



Festival par équipes section 2- Sherbooke  
Sherbrooke, 5- - 7-6-2026



Epreuve 5  
2026-06-05 - 9:38

Dames, 400m 4 nages

11 ans et plus  
Liste résultats Eliminatoires

Points: AQUA 2025

Rang			Age					Temps	Pts
11 - 13 ans									
1.	RÉGNIER, Lily Rose		13	MUST				<b>5:09.24</b>	563 Q
	50m:	32.98 32.98	150m:	1:51.96 39.66	250m:	3:14.42 43.42	350m:	4:34.14 35.58	
	100m:	1:12.30 39.32	200m:	2:31.00 39.04	300m:	3:58.56 44.14	400m:	5:09.24 35.10	
2.	COTE, Lili		13	ELITE				<b>5:26.03</b>	481 Q
	50m:	33.78 33.78	150m:	1:54.64 42.19	250m:	3:25.28 47.87	350m:	4:50.47 36.37	
	100m:	1:12.45 38.67	200m:	2:37.41 42.77	300m:	4:14.10 48.82	400m:	5:26.03 35.56	
3.	MECTEAU, Abygaëlle		13	RL				<b>5:27.11</b>	476 Q
	50m:	33.13 33.13	150m:	1:54.66 42.79	250m:	3:24.61 48.16	350m:	4:50.85 36.61	
	100m:	1:11.87 38.74	200m:	2:36.45 41.79	300m:	4:14.24 49.63	400m:	5:27.11 36.26	
4.	SENEZ BARCENAS, Eugénie Elma		12	CASE				<b>5:35.72</b>	440 Q
	50m:	34.51 34.51	150m:	1:56.67 41.41	250m:	3:27.72 49.33	350m:	4:58.75 38.08	
	100m:	1:15.26 40.75	200m:	2:38.39 41.72	300m:	4:20.67 52.95	400m:	5:35.72 36.97	
5.	BOUSQUET, Elizabeth		13	ELITE				<b>5:48.95</b>	392 Q
	50m:	35.82 35.82	150m:	2:04.13 42.41	250m:	3:35.28 48.78	350m:	5:08.06 42.47	
	100m:	1:21.72 45.90	200m:	2:46.50 42.37	300m:	4:25.59 50.31	400m:	5:48.95 40.89	
6.	SAYEGH, Florence		12	UL				<b>5:56.76</b>	367 Q
	50m:	36.85 36.85	150m:	2:06.73 45.32	250m:	3:43.48 52.47	350m:	5:17.57 39.89	
	100m:	1:21.41 44.56	200m:	2:51.01 44.28	300m:	4:37.68 54.20	400m:	5:56.76 39.19	
7.	DEMANCHE, Clara		13	MUST				<b>6:01.71</b>	352 Q
	50m:	39.73 39.73	150m:	2:09.91 44.24	250m:	3:43.53 50.85	350m:	5:20.38 42.32	
	100m:	1:25.67 45.94	200m:	2:52.68 42.77	300m:	4:38.06 54.53	400m:	6:01.71 41.33	
8.	RANGO, Agathe		11	ELITE				<b>6:11.38</b>	325 Q
	50m:	40.83 40.83	150m:	2:15.92 47.56	250m:	3:56.18 52.54	350m:	5:31.40 42.08	
	100m:	1:28.36 47.53	200m:	3:03.64 47.72	300m:	4:49.32 53.14	400m:	6:11.38 39.98	
9.	ADUENY, Chloé Aurélie		13	SHER				<b>6:19.04</b>	306 R
	50m:	39.40 39.40	150m:	2:18.63 50.70	250m:	4:02.61 54.67	350m:	5:38.70 39.39	
	100m:	1:27.93 48.53	200m:	3:07.94 49.31	300m:	4:59.31 56.70	400m:	6:19.04 40.34	
10.	BOUDREAU, Mila		13	BBF				<b>6:22.64</b>	297 R
	50m:	42.41 42.41	150m:	2:22.12 51.77	250m:	4:05.51 53.79	350m:	5:43.75 43.25	
	100m:	1:30.35 47.94	200m:	3:11.72 49.60	300m:	5:00.50 54.99	400m:	6:22.64 38.89	
11.	SLAMA, Meriam		13	UL				<b>6:23.69</b>	295
	50m:	40.37 40.37	150m:	2:18.13 49.39	250m:	3:58.95 51.04	350m:	5:37.79 45.80	
	100m:	1:28.74 48.37	200m:	3:07.91 49.78	300m:	4:51.99 53.04	400m:	6:23.69 45.90	
12.	JUTRAS, Zoé		12	RL				<b>6:24.96</b>	292
	50m:	38.02 38.02	150m:	2:18.65 50.53	250m:	4:00.60 53.06	350m:	5:41.76 46.60	
	100m:	1:28.12 50.10	200m:	3:07.54 48.89	300m:	4:55.16 54.56	400m:	6:24.96 43.20	
13.	SCKOROPAD, Jade		12	ELITE				<b>6:31.60</b>	277
	50m:	42.72 42.72	150m:	2:24.06 48.96	250m:	4:08.31 56.77	350m:	5:50.70 44.50	
	100m:	1:35.10 52.38	200m:	3:11.54 47.48	300m:	5:06.20 57.89	400m:	6:31.60 40.90	
14.	CHOUINARD, Mériza		12	RL				<b>6:34.53</b>	271
	50m:	44.06 44.06	150m:	2:29.56 50.80	250m:	4:10.66 51.91	350m:	5:52.23 46.21	
	100m:	1:38.76 54.70	200m:	3:18.75 49.19	300m:	5:06.02 55.36	400m:	6:34.53 42.30	
disq.	GOULET, Ophélie		11	ELITE				<b>6:20.48</b>	
	50m:	41.09 41.09	150m:	2:17.44 48.64	250m:	3:59.81 55.48	350m:	5:39.32 43.61	
	100m:	1:28.80 47.71	200m:	3:04.33 46.89	300m:	4:55.71 55.90	400m:	6:20.48 41.16	



