.89	4:57.33
		50m: 33.56	150m: 1:48.66	37.66	250m: 3:05.43	38.66	350m: 4:21.55	37.66
		100m: 1:11.00	200m: 2:26.77	38.11	300m: 3:43.89	38.46	400m: 4:57.33	35.78
11.	13	Pointe-Claire Swim Club	4:59.27	R	1:10.16	2:26.42	3:43.35	4:59.27
		50m: 33.29	150m: 1:47.89	37.73	250m: 3:04.86	38.44	350m: 4:22.04	38.69
		100m: 1:10.16	200m: 2:26.42	38.53	300m: 3:43.35	38.49	400m: 4:59.27	37.23
12.	13	Club de Natation SAMAK	4:59.78	R	1:10.34	2:26.75	3:44.04	4:59.78
		50m: 34.04	150m: 1:48.43	38.09	250m: 3:05.13	38.38	350m: 4:22.42	38.38
		100m: 1:10.34	200m: 2:26.75	38.32	300m: 3:44.04	38.91	400m: 4:59.78	37.36
13.	13	Les Dauphins de Rimouski	5:00.32	R	1:09.95	2:27.06	3:44.87	5:00.32
		50m: 33.07	150m: 1:48.25	38.30	250m: 3:05.88	38.82	350m: 4:23.44	38.57
		100m: 1:09.95	200m: 2:27.06	38.81	300m: 3:44.87	38.99	400m: 5:00.32	36.88
14.	13	Côte-des-Neiges Notre-Da	5:03.07	R	1:10.88	2:27.56	3:45.53	5:03.07
		50m: 33.09	150m: 1:48.92	38.04	250m: 3:06.24	38.68	350m: 4:24.70	39.17
		100m: 1:10.88	200m: 2:27.56	38.64	300m: 3:45.53	39.29	400m: 5:03.07	38.37
15.	12	Club Aquatique Charlesbol	5:03.96		1:09.32	2:27.02	3:45.57	5:03.96
		50m: 32.28	150m: 1:47.89	38.57	250m: 3:06.44	39.42	350m: 4:25.25	39.68
		100m: 1:09.32	200m: 2:27.02	39.13	300m: 3:45.57	39.13	400m: 5:03.96	38.71
16.	13	Club de Natation NATAQUI	5:04.40		1:09.73	2:27.57	3:46.81	5:04.40
		50m: 33.15	150m: 1:48.40	38.67	250m: 3:06.95	39.38	350m: 4:26.38	39.57
		100m: 1:09.73	200m: 2:27.57	39.17	300m: 3:46.81	39.86	400m: 5:04.40	38.02
17.	12	Club de natation région de	5:04.51		1:11.07	2:28.65	3:46.31	5:04.51
		50m: 33.51	150m: 1:49.53	38.46	250m: 3:07.31	38.66	350m: 4:25.11	38.80
		100m: 1:11.07	200m: 2:28.65	39.12	300m: 3:46.31	39.00	400m: 5:04.51	39.40
18.	12	Cote Saint-Luc Aquatics	5:05.62		1:11.10	2:30.07	3:49.37	5:05.62
		50m: 32.74	150m: 1:50.66	39.56	250m: 3:09.54	39.47	350m: 4:28.52	39.15
		100m: 1:11.10	200m: 2:30.07	39.41	300m: 3:49.37	39.83	400m: 5:05.62	37.10

