

IntraClub Défi 1500m
Montreal, 24-5-2026

Event 1
2026-05-24 - 15:30

1500m Freestyle

11 years and older
Results

Points: AQUA 2026

Rank			Age					Time	Pts
11 - 12 years, Girls									
1.	SPINA, Isabella		12	Club de natation Saint-Laurent				20:28.78	
	100m:	1:13.90	1:13.90	500m:	6:35.57	1:22.13	900m:	12:08.21	1:23.77
	200m:	2:32.06	1:18.16	600m:	7:57.88	1:22.31	1000m:	13:32.26	1:24.05
	300m:	3:51.96	1:19.90	700m:	9:20.80	1:22.92	1100m:	14:56.46	1:24.20
	400m:	5:13.44	1:21.48	800m:	10:44.44	1:23.64	1200m:	16:21.78	1:25.32
				1300m:	17:44.89	1:23.11	1400m:	19:07.33	1:22.44
				1500m:	20:28.78	1:21.45			
2.	AOUAMEUR, Lea		12	Club de natation Saint-Laurent				20:40.13	
	100m:	1:15.26	1:15.26	500m:	6:50.14	1:24.57	900m:	12:27.87	1:23.04
	200m:	2:36.57	1:21.31	600m:	8:14.09	1:23.95	1000m:	13:51.59	1:23.72
	300m:	4:01.27	1:24.70	700m:	9:39.25	1:25.16	1100m:	15:14.71	1:23.12
	400m:	5:25.57	1:24.30	800m:	11:04.83	1:25.58	1200m:	16:36.96	1:22.25
				1300m:	18:00.01	1:23.05	1400m:	19:22.00	1:21.99
				1500m:	20:40.13	1:18.13			
13 - 14 years, Girls									
1.	MOSHUTZ, Laura		14	Club de natation Saint-Laurent				20:04.18	
	100m:	1:15.47	1:15.47	500m:	6:34.82	1:20.17	900m:	11:56.75	1:19.86
	200m:	2:35.08	1:19.61	600m:	7:55.06	1:20.24	1000m:	13:17.52	1:20.77
	300m:	3:54.26	1:19.18	700m:	9:16.03	1:20.97	1100m:	14:38.71	1:21.19
	400m:	5:14.65	1:20.39	800m:	10:36.89	1:20.86	1200m:	16:01.07	1:22.36
				1300m:	17:23.31	1:22.24	1400m:	18:45.02	1:21.71
				1500m:	20:04.18	1:19.16			
2.	BRANCHAUD, Chloe		13	Club de natation Saint-Laurent				20:42.38	
	100m:	1:18.27	1:18.27	500m:	6:54.88	1:24.18	900m:	12:32.13	1:23.38
	200m:	2:41.96	1:23.69	600m:	8:19.52	1:24.64	1000m:	13:54.81	1:22.68
	300m:	4:06.20	1:24.24	700m:	9:44.94	1:25.42	1100m:	15:17.41	1:22.60
	400m:	5:30.70	1:24.50	800m:	11:08.75	1:23.81	1200m:	16:39.95	1:22.54
				1300m:	18:02.71	1:22.76	1400m:	19:24.19	1:21.48
				1500m:	20:42.38	1:18.19			
3.	GHRIB, Kayla Maysun		13	Club de natation Saint-Laurent				21:12.46	
	100m:	1:17.65	1:17.65	500m:	6:50.64	1:25.26	900m:	12:35.20	1:27.07
	200m:	2:38.32	1:20.67	600m:	8:15.35	1:24.71	1000m:	14:02.06	1:26.86
	300m:	4:01.64	1:23.32	700m:	9:42.52	1:27.17	1100m:	15:28.15	1:26.09
	400m:	5:25.38	1:23.74	800m:	11:08.13	1:25.61	1200m:	16:55.06	1:26.91
				1300m:	18:21.87	1:26.81	1400m:	19:49.64	1:27.77
				1500m:	21:12.46	1:22.82			
4.	L'HEUREUX, Clara		14	Club de natation Saint-Laurent				21:15.52	
	100m:	1:13.84	1:13.84	500m:	6:57.02	1:26.20	900m:	12:44.55	1:26.18
	200m:	2:37.70	1:23.86	600m:	8:23.85	1:26.83	1000m:	14:11.73	1:27.18
	300m:	4:03.63	1:25.93	700m:	9:51.16	1:27.31	1100m:	15:38.49	1:26.76
	400m:	5:30.82	1:27.19	800m:	11:18.37	1:27.21	1200m:	17:04.35	1:25.86
				1300m:	18:30.49	1:26.14	1400m:	19:54.54	1:24.05
				1500m:	21:15.52	1:20.98			
5.	NAKAD, Jade		13	Club de natation Saint-Laurent				22:08.32	
	100m:	1:19.24	1:19.24	500m:	7:15.25	1:29.25	900m:	13:12.75	1:29.63
	200m:	2:46.95	1:27.71	600m:	8:45.66	1:30.41	1000m:	14:42.22	1:29.47
	300m:	4:15.85	1:28.90	700m:	10:13.97	1:28.31	1100m:	16:14.34	1:32.12
	400m:	5:46.00	1:30.15	800m:	11:43.12	1:29.15	1200m:	17:44.97	1:30.63
				1300m:	19:14.22	1:29.25	1400m:	20:42.27	1:28.05
				1500m:	22:08.32	1:26.05			
6.	CHAMMAS, Miley		13	Club de natation Saint-Laurent				23:09.46	
	100m:	1:21.44	1:21.44	500m:	7:31.56	1:34.23	900m:	13:49.46	1:34.50
	200m:	2:51.96	1:30.52	600m:	9:05.95	1:34.39	1000m:	15:25.01	1:35.55
	300m:	4:22.57	1:30.61	700m:	10:40.33	1:34.38	1100m:	16:58.59	1:33.58
	400m:	5:57.33	1:34.76	800m:	12:14.96	1:34.63	1200m:	18:33.72	1:35.13
				1300m:	20:06.69	1:32.97	1400m:	21:41.00	1:34.31
				1500m:	23:09.46	1:28.46			
15 - 16 years, Girls									
1.	BLUMEL, Margaret		16	Club de natation Saint-Laurent				18:09.38	
	100m:	1:06.63	1:06.63	500m:	5:53.95	1:11.96	900m:	10:46.76	1:13.31
	200m:	2:18.11	1:11.48	600m:	7:06.30	1:12.35	1000m:	12:00.65	1:13.89
	300m:	3:29.07	1:10.96	700m:	8:19.63	1:13.33	1100m:	13:13.98	1:13.33
	400m:	4:41.99	1:12.92	800m:	9:33.45	1:13.82	1200m:	14:27.75	1:13.77
				1300m:	15:41.20	1:13.45	1400m:	16:55.59	1:14.39
				1500m:	18:09.38	1:13.79			