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Epreuve 5, Dames, 400m 4 nages, Eliminatoire

14 - 15 ans

1.	FORTIER, Charlie-Rose	14	SHER	<b>5:04.09</b>	593	Q
	50m: 31.93 31.93	150m: 1:48.83 39.20	250m: 3:08.88 41.92	350m: 4:28.55 36.50		
	100m: 1:09.63 37.70	200m: 2:26.96 38.13	300m: 3:52.05 43.17	400m: 5:04.09 35.54		
2.	GOSSELIN, Méliá	15	UL	<b>5:10.19</b>	558	Q
	50m: 33.14 33.14	150m: 1:51.87 39.44	250m: 3:14.16 43.61	350m: 4:34.92 36.08		
	100m: 1:12.43 39.29	200m: 2:30.55 38.68	300m: 3:58.84 44.68	400m: 5:10.19 35.27		
3.	PIATERA MERCIER, Léa	15	SHER	<b>5:13.17</b>	542	Q
	50m: 33.24 33.24	150m: 1:49.33 36.95	250m: 3:13.54 46.96	350m: 4:37.44 37.08		
	100m: 1:12.38 39.14	200m: 2:26.58 37.25	300m: 4:00.36 46.82	400m: 5:13.17 35.73		
4.	MOUJOURD, Lina	15	ELITE	<b>5:23.11</b>	494	Q
	50m: 34.69 34.69	150m: 1:57.38 41.85	250m: 3:22.71 44.56	350m: 4:46.70 37.98		
	100m: 1:15.53 40.84	200m: 2:38.15 40.77	300m: 4:08.72 46.01	400m: 5:23.11 36.41		
5.	BEAUDOIN, Olivia	14	CASE	<b>5:25.29</b>	484	Q
	50m: 33.31 33.31	150m: 1:53.17 40.18	250m: 3:20.81 48.28	350m: 4:48.63 38.47		
	100m: 1:12.99 39.68	200m: 2:32.53 39.36	300m: 4:10.16 49.35	400m: 5:25.29 36.66		
6.	LOISELLE, Camille	15	CASE	<b>5:33.63</b>	449	Q
	50m: 35.08 35.08	150m: 1:58.54 42.82	250m: 3:26.62 45.54	350m: 4:55.86 39.83		
	100m: 1:15.72 40.64	200m: 2:41.08 42.54	300m: 4:16.03 49.41	400m: 5:33.63 37.77		
7.	BLAIS, Élizabéth	14	RL	<b>5:34.18</b>	446	Q
	50m: 35.07 35.07	150m: 1:54.52 38.36	250m: 3:27.03 51.73	350m: 4:56.37 39.53		
	100m: 1:16.16 41.09	200m: 2:35.30 40.78	300m: 4:16.84 49.81	400m: 5:34.18 37.81		
8.	LAFERRIERE, Laurence	14	ELITE	<b>5:37.93</b>	432	Q
	50m: 35.14 35.14	150m: 1:58.95 41.37	250m: 3:29.32 48.30	350m: 4:59.88 39.49		