Epreuve 3, Filles, 400m Libre, Eliminatoire, 13 ans et moins

Rang	Age	Temps	Pts	100m	200m	300m	400m
19. DINH, Marie-Anne	12	Club Citadins de Vaudreuil	5:05.67	1:12.72	2:30.99	3:49.05	5:05.67
		50m: 34.51 34.51		150m: 1:52.01 39.29	250m: 3:09.98	38.99 350m: 4:27.56	38.51
		100m: 1:12.72 38.21		200m: 2:30.99 38.98	300m: 3:49.05	39.07 400m: 5:05.67	38.11
20. TESSIER, Ellyanne	13	Club de natation région de	5:06.45	1:12.30	2:30.71	3:49.10	5:06.45
		50m: 34.07 34.07		150m: 1:51.44 39.14	250m: 3:09.69	38.98 350m: 4:28.14	39.04
		100m: 1:12.30 38.23		200m: 2:30.71 39.27	300m: 3:49.10	39.41 400m: 5:06.45	38.31
21. MARTIN, Raphaëlle	12	Neptune Natation	5:06.62	1:11.10	2:30.56	3:49.80	5:06.62
		50m: 33.89 33.89		150m: 1:49.96 38.86	250m: 3:09.71	39.15 350m: 4:29.80	40.00
		100m: 1:11.10 37.21		200m: 2:30.56 40.60	300m: 3:49.80	40.09 400m: 5:06.62	36.82
22. BONNEVILLE, Naomi	12	Club aquatique Montréal	5:08.08	1:12.69	2:31.56	3:50.35	5:08.08
		50m: 34.13 34.13		150m: 1:52.41 39.72	250m: 3:11.22	39.66 350m: 4:30.50	40.15
		100m: 1:12.69 38.56		200m: 2:31.56 39.15	300m: 3:50.35	39.13 400m: 5:08.08	37.58
23. GRÉGOIRE, Jade	12	Club de natation région de	5:11.16	1:13.51	2:32.74	3:52.73	5:11.16
		50m: 34.73 34.73		150m: 1:52.96 39.45	250m: 3:12.47	39.73 350m: 4:32.71	39.98
		100m: 1:13.51 38.78		200m: 2:32.74 39.78	300m: 3:52.73	40.26 400m: 5:11.16	38.45
24. COLLARD, Aurélie	12	Club De Natation Sherbroo	5:13.51	1:12.12	2:32.35	3:54.27	5:13.51
		50m: 34.11 34.11		150m: 1:51.52 39.40	250m: 3:13.91	41.56 350m: 4:34.05	39.78
		100m: 1:12.12 38.01		200m: 2:32.35 40.83	300m: 3:54.27	40.36 400m: 5:13.51	39.46
25. BOURNE, Cassandra	12	Côte-des-Neiges Notre-Da	5:15.20	1:15.43	2:35.99	3:56.86	5:15.20
		50m: 35.45 35.45		150m: 1:54.74 39.31	250m: 3:16.21	40.22 350m: 4:37.06	40.20
		100m: 1:15.43 39.98		200m: 2:35.99 41.25	300m: 3:56.86	40.65 400m: 5:15.20	38.14

Epreuve 3

Filles, 400m Libre

14 - 15 ans

2026-05-14 - 8:30

Liste résultats Eliminatoire

Canadian Senior Records	3:54.18	MCINTOSH, Summer	UNCAN	Victoria	2025-06-07
Canadian Age Group Records 15 - 17	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	2023-03-28
Canadian Age Group Records 13 - 14	4:02.42	MCINTOSH, Summer	ESWIM	Tokyo (JPN)	2021-07-26
Quebec Provincial Senior Records	4:05.42	HARVEY, Mary-Sophie	CAMO	Saint-Denis (FRA)	2025-05-10
Quebec Provincial Age Group Records 154:15.09		JARDIN, Barbara	PPO	Montreal	2007-06-30
Quebec Provincial Age Group Records 144:22.18		HARVEY, Mary-Sophie	NN	Winnipeg	2014-07-27