IntraClub Défi 1500m
Montreal, 24-5-2026

Event 1, Girls, 1500m Freestyle, 15 - 16 years

Rank			Age					Club	Time	Pts		
2.	TAO, Irene		16	Club de natation Saint-Laurent					19:53.47			
	100m:	1:14.07	1:14.07	500m:	6:35.57	1:21.03	900m:	11:55.51	1:19.13	1300m:	17:14.44	1:20.15
	200m:	2:33.52	1:19.45	600m:	7:56.34	1:20.77	1000m:	13:14.15	1:18.64	1400m:	18:35.35	1:20.91
	300m:	3:53.59	1:20.07	700m:	9:16.70	1:20.36	1100m:	14:33.88	1:19.73	1500m:	19:53.47	1:18.12
	400m:	5:14.54	1:20.95	800m:	10:36.38	1:19.68	1200m:	15:54.29	1:20.41			
3.	MARTIN, Clara		15	Club de natation Saint-Laurent					23:02.29			
	100m:	1:20.59	1:20.59	500m:	7:33.04	1:33.69	900m:	13:52.45	1:35.16	1300m:	20:01.41	1:31.50
	200m:	2:52.89	1:32.30	600m:	9:07.16	1:34.12	1000m:	15:24.22	1:31.77	1400m:	21:33.22	1:31.81
	300m:	4:25.33	1:32.44	700m:	10:42.59	1:35.43	1100m:	16:55.51	1:31.29	1500m:	23:02.29	1:29.07
	400m:	5:59.35	1:34.02	800m:	12:17.29	1:34.70	1200m:	18:29.91	1:34.40			

