



Festival par équipes section 3
Rimouski, 5- - 7-6-2026



Epreuve 24
2026-06-07 - 16:27

Messieurs, 400m Libre

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang					Age					Temps	Pts	
11 - 13 ans												
1.	MCKENZIE, Lucas				13	Cote Saint-Luc Aquatics				4:30.07	485	
	50m:	30.06	30.06	150m:	1:37.99	34.36	250m:	2:47.39	34.77	350m:	3:56.89	34.92
	100m:	1:03.63	33.57	200m:	2:12.62	34.63	300m:	3:21.97	34.58	400m:	4:30.07	33.18
2.	WU, ZeHui				13	Côte-des-Neiges Notre-Dame-de-				4:43.52	419	
	50m:	31.51	31.51	150m:	1:41.62	35.48	250m:	2:53.99	36.17	350m:	4:08.02	37.25
	100m:	1:06.14	34.63	200m:	2:17.82	36.20	300m:	3:30.77	36.78	400m:	4:43.52	35.50
3.	DEMERS, Gabriel				12	Club de natation Saint-Laurent				4:49.29	394	
	50m:	33.33	33.33	150m:	1:46.30	36.86	250m:	3:00.22	37.00	350m:	4:13.45	36.55
	100m:	1:09.44	36.11	200m:	2:23.22	36.92	300m:	3:36.90	36.68	400m:	4:49.29	35.84
4.	MARTEL, Émile				13	Club de natation Mégophias				4:51.35	386	
	50m:	31.93	31.93	150m:	1:44.14	36.71	250m:	3:00.16	38.01	350m:	4:15.94	38.41
	100m:	1:07.43	35.50	200m:	2:22.15	38.01	300m:	3:37.53	37.37	400m:	4:51.35	35.41
5.	TAJ, Younes				13	Côte-des-Neiges Notre-Dame-de-				4:51.88	384	
	50m:	32.01	32.01	150m:	1:44.41	37.10	250m:	2:59.46	37.53	350m:	4:15.09	37.91
	100m:	1:07.31	35.30	200m:	2:21.93	37.52	300m:	3:37.18	37.72	400m:	4:51.88	36.79
6.	WANG, Samuel				12	Nsh				4:52.58	381	
	50m:	33.22	33.22	150m:	1:46.22	37.11	250m:	3:01.70	37.87	350m:	4:17.34	37.71
	100m:	1:09.11	35.89	200m:	2:23.83	37.61	300m:	3:39.63	37.93	400m:	4:52.58	35.24
7.	DONCIU, Michael				11	Cote Saint-Luc Aquatics				5:04.76	337	
	50m:	34.05	34.05	150m:	1:49.41	38.20	250m:	3:06.88	38.69	350m:	4:26.05	39.65
	100m:	1:11.21	37.16	200m:	2:28.19	38.78	300m:	3:46.40	39.52	400m:	5:04.76	38.71
8.	CARBERY, Alexandre				12	Club de natation Mégophias				5:07.91	327	
	50m:	33.67	33.67	150m:	1:50.27	38.76	250m:	3:09.76	39.74	350m:	4:29.42	39.64
	100m:	1:11.51	37.84	200m:	2:30.02	39.75	300m:	3:49.78	40.02	400m:	5:07.91	38.49
9.	VIGNEAULT DUBOIS, Benjamin				12	Les Dauphins de Rimouski				5:08.67	325	
	50m:	34.49	34.49	150m:	1:52.41	39.17	250m:	3:11.30	39.49	350m:	4:30.86	40.09
	100m:	1:13.24	38.75	200m:	2:31.81	39.40	300m:	3:50.77	39.47	400m:	5:08.67	37.81
10.	LEON HERRERA, Angel				13	Mtl Nord Natation				5:10.95	318	
	50m:	33.33	33.33	150m:	1:51.05	39.74	250m:	3:11.24	40.48	350m:	4:32.28	39.89
	100m:	1:11.31	37.98	200m:	2:30.76	39.71	300m:	3:52.39	41.15	400m:	5:10.95	38.67
11.	AUBERTIN, Benjamin				13	Mtl Nord Natation				5:12.00	314	
	50m:	35.04	35.04	150m:	1:52.95	39.55	250m:	3:14.13	40.65	350m:	4:35.03	40.48
	100m:	1:13.40	38.36	200m:	2:33.48	40.53	300m:	3:54.55	40.42	400m:	5:12.00	36.97
12.	GENTES, Loic				12	Club de natation Mégophias				5:12.05	314	
	50m:	35.44	35.44	150m:	1:54.72	39.67	250m:	3:14.08	39.53	350m:	4:33.99	40.23
	100m:	1:15.05	39.61	200m:	2:34.55	39.83	300m:	3:53.76	39.68	400m:	5:12.05	38.06
13.	SELAMI, Ahmed-Yacine				13	Mtl Nord Natation				5:12.35	313	
	50m:	33.58	33.58	150m:	1:53.15	40.96	250m:	3:14.38	40.48	350m:	4:36.57	40.83
	100m:	1:12.19	38.61	200m:	2:33.90	40.75	300m:	3:55.74	41.36	400m:	5:12.35	35.78
14.	ANDRADE, Dylan				13	Cote Saint-Luc Aquatics				5:18.78	295	
	50m:	33.87	33.87	150m:	1:52.51	40.36	250m:	3:15.57	41.83	350m:	4:39.73	42.51
	100m:	1:12.15	38.28	200m:	2:33.74	41.23	300m:	3:57.22	41.65	400m:	5:18.78	39.05
15.	PICHÉ, Raphaël				12	Nsh				5:20.67	289	
	50m:	35.62	35.62	150m:	1:56.49	41.18	250m:	3:19.37	41.52	350m:	4:41.92	40.86
	100m:	1:15.31	39.69	200m:	2:37.85	41.36	300m:	4:01.06	41.69	400m:	5:20.67	38.75