Essais canadiens - 17: 4:26.87

Points: Can PARA 2025

Rang	Age	Temps	Pts	100m	200m	300m	400m	
1. BACCUS, Bianca	14	Pointe-Claire Swim Club	4:30.43	Q	1:04.63	2:13.13	3:22.04	4:30.43
		50m: 30.97 30.97		150m: 1:38.62 33.99	250m: 2:47.32	34.19 350m: 3:56.39	34.35	
		100m: 1:04.63 33.66		200m: 2:13.13 34.51	300m: 3:22.04	34.72 400m: 4:30.43	34.04	
2. MOFFET, Raphaëlle	14	Club aquatique Montréal	4:36.35	Q	1:03.22	2:14.15	3:25.61	4:36.35
		50m: 29.85 29.85		150m: 1:38.47 35.25	250m: 2:49.84	35.69 350m: 4:01.59	35.98	
		100m: 1:03.22 33.37		200m: 2:14.15 35.68	300m: 3:25.61	35.77 400m: 4:36.35	34.76	
3. MAXIMENCO, Sophia	14	C.N. Dollard-des-Ormeaux	4:36.68	Q	1:06.10	2:17.14	3:27.79	4:36.68
		50m: 32.14 32.14		150m: 1:41.66 35.56	250m: 2:52.36	35.22 350m: 4:02.71	34.92	
		100m: 1:06.10 33.96		200m: 2:17.14 35.48	300m: 3:27.79	35.43 400m: 4:36.68	33.97	
4. LABRIE, Ève	15	Neptune Natation	4:37.44	Q	1:05.04	2:15.73	3:26.79	4:37.44
		50m: 31.32 31.32		150m: 1:40.27 35.23	250m: 2:51.13	35.40 350m: 4:02.72	35.93	
		100m: 1:05.04 33.72		200m: 2:15.73 35.46	300m: 3:26.79	35.66 400m: 4:37.44	34.72	
5. BROCHU, Aleni	15	Natation Gatineau	4:39.78	Q	1:07.57	2:19.23	3:29.14	4:39.78
		50m: 32.30 32.30		150m: 1:43.30 35.73	250m: 2:53.77	34.54 350m: 4:04.22	35.08	
		100m: 1:07.57 35.27		200m: 2:19.23 35.93	300m: 3:29.14	35.37 400m: 4:39.78	35.56	
6. NICHOLSON-JODOIN, C.	15	Pointe-Claire Swim Club	4:40.14	Q	1:05.90	2:15.83	3:27.41	4:40.14
		50m: 31.74 31.74		150m: 1:40.92 35.02	250m: 2:51.31	35.48 350m: 4:04.29	36.88	
		100m: 1:05.90 34.16		200m: 2:15.83 34.91	300m: 3:27.41	36.10 400m: 4:40.14	35.85	
7. CHEN, Michelle	15	Pointe-Claire Swim Club	4:41.39	Q	1:05.91	2:17.52	3:30.20	4:41.39
		50m: 30.92 30.92		150m: 1:41.05 35.14	250m: 2:53.14	35.62 350m: 4:05.95	35.75	
		100m: 1:05.91 34.99		200m: 2:17.52 36.47	300m: 3:30.20	37.06 400m: 4:41.39	35.44	
8. PICHETTE, Alexandra	15	Club de natation région de	4:42.23	Q	1:06.27	2:17.08	3:29.22	4:42.23
		50m: 31.51 31.51		150m: 1:41.40 35.13	250m: 2:52.85	35.77 350m: 4:05.98	36.76	
		100m: 1:06.27 34.76		200m: 2:17.08 35.68	300m: 3:29.22	36.37 400m: 4:42.23	36.25	
9. LAMBERT, Jade	15	Neptune Natation	4:43.17	Q	1:06.54	2:18.67	3:31.49	4:43.17
		50m: 31.58 31.58		150m: 1:42.32 35.78	250m: 2:55.04	36.37 350m: 4:07.83	36.34	
		100m: 1:06.54 34.96		200m: 2:18.67 36.35	300m: 3:31.49	36.45 400m: 4:43.17	35.34	