17 years and older, Women

1.	DI MARIA, Jessica		18	Club de natation Saint-Laurent					18:27.16			
	100m:	1:07.01	1:07.01	500m:	6:00.89	1:14.11	900m:	10:59.01	1:14.94	1300m:	15:58.08	1:14.94
	200m:	2:19.28	1:12.27	600m:	7:15.21	1:14.32	1000m:	12:13.50	1:14.49	1400m:	17:13.28	1:15.20
	300m:	3:32.76	1:13.48	700m:	8:29.57	1:14.36	1100m:	13:28.40	1:14.90	1500m:	18:27.16	1:13.88
	400m:	4:46.78	1:14.02	800m:	9:44.07	1:14.50	1200m:	14:43.14	1:14.74			
2.	DI MARIA, Melanie		23	Club de natation Saint-Laurent					18:59.38			
	100m:	1:13.53	1:13.53	500m:	6:24.94	1:17.66	900m:	11:29.19	1:16.10	1300m:	16:30.54	1:14.52
	200m:	2:31.61	1:18.08	600m:	7:40.97	1:16.03	1000m:	12:45.75	1:16.56	1400m:	17:45.47	1:14.93
	300m:	3:50.09	1:18.48	700m:	9:08.21	1:19.68	1100m:	14:00.91	1:15.16	1500m:	18:59.38	1:13.91
	400m:	5:07.28	1:17.19	800m:	10:13.09		1200m:	15:16.02	1:15.11			
3.	AN, Vivian		17	Club de natation Saint-Laurent					19:50.95			
	100m:	1:13.45	1:13.45	500m:	6:29.47	1:18.97	900m:	11:47.91	1:20.02	1300m:	17:11.02	1:21.32
	200m:	2:32.02	1:18.57	600m:	7:48.53	1:19.06	1000m:	13:07.72	1:19.81	1400m:	18:35.65	1:24.63
	300m:	3:51.14	1:19.12	700m:	9:08.21	1:19.68	1100m:	14:29.90	1:22.18	1500m:	19:50.95	1:15.30
	400m:	5:10.50	1:19.36	800m:	10:27.89	1:19.68	1200m:	15:49.70	1:19.80			
4.	GHRIB, Amelia Ralissa		17	Club de natation Saint-Laurent					22:06.95			
	100m:	1:16.45	1:16.45	500m:	7:08.21	1:29.25	900m:	13:09.46	1:30.71	1300m:	19:08.70	1:30.00
	200m:	2:41.72	1:25.27	600m:	8:37.33	1:29.12	1000m:	14:39.31	1:29.85	1400m:	20:38.95	1:30.25
	300m:	4:08.83	1:27.11	700m:	10:08.02	1:30.69	1100m:	16:08.95	1:29.64	1500m:	22:06.95	1:28.00
	400m:	5:38.96	1:30.13	800m:	11:38.75	1:30.73	1200m:	17:38.70	1:29.75			

11 - 12 years, Boys

1.	DEMERS, Gabriel		12	Club de natation Saint-Laurent					19:30.33			
	100m:	1:13.20	1:13.20	500m:	6:24.72	1:17.94	900m:	11:37.52	1:18.92	1300m:	16:53.97	1:19.01
	200m:	2:30.65	1:17.45	600m:	7:41.96	1:17.24	1000m:	12:56.48	1:18.96	1400m:	18:13.11	1:19.14
	300m:	3:48.84	1:18.19	700m:	9:00.07	1:18.11	1100m:	14:15.76	1:19.28	1500m:	19:30.33	1:17.22
	400m:	5:06.78	1:17.94	800m:	10:18.60	1:18.53	1200m:	15:34.96	1:19.20			
2.	TABBARAH, Ibrahim Adam		11	Club de natation Saint-Laurent					22:12.21			
	100m:	1:22.26	1:22.26	500m:	7:16.13	1:28.55	900m:	13:13.26	1:29.39	1300m:	19:16.33	1:31.55
	200m:	2:49.71	1:27.45	600m:	8:44.81	1:28.68	1000m:	14:44.26	1:31.00	1400m:	20:47.06	1:30.73
	300m:	4:18.22	1:28.51	700m:	10:14.25	1:29.44	1100m:	16:14.62	1:30.36	1500m:	22:12.21	1:25.15
	400m:	5:47.58	1:29.36	800m:	11:43.87	1:29.62	1200m:	17:44.78	1:30.16			
3.	NGUYEN, Uy The		11	Club de natation Saint-Laurent					23:27.94			
	100m:	1:29.20	1:29.20	500m:	7:53.76	1:33.57	900m:	14:14.19	1:35.28	1300m:	20:26.69	1:32.43
	200m:	3:07.02	1:37.82	600m:	9:30.45	1:36.69	1000m:	15:47.41	1:33.22	1400m:	21:58.44	1:31.75
	300m:	4:43.95	1:36.93	700m:	11:05.52	1:35.07	1100m:	17:21.31	1:33.90	1500m:	23:27.94	1:29.50
	400m:	6:20.19	1:36.24	800m:	12:38.91	1:33.39	1200m:	18:54.26	1:32.95			