	100m: 1:17.58 42.44	200m: 2:41.02 42.07	300m: 4:20.39 51.07	400m: 5:37.93 38.05		
9.	CHOUINARD, Maélie	15	RL	<b>5:43.28</b>	412	R
	50m: 37.30 37.30	150m: 2:06.99 45.77	250m: 3:35.19 44.95	350m: 5:03.47 41.58		
	100m: 1:21.22 43.92	200m: 2:50.24 43.25	300m: 4:21.89 46.70	400m: 5:43.28 39.81		
10.	ROUSSEL, Annabelle	14	MUST	<b>5:45.66</b>	403	R
	50m: 33.58 33.58	150m: 2:01.41 45.11	250m: 3:37.38 50.87	350m: 5:06.17 37.37		
	100m: 1:16.30 42.72	200m: 2:46.51 45.10	300m: 4:28.80 51.42	400m: 5:45.66 39.49		
11.	LEMIEUX, Élodie	15	RL	<b>5:48.21</b>	394	
	50m: 34.96 34.96	150m: 2:04.91 44.92	250m: 3:42.16 53.32	350m: 5:10.00 38.14		
	100m: 1:19.99 45.03	200m: 2:48.84 43.93	300m: 4:31.86 49.70	400m: 5:48.21 38.21		
12.	BÉLANGER, Eve-Sophie	14	RL	<b>6:07.21</b>	336	
	50m: 39.53 39.53	150m: 2:13.47 47.30	250m: 3:52.88 51.72	350m: 5:28.15 41.22		
	100m: 1:26.17 46.64	200m: 3:01.16 47.69	300m: 4:46.93 54.05	400m: 6:07.21 39.06		
13.	SAYEGH, Jasmine	15	UL	<b>6:11.69</b>	324	
	50m: 38.94 38.94	150m: 2:13.91 49.71	250m: 3:55.67 52.87	350m: 5:32.70 41.64		
	100m: 1:24.20 45.26	200m: 3:02.80 48.89	300m: 4:51.06 55.39	400m: 6:11.69 38.99		
14.	NAUTH, Marianne	15	BBF	<b>6:22.05</b>	299	
	50m: 40.07 40.07	150m: 2:10.35 46.44	250m: 3:56.19 58.94	350m: 5:39.25 44.41		
	100m: 1:23.91 43.84	200m: 2:57.25 46.90	300m: 4:54.84 58.65	400m: 6:22.05 42.80		
15.	SOLTANI, Elissa	14	SHER	<b>6:36.41</b>	267	
	50m: 43.67 43.67	150m: 2:26.23 51.22	250m: 4:14.45 59.33	350m: 5:55.01 42.35		
	100m: 1:35.01 51.34	200m: 3:15.12 48.89	300m: 5:12.66 58.21	400m: 6:36.41 41.40		
16.	DESBIENS, Delphine	15	RL	<b>6:55.18</b>	233	
	50m: 42.06 42.06	150m: 2:23.32 49.79	250m: 4:15.70 1:02.09	350m: 6:06.57 48.23		
	100m: 1:33.53 51.47	200m: 3:13.61 50.29	300m: 5:18.34 1:02.64	400m: 6:55.18 48.61		