Epreuve 3, Filles, 400m Libre, Elimatoire, 14 - 15 ans

Rang	Age	Temps	Pts	100m	200m	300m	400m
10.	LAVIGNE, Noémie 15	Neptune Natation	4:44.29 Q	1:08.02	2:19.78	3:32.85	4:44.29
	50m: 32.61 32.61	150m: 1:43.52 35.50	250m: 2:56.21	36.43	350m: 4:09.33	36.48	
	100m: 1:08.02 35.41	200m: 2:19.78 36.26	300m: 3:32.85	36.64	400m: 4:44.29	34.96	
11.	AUGER, Sophie 15	Pointe-Claire Swim Club	4:46.12 R	1:07.37	2:19.50	3:32.28	4:46.12
	50m: 31.95 31.95	150m: 1:43.40 36.03	250m: 2:55.72	36.22	350m: 4:09.56	37.28	
	100m: 1:07.37 35.42	200m: 2:19.50 36.10	300m: 3:32.28	36.56	400m: 4:46.12	36.56	
12.	CORNEAU, Élyza 15	Club de natation région de	4:46.17 R	1:08.59	2:21.29	3:33.78	4:46.17
	50m: 32.63 32.63	150m: 1:44.75 36.16	250m: 2:56.96	35.67	350m: 4:10.24	36.46	
	100m: 1:08.59 35.96	200m: 2:21.29 36.54	300m: 3:33.78	36.82	400m: 4:46.17	35.93	
13.	BONNEVILLE, Chloe 15	Club aquatique Montréal	4:46.44 R	1:06.68	2:19.49	3:33.59	4:46.44
	50m: 31.82 31.82	150m: 1:42.87 36.19	250m: 2:56.47	36.98	350m: 4:10.73	37.14	
	100m: 1:06.68 34.86	200m: 2:19.49 36.62	300m: 3:33.59	37.12	400m: 4:46.44	35.71	
14.	LEGARÉ, Lili-Marguerite 15	Club de natation région de	4:46.54 R	1:07.14	2:20.63	3:33.97	4:46.54
	50m: 31.90 31.90	150m: 1:43.55 36.41	250m: 2:56.42	35.79	350m: 4:11.84	37.87	
	100m: 1:07.14 35.24	200m: 2:20.63 37.08	300m: 3:33.97	37.55	400m: 4:46.54	34.70	
15.	MARCOUX, Livia 15	Natation Gatineau	4:46.90	1:09.35	2:23.97	3:36.47	4:46.90
	50m: 32.92 32.92	150m: 1:46.36 37.01	250m: 3:00.15	36.18	350m: 4:12.48	36.01	
	100m: 1:09.35 36.43	200m: 2:23.97 37.61	300m: 3:36.47	36.32	400m: 4:46.90	34.42	
16.	MARCHAND, Gabrielle 14	Velox Natation	4:47.27	1:08.62	2:22.39	3:35.73	4:47.27
	50m: 32.74 32.74	150m: 1:45.57 36.95	250m: 2:59.12	36.73	350m: 4:12.38	36.65	
	100m: 1:08.62 35.88	200m: 2:22.39 36.82	300m: 3:35.73	36.61	400m: 4:47.27	34.89	
17.	FORTIER, Charlie-Rose 14	Club De Natation Sherbrooke	4:47.65	1:07.33	2:20.86	3:35.27	4:47.65
	50m: 31.51 31.51	150m: 1:43.92 36.59	250m: 2:57.89	37.03	350m: 4:12.14	36.87	
	100m: 1:07.33 35.82	200m: 2:20.86 36.94	300m: 3:35.27	37.38	400m: 4:47.65	35.51	
18.	LAFRENIÈRE, Juliette 15	Club de natation région de	4:48.02	1:06.78	2:18.80	3:33.73	4:48.02
	50m: 31.95 31.95	150m: 1:42.22 35.44	250m: 2:55.93	37.13	350m: 4:11.58	37.85	
	100m: 1:06.78 34.83	200m: 2:18.80 36.58	300m: 3:33.73	37.80	400m: 4:48.02	36.44	
19.	OUELLET, Laurence 14	Nsh	4:49.56	1:10.41	2:24.37	3:37.92	4:49.56