IntraClub Défi 1500m
Montreal, 24-5-2026

Event 1, Boys, 1500m Freestyle, 11 - 12 years

Rank			Age					Time	Pts
4.	MABROUR, Zakary		11	Club de natation Saint-Laurent				23:41.38	
	100m: 1:30.33	1:30.33	500m: 7:54.52	1:35.23	900m: 14:15.08	1:35.36	1300m: 20:34.47	1:35.70	
	200m: 3:07.27	1:36.94	600m: 9:30.87	1:36.35	1000m: 15:49.45	1:34.37	1400m: 22:08.72	1:34.25	
	300m: 4:42.34	1:35.07	700m: 11:04.14	1:33.27	1100m: 17:22.34	1:32.89	1500m: 23:41.38	1:32.66	
	400m: 6:19.29	1:36.95	800m: 12:39.72	1:35.58	1200m: 18:58.77	1:36.43			

13 - 14 years, Boys

1.	CHEN, Andrew		14	Club de natation Saint-Laurent				19:29.26	
	100m: 1:11.76	1:11.76	500m: 6:22.38	1:19.46	900m: 11:37.54	1:18.88	1300m: 16:54.04	1:19.68	
	200m: 2:28.54	1:16.78	600m: 7:40.84	1:18.46	1000m: 12:56.15	1:18.61	1400m: 18:13.59	1:19.55	
	300m: 3:45.32	1:16.78	700m: 8:59.46	1:18.62	1100m: 14:14.97	1:18.82	1500m: 19:29.26	1:15.67	
	400m: 5:02.92	1:17.60	800m: 10:18.66	1:19.20	1200m: 15:34.36	1:19.39			
2.	BEN-ABDALLAH, Adam		14	Club de natation Saint-Laurent				20:00.39	
	100m:		500m: 6:34.89	1:20.54	900m: 11:59.22	1:20.66	1300m: 17:23.88	1:21.27	
	200m: 2:33.08		600m: 7:56.08	1:21.19	1000m: 13:20.17	1:20.95	1400m: 18:42.07	1:18.19	
	300m: 3:54.24	1:21.16	700m: 9:17.42	1:21.34	1100m: 14:41.30	1:21.13	1500m: 20:00.39	1:18.32	
	400m: 5:14.35	1:20.11	800m: 10:38.56	1:21.14	1200m: 16:02.61	1:21.31			
3.	AL-HAWARI, Lucas		13	Club de natation Saint-Laurent				20:28.65	
	100m: 1:14.50	1:14.50	500m: 6:39.91	1:22.66	900m: 12:15.15	1:23.84	1300m: 17:49.83	1:23.13	
	200m: 2:34.39	1:19.89	600m: 8:03.65	1:23.74	1000m: 13:39.89	1:24.74	1400m: 19:10.15	1:20.32	
	300m: 3:55.25	1:20.86	700m: 9:27.99	1:24.34	1100m: 15:04.49	1:24.60	1500m: 20:28.65	1:18.50	
	400m: 5:17.25	1:22.00	800m: 10:51.31	1:23.32	1200m: 16:26.70	1:22.21			
4.	DU, Raymond		13	Club de natation Saint-Laurent				21:00.00	
	100m: 1:13.36	1:13.36	500m: 6:51.02	1:25.29	900m: 12:30.11	1:24.45	1300m: 18:12.89	1:25.91	
	200m: 2:36.82	1:23.46	600m: 8:15.61	1:24.59	1000m: 13:55.70	1:25.59	1400m: 19:39.51	1:26.62	
	300m: 4:01.65	1:24.83	700m: 9:40.08	1:24.47	1100m: 15:21.28	1:25.58	1500m: 21:00.00	1:20.49	
	400m: 5:25.73	1:24.08	800m: 11:05.66	1:25.58	1200m: 16:46.98	1:25.70			
5.	ST LOUIS, Jaden		14	Club de natation Saint-Laurent				21:41.29	
	100m: 1:18.37	1:18.37	500m: 7:12.61	1:30.70	900m: 13:01.11	1:28.48	1300m: 18:55.82	1:26.78	
	200m: 2:44.49	1:26.12	600m: 8:39.72	1:27.11	1000m: 14:31.70	1:30.59	1400m: 20:23.27	1:27.45	
	300m: 4:12.95	1:28.46	700m: 10:06.15	1:26.43	1100m: 16:01.10	1:29.40	1500m: 21:41.29	1:18.02	
	400m: 5:41.91	1:28.96	800m: 11:32.63	1:26.48	1200m: 17:29.04	1:27.94			