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Epreuve 5, Filles, 400m 4 nages, Elimatoire, 14 - 15 ans

Rang			Age						Temps	Pts
disq.	FORTIN, Flavie		14	UL					<b>5:23.35</b>	
	50m:	33.19 33.19	150m:	1:51.40 41.17	250m:	3:20.76 48.84	350m:	4:46.68 36.55		
	100m:	1:10.23 37.04	200m:	2:31.92 40.52	300m:	4:10.13 49.37	400m:	5:23.35 36.67		

16 - 17 ans

1.	LETENDRE, Emma		17	SHER					<b>5:15.82</b>	529	Q
	50m:	34.38 34.38	150m:	1:54.75 40.22	250m:	3:18.19 43.87	350m:	4:40.13 37.01			
	100m:	1:14.53 40.15	200m:	2:34.32 39.57	300m:	4:03.12 44.93	400m:	5:15.82 35.69			
2.	BEAUDOIN, Marie-Laurence		17	UL					<b>5:16.22</b>	527	Q
	50m:	32.13 32.13	150m:	1:51.89 42.49	250m:	3:18.55 45.65	350m:	4:40.68 36.97			
	100m:	1:09.40 37.27	200m:	2:32.90 41.01	300m:	4:03.71 45.16	400m:	5:16.22 35.54			
3.	FELX, Lily		17	ELITE					<b>5:18.44</b>	516	Q
	50m:	33.19 33.19	150m:	1:53.71 41.38	250m:	3:18.31 44.81	350m:	4:42.10 38.32			
	100m:	1:12.33 39.14	200m:	2:33.50 39.79	300m:	4:03.78 45.47	400m:	5:18.44 36.34			
4.	ST-LAURENT, Charlie		16	ELITE					<b>5:21.44</b>	502	Q
	50m:	33.10 33.10	150m:	1:53.97 43.19	250m:	3:20.76 45.81	350m:	4:45.79 38.25			
	100m:	1:10.78 37.68	200m:	2:34.95 40.98	300m:	4:07.54 46.78	400m:	5:21.44 35.65			
5.	BOUFFARD, Jeanne		17	RL					<b>5:28.08</b>	472	Q
	50m:	32.97 32.97	150m:	1:53.38 40.76	250m:	3:22.65 49.54	350m:	4:51.48 38.16			
	100m:	1:12.62 39.65	200m:	2:33.11 39.73	300m:	4:13.32 50.67	400m:	5:28.08 36.60			
6.	DEMERS, Lauralie		16	RL					<b>5:39.55</b>	425	Q
	50m:	33.89 33.89	150m:	2:00.98 45.83	250m:	3:35.46 50.77	350m:	5:02.20 37.32			
	100m:	1:15.15 41.26	200m:	2:44.69 43.71	300m:	4:24.88 49.42	400m:	5:39.55 37.35			
7.	CHOUINARD, Dalia		17	RL					<b>5:40.98</b>	420	Q
	50m:	35.05 35.05	150m:	2:02.88 46.89	250m:	3:36.02 47.92	350m:	5:02.62 39.33			
	100m:	1:15.99 40.94	200m:	2:48.10 45.22	300m:	4:23.29 47.27	400m:	5:40.98 38.36			
8.	GALLANT, Annabelle		16	RL					<b>5:44.26</b>	408	Q
	50m:	36.44 36.44	150m:	2:05.17 45.12	250m:	3:37.66 47.86	350m:	5:06.57 40.09			
	100m:	1:20.05 43.61	200m:	2:49.80 44.63	300m:	4:26.48 48.82	400m:	5:44.26 37.69			
9.	BOUCHARD, Marie		17	UL					<b>5:48.75</b>	393	R
	50m:	36.52 36.52	150m:	2:04.94 46.49	250m:	3:42.64 53.04	350m:	5:12.80 37.76			
	100m:	1:18.45 41.93	200m:	2:49.60 44.66	300m:	4:35.04 52.40	400m:	5:48.75 35.95			
10.	SAVARD, Leonie		16	CASE					<b>5:50.05</b>	388	R
	50m:	34.68 34.68	150m:	1:59.06 43.24	250m:	3:37.80 55.33	350m:	5:11.90 39.43			
	100m:	1:15.82 41.14	200m:	2:42.47 43.41	300m:	4:32.47 54.67	400m:	5:50.05 38.15			
11.	PLANQUE, Chloé		17	CASE					<b>5:50.52</b>	387	
	50m:	37.69 37.69	150m:	2:12.13 47.41	250m:	3:42.00 45.27	350m:	5:10.51 41.38			
	100m:	1:24.72 47.03	200m:	2:56.73 44.60	300m:	4:29.13 47.13	400m:	5:50.52 40.01			
12.	ROY, Noémie		17	RL					<b>5:51.32</b>	384	
	50m:	36.62 36.62	150m:	2:04.67 43.52	250m:	3:40.16 52.53	350m:	5:13.32 40.77			
	100m:	1:21.15 44.53	200m:	2:47.63 42.96	300m:	4:32.55 52.39	400m:	5:51.32 38.00			