	50m: 33.43 33.43	150m: 1:47.47 37.06	250m: 3:00.84	36.47	350m: 4:13.78	35.86	
	100m: 1:10.41 36.98	200m: 2:24.37 36.90	300m: 3:37.92	37.08	400m: 4:49.56	35.78	
20.	VILLEMURE, Joséphine 14	Velox Natation	4:50.70	1:07.33	2:21.54	3:36.72	4:50.70
	50m: 32.07 32.07	150m: 1:43.97 36.64	250m: 2:59.44	37.90	350m: 4:14.25	37.53	
	100m: 1:07.33 35.26	200m: 2:21.54 37.57	300m: 3:36.72	37.28	400m: 4:50.70	36.45	
21.	HARVEY, Élie 15	Club de natation région de	4:50.71	1:08.04	2:22.38	3:37.04	4:50.71
	50m: 32.44 32.44	150m: 1:45.13 37.09	250m: 2:59.89	37.51	350m: 4:14.40	37.36	
	100m: 1:08.04 35.60	200m: 2:22.38 37.25	300m: 3:37.04	37.15	400m: 4:50.71	36.31	
22.	NAULT, Laurence 15	Club Natation Bois Francs	4:51.09	1:08.38	2:21.74	3:35.88	4:51.09
	50m: 32.33 32.33	150m: 1:44.81 36.43	250m: 2:58.74	37.00	350m: 4:13.66	37.78	
	100m: 1:08.38 36.05	200m: 2:21.74 36.93	300m: 3:35.88	37.14	400m: 4:51.09	37.43	
23.	MATHIEU, Lyvia 14	Velox Natation	4:52.54	1:09.53	2:25.44	3:40.26	4:52.54
	50m: 32.72 32.72	150m: 1:47.63 38.10	250m: 3:03.00	37.56	350m: 4:16.97	36.71	
	100m: 1:09.53 36.81	200m: 2:25.44 37.81	300m: 3:40.26	37.26	400m: 4:52.54	35.57	
24.	FORTIN, Flavie 14	Rouge et Or/Université Lavigne	4:52.71	1:08.60	2:22.64	3:38.27	4:52.71
	50m: 32.67 32.67	150m: 1:45.02 36.42	250m: 3:00.28	37.64	350m: 4:16.13	37.86	
	100m: 1:08.60 35.93	200m: 2:22.64 37.62	300m: 3:38.27	37.99	400m: 4:52.71	36.58	
25.	ST-AMOUR, Laurence 14	Elite	4:53.77	1:08.39	2:23.83	3:39.68	4:53.77
	50m: 32.56 32.56	150m: 1:45.83 37.44	250m: 3:01.38	37.55	350m: 4:17.57	37.89	
	100m: 1:08.39 35.83	200m: 2:23.83 38.00	300m: 3:39.68	38.30	400m: 4:53.77	36.20	
26.	PLANTE, Élizabéth 15	Club de Natation Juvaqua	4:54.89	1:07.10	2:22.28	3:38.69	4:54.89
	50m: 31.33 31.33	150m: 1:44.27 37.17	250m: 3:00.35	38.07	350m: 4:17.35	38.66	
	100m: 1:07.10 35.77	200m: 2:22.28 38.01	300m: 3:38.69	38.34	400m: 4:54.89	37.54	
27.	CÔTÉ, Aurélie 15	Barracudas de Gaspé	4:57.41	1:08.30	2:22.68	3:39.08	4:57.41
	50m: 32.31 32.31	150m: 1:45.35 37.05	250m: 3:00.70	38.02	350m: 4:18.64	39.56	
	100m: 1:08.30 35.99	200m: 2:22.68 37.33	300m: 3:39.08	38.38	400m: 4:57.41	38.77	
28.	MARCOTTE, Rosalie 14	Club de natation région de	4:59.54	1:09.68	2:24.78	3:41.15	4:59.54
	50m: 33.06 33.06	150m: 1:46.86 37.18	250m: 3:02.56	37.78	350m: 4:21.37	40.22	
	100m: 1:09.68 36.62	200m: 2:24.78 37.92	300m: 3:41.15	38.59	400m: 4:59.54	38.17	