15 - 16 years, Boys

1.	ZHANG, Yanbin		16	Club de natation Saint-Laurent				18:22.07	
	100m: 1:06.60	1:06.60	500m: 5:57.71	1:13.11	900m: 10:54.96	1:14.25	1300m: 15:54.19	1:14.43	
	200m: 2:19.20	1:12.60	600m: 7:11.66	1:13.95	1000m: 12:08.83	1:13.87	1400m: 17:10.40	1:16.21	
	300m: 3:31.47	1:12.27	700m: 8:26.00	1:14.34	1100m: 13:24.16	1:15.33	1500m: 18:22.07	1:11.67	
	400m: 4:44.60	1:13.13	800m: 9:40.71	1:14.71	1200m: 14:39.76	1:15.60			
2.	NGUYEN, Ky Huu		15	Club de natation Saint-Laurent				18:32.21	
	100m: 1:07.90	1:07.90	500m: 6:05.64	1:14.88	900m: 11:04.90	1:14.48	1300m: 16:04.80	1:15.54	
	200m: 2:21.58	1:13.68	600m: 7:20.48	1:14.84	1000m: 12:19.68	1:14.78	1400m: 17:19.96	1:15.16	
	300m: 3:35.19	1:13.61	700m: 8:35.96	1:15.48	1100m: 13:34.90	1:15.22	1500m: 18:32.21	1:12.25	
	400m: 4:50.76	1:15.57	800m: 9:50.42	1:14.46	1200m: 14:49.26	1:14.36			
3.	GAO, Simon		15	Club de natation Saint-Laurent				18:50.43	
	100m: 1:06.28	1:06.28	500m: 6:02.28	1:15.16	900m: 11:08.88	1:17.54	1300m: 16:19.75	1:17.75	
	200m: 2:19.40	1:13.12	600m: 7:18.59	1:16.31	1000m: 12:26.50	1:17.62	1400m: 17:37.83	1:18.08	
	300m: 3:32.70	1:13.30	700m: 8:35.65	1:17.06	1100m: 13:44.15	1:17.65	1500m: 18:50.43	1:12.60	
	400m: 4:47.12	1:14.42	800m: 9:51.34	1:15.69	1200m: 15:02.00	1:17.85			

IntraClub Défi 1500m
Montreal, 24-5-2026

Event 1, 1500m Freestyle

17 years and older, Men

1. SONG, Jerry		18	Club de natation Saint-Laurent		18:55.80	
100m: 1:10.25	1:10.25	500m: 6:16.77	1:16.89	900m: 11:24.00	1:16.60	1300m:
200m: 2:26.21	1:15.96	600m: 7:33.91	1:17.14	1000m: 12:39.47	1:15.47	1400m: 17:43.97
300m: 3:42.85	1:16.64	700m: 8:50.64	1:16.73	1100m: 13:55.35	1:15.88	1500m: 18:55.80 1:11.83
400m: 4:59.88	1:17.03	800m: 10:07.40	1:16.76	1200m: 15:10.70	1:15.35	