

Epreuve 3

Filles, 400m Libre

13 ans et moins

2026-05-14 - 16:30

Liste résultats Finale

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		BIRCHENOUGH, 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	Temps	Pts	100m	200m	300m	400m
1. PERRY, Ella	13	Pointe-Claire Swim Club	<b>4:39.42</b>	1:08.16	2:19.61	3:30.05	4:39.42
		50m: 32.40	32.40	150m: 1:43.90	35.74	250m: 2:54.86	35.17
		100m: 1:08.16	35.76	200m: 2:19.61	35.71	300m: 3:30.05	34.20
2. MCIVER, Emerson	13	Pointe-Claire Swim Club	<b>4:40.88</b>	1:08.31	2:19.85	3:31.07	4:40.88
		50m: 32.46	32.46	150m: 1:43.94	35.63	250m: 2:55.31	35.58
		100m: 1:08.31	35.85	200m: 2:19.85	35.91	300m: 3:31.07	34.23
3. MORIN, Romy	13	Club De Natation Sherbrooke	<b>4:43.24</b>	1:06.98	2:19.17	3:31.71	4:43.24
		50m: 31.56	31.56	150m: 1:42.51	35.53	250m: 2:55.01	35.55
		100m: 1:06.98	35.42	200m: 2:19.17	36.66	300m: 3:31.71	35.98
4. LAMONTAGNE, Emma	13	Pointe-Claire Swim Club	<b>4:44.94</b>	1:08.27	2:20.18	3:32.51	4:44.94
		50m: 32.56	32.56	150m: 1:43.96	35.69	250m: 2:56.06	35.78
		100m: 1:08.27	35.71	200m: 2:20.18	36.22	300m: 3:32.51	36.65
5. COTE, Lili	13	Elite	<b>4:48.41</b>	1:08.44	2:21.73	3:35.86	4:48.41
		50m: 32.61	32.61	150m: 1:45.00	36.56	250m: 2:58.71	36.85
		100m: 1:08.44	35.83	200m: 2:21.73	36.73	300m: 3:35.86	35.70
6. VEILLETTE, Olivianne	13	Club de natation Mégophia	<b>4:48.77</b>	1:09.70	2:23.59	3:38.35	4:48.77
		50m: 33.35	33.35	150m: 1:46.25	36.55	250m: 3:01.05	35.95
		100m: 1:09.70	36.35	200m: 2:23.59	37.34	300m: 3:38.35	34.47
7. VACHON, Julianne	12	Club de Natation Régional	<b>4:50.20</b>	1:09.43	2:23.42	3:38.09	4:50.20
		50m: 33.02	33.02	150m: 1:46.31	36.88	250m: 3:00.84	36.90
		100m: 1:09.43	36.41	200m: 2:23.42	37.11	300m: 3:38.09	35.21
8. LABBÉ, Laurence	12	Nsh	<b>4:52.86</b>	1:09.13	2:24.88	3:39.81	4:52.86
		50m: 31.97	31.97	150m: 1:46.88	37.75	250m: 3:02.03	37.27
		100m: 1:09.13	37.16	200m: 2:24.88	38.00	300m: 3:39.81	35.78
9. BEAUCHAMP, Marie	13	Natation Gatineau	<b>4:55.34</b>	1:10.80	2:25.88	3:41.85	4:55.34
		50m: 33.26	33.26	150m: 1:48.14	37.34	250m: 3:03.99	37.90
		100m: 1:10.80	37.54	200m: 2:25.88	37.74	300m: 3:41.85	35.59
10. MARTIN, Alizé	13	Club de natation du Centre	<b>4:55.66</b>	1:09.89	2:24.71	3:40.16	4:55.66
		50m: 33.12	33.12	150m: 1:47.18	37.29	250m: 3:02.55	37.83
		100m: 1:09.89	36.77	200m: 2:24.71	37.53	300m: 3:40.16	37.67