Epreuve 3, Dames, 400m Libre, Eliminatoire

Epreuve 3 Filles, 400m Libre 16 - 17 ans
2026-05-14 - 8:30 Liste résultats Eliminatoire

Canadian Senior Records	3:54.18	MCINTOSH, Summer	UNCAN	Victoria	2025-06-07
Canadian Age Group Records	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	2023-03-28
Quebec Provincial Senior Records	4:05.42	HARVEY, Mary-Sophie	CAMO	Saint-Denis (FRA)	2025-05-10
Quebec Provincial Age Group Records	174:09.69	HARVEY, Mary-Sophie	NN	Austin (USA)	2017-01-13
Quebec Provincial Age Group Records	164:12.82	JARDIN, Barbara	CAMO	Quebec	2008-08-02

Essais canadiens - 17: 4:26.87

Points: Can PARA 2025

Rang	Age	Club	Temps	Pts	100m	200m	300m	400m
1.	TURCOTTE, Annabelle 16	Club de natation région de	4:29.93	Q	1:04.65	2:13.35	3:22.00	4:29.93
	50m: 30.95 30.95	150m: 1:38.98 34.33	250m: 2:47.56		34.21	350m: 3:56.38	34.38	
	100m: 1:04.65 33.70	200m: 2:13.35 34.37	300m: 3:22.00		34.44	400m: 4:29.93	33.55	
2.	KRAUSS, Ellie 17	Natation Gatineau	4:32.19	Q	1:04.56	2:13.63	3:23.23	4:32.19
	50m: 30.87 30.87	150m: 1:38.81 34.25	250m: 2:48.18		34.55	350m: 3:57.80	34.57	
	100m: 1:04.56 33.69	200m: 2:13.63 34.82	300m: 3:23.23		35.05	400m: 4:32.19	34.39	
3.	LEFSRUD, Reilly 16	Pointe-Claire Swim Club	4:33.29	Q	1:05.33	2:15.34	3:25.24	4:33.29
	50m: 31.06 31.06	150m: 1:39.95 34.62	250m: 2:50.17		34.83	350m: 3:59.53	34.29	
	100m: 1:05.33 34.27	200m: 2:15.34 35.39	300m: 3:25.24		35.07	400m: 4:33.29	33.76	
4.	TESSIER, Sophia 17	Natation Gatineau	4:36.53	Q	1:06.97	2:16.67	3:26.20	4:36.53
	50m: 32.15 32.15	150m: 1:41.41 34.44	250m: 2:51.25		34.58	350m: 4:01.39	35.19	
	100m: 1:06.97 34.82	200m: 2:16.67 35.26	300m: 3:26.20		34.95	400m: 4:36.53	35.14	
5.	BOYER, Mariane 17	Natation Gatineau	4:37.62	Q	1:06.60	2:17.56	3:28.40	4:37.62
	50m: 31.75 31.75	150m: 1:41.96 35.36	250m: 2:52.68		35.12	350m: 4:03.44	35.04	
	100m: 1:06.60 34.85	200m: 2:17.56 35.60	300m: 3:28.40		35.72	400m: 4:37.62	34.18	
6.	POMERLEAU, Mikaelle 16	Pointe-Claire Swim Club	4:37.97	Q	1:05.74	2:16.53	3:27.64	4:37.97
	50m: 31.09 31.09	150m: 1:41.15 35.41	250m: 2:51.87		35.34	350m: 4:03.41	35.77	
	100m: 1:05.74 34.65	200m: 2:16.53 35.38	300m: 3:27.64		35.77	400m: 4:37.97	34.56	
7.	DAGSAAN, Jady 16	Pointe-Claire Swim Club	4:39.18	Q	1:06.56	2:17.16	3:28.52	4:39.18
	50m: 31.82 31.82	150m: 1:41.78 35.22	250m: 2:52.75		35.59	350m: 4:04.45	35.93	
	100m: 1:06.56 34.74	200m: 2:17.16 35.38	300m: 3:28.52		35.77	400m: 4:39.18	34.73	