18 ans et plus

1.	CHAUVETTE, Frédérique		18	CASE					<b>5:13.26</b>	542	Q
	50m:	33.75 33.75	150m:	1:51.27 37.48	250m:	3:13.55 44.74	350m:	4:36.84 36.94			
	100m:	1:13.79 40.04	200m:	2:28.81 37.54	300m:	3:59.90 46.35	400m:	5:13.26 36.42			
2.	MARTIN, Mila		18	BBF					<b>5:15.12</b>	532	Q
	50m:	33.16 33.16	150m:	1:51.62 40.88	250m:	3:16.38 44.16	350m:	4:38.67 39.17			
	100m:	1:10.74 37.58	200m:	2:32.22 40.60	300m:	3:59.50 43.12	400m:	5:15.12 36.45			



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Epreuve 5, Dames, 400m 4 nages, Elimatoire, 18 ans et plus

Rang	Age								Temps	Pts	
3. PAUL, Florence	19		UL						<b>5:17.55</b>	520 Q	
50m:	33.33	33.33	150m:	1:53.26	42.17	250m:	3:20.09	45.49	350m:	4:42.88	37.15
100m:	1:11.09	37.76	200m:	2:34.60	41.34	300m:	4:05.73	45.64	400m:	5:17.55	34.67
4. SIMARD, Anne	20		UL						<b>5:31.50</b>	457 Q	
50m:	35.00	35.00	150m:	2:00.39	42.96	250m:	3:31.11	47.69	350m:	4:56.43	35.96
100m:	1:17.43	42.43	200m:	2:43.42	43.03	300m:	4:20.47	49.36	400m:	5:31.50	35.07
5. TRUDEL, Marjorie	18		ELITE						<b>5:39.77</b>	425 Q	
50m:	36.92	36.92	150m:	2:03.95	42.74	250m:	3:34.28	47.86	350m:	5:01.34	38.89
100m:	1:21.21	44.29	200m:	2:46.42	42.47	300m:	4:22.45	48.17	400m:	5:39.77	38.43