Epreuve 3

Filles, 400m Libre

14 - 15 ans

2026-05-14 - 16:30

Liste résultats Finale

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	<b>4:27.05</b>	1:03.65	2:11.79	3:19.72	4:27.05
		50m: 30.57	30.57	150m: 1:37.69	34.04	250m: 2:45.73	33.86
		100m: 1:03.65	33.08	200m: 2:11.79	34.10	300m: 3:19.72	33.97
2. LABRIE, Ève	15	Neptune Natation	<b>4:29.85</b>	1:03.88	2:12.11	3:21.04	4:29.85
		50m: 30.78	30.78	150m: 1:37.86	33.98	250m: 2:46.50	34.68
		100m: 1:03.88	33.10	200m: 2:12.11	34.25	300m: 3:21.04	34.13
3. MOFFET, Raphaëlle	14	Club aquatique Montréal	<b>4:31.65</b>	1:03.21	2:12.02	3:21.64	4:31.65
		50m: 30.20	30.20	150m: 1:37.47	34.26	250m: 2:46.77	35.11
		100m: 1:03.21	33.01	200m: 2:12.02	34.55	300m: 3:21.64	34.90

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

Rang	Age	Temps	Pts	100m	200m	300m	400m	
4.	CHEN, Michelle	15	Pointe-Claire Swim Club	<b>4:35.92</b>	1:05.77	2:16.41	3:27.19	4:35.92
	50m: 31.25	31.25	150m: 1:41.00	35.23	250m: 2:51.83	35.42	350m: 4:02.51	35.32
	100m: 1:05.77	34.52	200m: 2:16.41	35.41	300m: 3:27.19	35.36	400m: 4:35.92	33.41
5.	MAXIMENCO, Sophia	14	C.N. Dollard-des-Ormeaux	<b>4:36.05</b>	1:05.47	2:15.74	3:27.10	4:36.05
	50m: 31.47	31.47	150m: 1:40.51	35.04	250m: 2:50.92	35.18	350m: 4:02.33	35.23
	100m: 1:05.47	34.00	200m: 2:15.74	35.23	300m: 3:27.10	36.18	400m: 4:36.05	33.72
6.	PICHETTE, Alexandra	15	Club de natation région de	<b>4:39.67</b>	1:07.29	2:18.19	3:28.65	4:39.67
	50m: 32.08	32.08	150m: 1:42.62	35.33	250m: 2:53.38	35.19	350m: 4:04.50	35.85
	100m: 1:07.29	35.21	200m: 2:18.19	35.57	300m: 3:28.65	35.27	400m: 4:39.67	35.17
7.	BROCHU, Aleni	15	Natation Gatineau	<b>4:40.47</b>	1:06.67	2:17.49	3:28.86	4:40.47
	50m: 31.74	31.74	150m: 1:41.67	35.00	250m: 2:53.14	35.65	350m: 4:04.74	35.88
	100m: 1:06.67	34.93	200m: 2:17.49	35.82	300m: 3:28.86	35.72	400m: 4:40.47	35.73
8.	NICHOLSON-JODOIN, C.	15	Pointe-Claire Swim Club	<b>4:41.42</b>	1:06.55	2:17.32	3:30.00	4:41.42
	50m: 31.93	31.93	150m: 1:41.90	35.35	250m: 2:53.76	36.44	350m: 4:06.15	36.15
	100m: 1:06.55	34.62	200m: 2:17.32	35.42	300m: 3:30.00	36.24	400m: 4:41.42	35.27
9.	LAVIGNE, Noémie	15	Neptune Natation	<b>4:44.69</b>	1:07.51	2:19.35	3:32.16	4:44.69
	50m: 32.11	32.11	150m: 1:43.38	35.87	250m: 2:55.59	36.24	350m: 4:08.77	36.61
	100m: 1:07.51	35.40	200m: 2:19.35	35.97	300m: 3:32.16	36.57	400m: 4:44.69	35.92
10.	LAMBERT, Jade	15	Neptune Natation	<b>4:45.59</b>	1:07.03	2:19.00	3:32.37	4:45.59
	50m: 31.84	31.84	150m: 1:43.02	35.99	250m: 2:55.54	36.54	350m: 4:09.32	36.95
	100m: 1:07.03	35.19	200m: 2:19.00	35.98	300m: 3:32.37	36.83	400m: 4:45.59	36.27