8.	MASSICOTTE, Anabelle 16	Club de natation Mégophia	4:39.84	Q	1:07.07	2:19.55	3:31.06	4:39.84
	50m: 31.74 31.74	150m: 1:43.24 36.17	250m: 2:55.38		35.83	350m: 4:06.26	35.20	
	100m: 1:07.07 35.33	200m: 2:19.55 36.31	300m: 3:31.06		35.68	400m: 4:39.84	33.58	
9.	LEMELIN, Émie 16	Club de natation région de	4:40.84	Q	1:07.09	2:18.84	3:30.06	4:40.84
	50m: 31.97 31.97	150m: 1:42.87 35.78	250m: 2:54.03		35.19	350m: 4:05.78	35.72	
	100m: 1:07.09 35.12	200m: 2:18.84 35.97	300m: 3:30.06		36.03	400m: 4:40.84	35.06	
10.	BOILY, Claudia 16	Pointe-Claire Swim Club	4:41.77	Q	1:06.17	2:17.24	3:29.61	4:41.77
	50m: 31.60 31.60	150m: 1:41.48 35.31	250m: 2:53.19		35.95	350m: 4:06.11	36.50	
	100m: 1:06.17 34.57	200m: 2:17.24 35.76	300m: 3:29.61		36.42	400m: 4:41.77	35.66	
11.	D'ORSONNENS, Emma 16	Neptune Natation	4:43.82	R	1:07.20	2:20.24	3:33.23	4:43.82
	50m: 31.72 31.72	150m: 1:43.87 36.67	250m: 2:56.67		36.43	350m: 4:09.16	35.93	
	100m: 1:07.20 35.48	200m: 2:20.24 36.37	300m: 3:33.23		36.56	400m: 4:43.82	34.66	
12.	OUATTARA ROUSSEAU, Z16	Elite	4:43.87	R	1:07.00	2:19.82	3:33.10	4:43.87
	50m: 31.60 31.60	150m: 1:43.25 36.25	250m: 2:56.49		36.67	350m: 4:09.31	36.21	
	100m: 1:07.00 35.40	200m: 2:19.82 36.57	300m: 3:33.10		36.61	400m: 4:43.87	34.56	
13.	GORDON, Erika 17	Pointe-Claire Swim Club	4:44.69	R	1:07.94	2:19.91	3:32.84	4:44.69
	50m: 32.48 32.48	150m: 1:43.61 35.67	250m: 2:56.30		36.39	350m: 4:09.39	36.55	
	100m: 1:07.94 35.46	200m: 2:19.91 36.30	300m: 3:32.84		36.54	400m: 4:44.69	35.30	
14.	GIBBONS-RENAUD, G. 17	C.N. St-Félicien	4:45.95	R	1:06.65	2:20.22	3:33.32	4:45.95
	50m: 31.76 31.76	150m: 1:43.09 36.44	250m: 2:56.61		36.39	350m: 4:09.85	36.53	
	100m: 1:06.65 34.89	200m: 2:20.22 37.13	300m: 3:33.32		36.71	400m: 4:45.95	36.10	
15.	BLUMEL, Margaret 16	Club de natation Saint-Laur	4:46.07		1:06.78	2:19.78	3:33.26	4:46.07
	50m: 31.54 31.54	150m: 1:43.03 36.25	250m: 2:56.40		36.62	350m: 4:09.97	36.71	
	100m: 1:06.78 35.24	200m: 2:19.78 36.75	300m: 3:33.26		36.86	400m: 4:46.07	36.10	
16.	VAILLANCOURT, Anne 16	Club Citadins de Vaudreuil	4:48.12		1:08.01	2:20.58	3:34.44	4:48.12
	50m: 32.44 32.44	150m: 1:43.90 35.89	250m: 2:56.97		36.39	350m: 4:11.40	36.96	
	100m: 1:08.01 35.57	200m: 2:20.58 36.68	300m: 3:34.44		37.47	400m: 4:48.12	36.72	
17.	ABETTI, Douae 16	Club de natation région de	4:49.19		1:07.33	2:20.22	3:34.02	4:49.19
	50m: 32.34 32.34	150m: 1:43.49 36.16	250m: 2:56.79		36.57	350m: 4:11.51	37.49	
	100m: 1:07.33 34.99	200m: 2:20.22 36.73	300m: 3:34.02		37.23	400m: 4:49.19	37.68	

Epreuve 3, Dames, 400m Libre, Eliminatoire

Epreuve 3

Dames, 400m Libre

18 ans et plus

2026-05-14 - 8:30

Liste résultats Eliminatoire

Canadian Senior Records	3:54.18	MCINTOSH, Summer	UNCAN	Victoria	2025-06-07
Quebec Provincial Senior Records	4:05.42	HARVEY, Mary-Sophie	CAMO	Saint-Denis (FRA)	2025-05-10

Essais canadiens : 4:22.57

Points: Can PARA 2025

Rang	Age	Temps	Pts	100m	200m	300m	400m
1.	18	4:23.77	Q	1:02.70	2:09.84	3:17.13	4:23.77
		50m: 30.26		33.70	350m: 3:50.71		33.58
		100m: 1:02.70		33.59	400m: 4:23.77		33.06
2.	19	4:26.53	Q	1:04.56	2:12.85	3:20.91	4:26.53
		50m: 31.01		34.10	350m: 3:54.32		33.41
		100m: 1:04.56		33.96	400m: 4:26.53		32.21
3.	18	4:28.36	Q	1:04.03	2:11.51	3:20.42	4:28.36
		50m: 30.69		34.30	350m: 3:54.44		34.02
		100m: 1:04.03		34.61	400m: 4:28.36		33.92
4.	22	4:33.03	Q	1:06.52	2:15.63	3:25.12	4:33.03
		50m: 32.20		34.60	350m: 3:59.57		34.45
		100m: 1:06.52		34.89	400m: 4:33.03		33.46
5.	19	4:33.88	Q	1:06.21	2:15.74	3:25.32	4:33.88
		50m: 31.94		34.34	350m: 4:00.00		34.68
		100m: 1:06.21		35.24	400m: 4:33.88		33.88
6.	21	4:34.84	Q	1:05.30	2:14.51	3:24.63	4:34.84
		50m: 31.15		34.79	350m: 4:00.01		35.38
		100m: 1:05.30		35.33	400m: 4:34.84		34.83
7.	18	4:35.10	Q	1:05.00	2:14.43	3:24.98	4:35.10
		50m: 31.60		35.29	350m: 4:00.29		35.31
		100m: 1:05.00		35.26	400m: 4:35.10		34.81
8.	21	4:36.28	Q	1:05.44	2:15.86	3:26.44	4:36.28
		50m: 31.39		35.05	350m: 4:02.05		35.61
		100m: 1:05.44		35.53	400m: 4:36.28		34.23
9.	20	4:36.39	Q	1:06.50	2:16.61	3:26.88	4:36.39
		50m: 32.10		35.06	350m: 4:01.88		35.00
		100m: 1:06.50		35.21	400m: 4:36.39		34.51
10.	18	4:36.69	Q	1:05.85	2:15.59	3:26.24	4:36.69
		50m: 32.07		35.49	350m: 4:02.28		36.04
		100m: 1:05.85		35.16	400m: 4:36.69		34.41
11.	21	4:37.47	R	1:06.96	2:17.48	3:27.71	4:37.47
		50m: 32.31		35.34	350m: 4:02.97		35.26
		100m: 1:06.96		34.89	400m: 4:37.47		34.50
12.	18	4:39.18	R	1:06.40	2:16.83	3:27.43	4:39.18
		50m: 31.98		35.08	350m: 4:03.42		35.99
		100m: 1:06.40		35.52	400m: 4:39.18		35.76
13.	19	4:40.34	R	1:06.43	2:16.23	3:28.52	4:40.34
		50m: 32.17		35.88	350m: 4:04.97		36.45
		100m: 1:06.43		36.41	400m: 4:40.34		35.37
14.	21	4:41.14	R	1:07.35	2:18.75	3:30.43	4:41.14
		50m: 32.13		35.74	350m: 4:06.22		35.79
		100m: 1:07.35		35.94	400m: 4:41.14		34.92
15.	19	4:41.58		1:06.22	2:17.56	3:29.94	4:41.58
		50m: 31.33		35.95	350m: 4:06.26		36.32
		100m: 1:06.22		36.43	400m: 4:41.58		35.32
16.	18	4:43.79		1:07.36	2:19.62	3:32.58	4:43.79
		50m: 32.18		36.34	350m: 4:08.94		36.36
		100m: 1:07.36		36.62	400m: 4:43.79		34.85
17.	20	4:45.43		1:06.40	2:18.52	3:32.18	4:45.43
		50m: 31.60		36.65	350m: 4:09.44		37.26
		100m: 1:06.40		37.01	400m: 4:45.43		35.99
18.	19	4:58.73		1:10.16	2:25.82	3:42.42	4:58.73
		50m: 32.89		37.75	350m: 4:20.66		38.24
		100m: 1:10.16		38.85	400m: 4:58.73		38.07



Epreuve 3, Dames, 400m Libre, Elimatoire, 18 ans et plus

Rang	Age	Temps	Pts	100m	200m	300m	400m
forf.nd. MAHIEU, Pauline	27	Club aquatique Montréal					