Epreuve 3  
2026-05-14 - 16:30

Filles, 400m Libre

16 - 17 ans

Liste résultats Finale

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	Temps	Pts	100m	200m	300m	400m	
1.	LEFSRUD, Reilly	16	Pointe-Claire Swim Club	<b>4:26.87</b>	1:03.91	2:11.60	3:20.09	4:26.87
	50m: 30.62	30.62	150m: 1:37.74	33.83	250m: 2:45.73	34.13	350m: 3:54.22	34.13
	100m: 1:03.91	33.29	200m: 2:11.60	33.86	300m: 3:20.09	34.36	400m: 4:26.87	32.65
2.	KRAUSS, Ellie	17	Natation Gatineau	<b>4:27.51</b>	1:04.66	2:13.25	3:21.14	4:27.51
	50m: 30.75	30.75	150m: 1:38.80	34.14	250m: 2:47.06	33.81	350m: 3:54.79	33.65
	100m: 1:04.66	33.91	200m: 2:13.25	34.45	300m: 3:21.14	34.08	400m: 4:27.51	32.72
3.	TURCOTTE, Annabelle	16	Club de natation région de	<b>4:27.57</b>	1:04.09	2:12.43	3:20.97	4:27.57
	50m: 30.61	30.61	150m: 1:38.21	34.12	250m: 2:46.39	33.96	350m: 3:54.99	34.02
	100m: 1:04.09	33.48	200m: 2:12.43	34.22	300m: 3:20.97	34.58	400m: 4:27.57	32.58
4.	TESSIER, Sophia	17	Natation Gatineau	<b>4:30.45</b>	1:05.38	2:14.62	3:22.63	4:30.45
	50m: 31.34	31.34	150m: 1:40.01	34.63	250m: 2:48.50	33.88	350m: 3:56.68	34.05
	100m: 1:05.38	34.04	200m: 2:14.62	34.61	300m: 3:22.63	34.13	400m: 4:30.45	33.77
5.	MASSICOTTE, Anabelle	16	Club de natation Mégophia	<b>4:35.11</b>	1:05.20	2:16.18	3:27.34	4:35.11
	50m: 30.82	30.82	150m: 1:40.40	35.20	250m: 2:51.58	35.40	350m: 4:02.09	34.75
	100m: 1:05.20	34.38	200m: 2:16.18	35.78	300m: 3:27.34	35.76	400m: 4:35.11	33.02
6.	POMERLEAU, Mikaelle	16	Pointe-Claire Swim Club	<b>4:35.23</b>	1:05.29	2:15.12	3:25.60	4:35.23
	50m: 31.09	31.09	150m: 1:40.08	34.79	250m: 2:50.18	35.06	350m: 4:01.11	35.51
	100m: 1:05.29	34.20	200m: 2:15.12	35.04	300m: 3:25.60	35.42	400m: 4:35.23	34.12
7.	BOYER, Mariane	17	Natation Gatineau	<b>4:35.31</b>	1:05.37	2:15.10	3:25.25	4:35.31
	50m: 31.18	31.18	150m: 1:39.93	34.56	250m: 2:50.09	34.99	350m: 4:00.34	35.09
	100m: 1:05.37	34.19	200m: 2:15.10	35.17	300m: 3:25.25	35.16	400m: 4:35.31	34.97
8.	BOILY, Claudia	16	Pointe-Claire Swim Club	<b>4:35.40</b>	1:05.28	2:15.77	3:27.03	4:35.40
	50m: 31.20	31.20	150m: 1:40.33	35.05	250m: 2:51.06	35.29	350m: 4:02.21	35.18
	100m: 1:05.28	34.08	200m: 2:15.77	35.44	300m: 3:27.03	35.97	400m: 4:35.40	33.19
9.	DAGSAAN, Jady	16	Pointe-Claire Swim Club	<b>4:35.95</b>	1:05.48	2:15.64	3:26.21	4:35.95
	50m: 31.22	31.22	150m: 1:40.26	34.78	250m: 2:50.70	35.06	350m: 4:01.29	35.08
	100m: 1:05.48	34.26	200m: 2:15.64	35.38	300m: 3:26.21	35.51	400m: 4:35.95	34.66

Epreuve 3, Filles, 400m Libre, Finale, 16 - 17 ans

Rang	Age	Temps	Pts	100m	200m	300m	400m	
10.	LEMELIN, Émie	16	Club de natation région de	<b>4:50.35</b>	1:06.46	2:19.63	3:34.41	4:50.35
	50m: 31.76	31.76	150m: 1:42.55	36.09	250m: 2:57.01	37.38	350m: 4:12.86	38.45
	100m: 1:06.46	34.70	200m: 2:19.63	37.08	300m: 3:34.41	37.40	400m: 4:50.35	37.49

Epreuve 3 Dames, 400m Libre 18 ans et plus  
2026-05-14 - 16:30 Liste résultats Finale

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.	PIATERA-MERCIER, D.	18	Neptune Natation	<b>4:20.61</b>	1:01.90	2:08.06	3:14.44	4:20.61
	<i>TQ Essais</i>							
	50m: 29.91	29.91	150m: 1:34.78	32.88	250m: 2:41.20	33.14	350m: 3:47.51	33.07
	100m: 1:01.90	31.99	200m: 2:08.06	33.28	300m: 3:14.44	33.24	400m: 4:20.61	33.10
2.	MICHAUD, Laurence	19	Club de natation région de	<b>4:23.54</b>	1:02.76	2:09.42	3:16.55	4:23.54
	50m: 30.50	30.50	150m: 1:35.95	33.19	250m: 2:42.86	33.44	350m: 3:50.55	34.00
	100m: 1:02.76	32.26	200m: 2:09.42	33.47	300m: 3:16.55	33.69	400m: 4:23.54	32.99
3.	LELIÈVRE, Karelle	18	Club de Natation SAMAK	<b>4:27.79</b>	1:03.06	2:10.52	3:19.54	4:27.79
	50m: 30.24	30.24	150m: 1:36.42	33.36	250m: 2:44.89	34.37	350m: 3:54.51	34.97
	100m: 1:03.06	32.82	200m: 2:10.52	34.10	300m: 3:19.54	34.65	400m: 4:27.79	33.28
4.	GAGNON, Isabelle	22	Rouge et Or/Université Lav	<b>4:29.05</b>	1:06.36	2:15.11	3:23.06	4:29.05
	50m: 32.08	32.08	150m: 1:40.55	34.19	250m: 2:48.97	33.86	350m: 3:56.90	33.84
	100m: 1:06.36	34.28	200m: 2:15.11	34.56	300m: 3:23.06	34.09	400m: 4:29.05	32.15
5.	TREMBLAY, Raphaëlle	21	LMRL Rivière-du-Loup	<b>4:32.87</b>	1:05.49	2:14.40	3:23.66	4:32.87
	50m: 31.30	31.30	150m: 1:39.79	34.30	250m: 2:49.01	34.61	350m: 3:58.56	34.90
	100m: 1:05.49	34.19	200m: 2:14.40	34.61	300m: 3:23.66	34.65	400m: 4:32.87	34.31
6.	SHINK, Ariane	19	Club de natation région de	<b>4:33.13</b>	1:05.46	2:14.63	3:23.82	4:33.13
	50m: 31.71	31.71	150m: 1:39.77	34.31	250m: 2:49.22	34.59	350m: 3:58.95	35.13
	100m: 1:05.46	33.75	200m: 2:14.63	34.86	300m: 3:23.82	34.60	400m: 4:33.13	34.18
7.	TURCOTTE, Juliette	18	Club de natation région de	<b>4:35.38</b>	1:05.79	2:15.27	3:25.51	4:35.38
	50m: 31.79	31.79	150m: 1:40.17	34.38	250m: 2:50.33	35.06	350m: 4:00.86	35.35
	100m: 1:05.79	34.00	200m: 2:15.27	35.10	300m: 3:25.51	35.18	400m: 4:35.38	34.52
8.	MICHAUD, Élisabeth	20	Club de natation Saint-Laur	<b>4:37.03</b>	1:06.20	2:15.92	3:26.48	4:37.03
	50m: 31.83	31.83	150m: 1:41.00	34.80	250m: 2:51.13	35.21	350m: 4:01.95	35.47
	100m: 1:06.20	34.37	200m: 2:15.92	34.92	300m: 3:26.48	35.35	400m: 4:37.03	35.08
9.	VÉZINA, Corinne	21	Rouge et Or/Université Lav	<b>4:37.68</b>	1:05.75	2:15.78	3:27.00	4:37.68
	50m: 31.31	31.31	150m: 1:40.61	34.86	250m: 2:51.39	35.61	350m: 4:02.68	35.68
	100m: 1:05.75	34.44	200m: 2:15.78	35.17	300m: 3:27.00	35.61	400m: 4:37.68	35.00
10.	MALENFANT, Viviane	18	Club de natation région de	<b>4:43.37</b>	1:06.69	2:18.23	3:31.40	4:43.37
	50m: 31.97	31.97	150m: 1:42.26	35.57	250m: 2:54.49	36.26	350m: 4:07.77	36.37
	100m: 1:06.69	34.72	200m: 2:18.23	35.97	300m: 3:31.40	36.91	400m: 4:43.37	35.60