Festival par équipes section 3
Rimouski, 5- - 7-6-2026



Epreuve 24, Garçons, 400m Libre, 11 - 13 ans

Rang				Age					Temps	Pts		
16.	GUAY, Theo			11	Côte-des-Neiges Notre-Dame-de-				5:20.75	289		
	50m:	35.64	35.64	150m:	1:56.10	40.44	250m:	3:18.57	41.16	350m:	4:41.42	41.67
	100m:	1:15.66	40.02	200m:	2:37.41	41.31	300m:	3:59.75	41.18	400m:	5:20.75	39.33
17.	SIMONEAU, Zachary			13	Les Dauphins de Rimouski				5:23.45	282		
	50m:	35.98	35.98	150m:	1:56.76	40.77	250m:	3:20.79	41.88	350m:	4:44.88	41.30
	100m:	1:15.99	40.01	200m:	2:38.91	42.15	300m:	4:03.58	42.79	400m:	5:23.45	38.57
18.	OUELLET, Charles-Émile			13	Les Dauphins de Rimouski				5:24.66	279		
	50m:	34.94	34.94	150m:	1:56.24	41.29	250m:	3:20.03	42.32	350m:	4:44.02	42.10
	100m:	1:14.95	40.01	200m:	2:37.71	41.47	300m:	4:01.92	41.89	400m:	5:24.66	40.64
19.	ST-LAURENT, Louis			12	Les Dauphins de Rimouski				5:30.52	264		
	50m:	35.34	35.34	150m:	2:00.83	43.37	250m:	3:26.49	43.31	350m:	4:50.81	41.08
	100m:	1:17.46	42.12	200m:	2:43.18	42.35	300m:	4:09.73	43.24	400m:	5:30.52	39.71
20.	DOUCET, Henri			12	Club de natation Mégophias				5:33.01	258		
	50m:	36.70	36.70	150m:	2:01.11	42.44	250m:	3:27.16	42.98	350m:	4:52.05	42.19
	100m:	1:18.67	41.97	200m:	2:44.18	43.07	300m:	4:09.86	42.70	400m:	5:33.01	40.96
21.	GOSSELIN, Nathan			11	Les Dauphins de Rimouski				5:41.96	239		
	50m:	38.11	38.11	150m:	2:04.95	44.03	250m:	3:34.08	44.87	350m:	5:01.44	43.52
	100m:	1:20.92	42.81	200m:	2:49.21	44.26	300m:	4:17.92	43.84	400m:	5:41.96	40.52
22.	ZENELI, Arion			12	Mtl Nord Natation				5:47.84	227		
	50m:	37.44	37.44	150m:	2:04.23	44.29	250m:	3:33.40	44.68	350m:	5:05.57	46.38
	100m:	1:19.94	42.50	200m:	2:48.72	44.49	300m:	4:19.19	45.79	400m:	5:47.84	42.27
23.	WANG, Stan			11	Nsh				5:58.73	207		
	50m:	39.27	39.27	150m:	2:10.49	45.94	250m:	3:43.29	46.79	350m:	5:15.35	45.60
	100m:	1:24.55	45.28	200m:	2:56.50	46.01	300m:	4:29.75	46.46	400m:	5:58.73	43.38
24.	DELORME, William			12	Club Aquatique Charlesbourg				5:59.80	205		
	50m:	38.33	38.33	150m:	2:10.26	46.85	250m:	3:43.84	46.89	350m:	5:15.35	45.29
	100m:	1:23.41	45.08	200m:	2:56.95	46.69	300m:	4:30.06	46.22	400m:	5:59.80	44.45
25.	AMMI, Lylia			12	Mtl Nord Natation				6:02.97	199		
	50m:	37.61	37.61	150m:	2:08.65	46.31	250m:	3:43.11	47.03	350m:	5:17.79	46.71
	100m:	1:22.34	44.73	200m:	2:56.08	47.43	300m:	4:31.08	47.97	400m:	6:02.97	45.18
26.	GOBEIL, Zack			11	Club de natation Mégophias				6:03.68	198		
	50m:	40.61	40.61	150m:	2:13.59	46.74	250m:	3:45.59	45.14	350m:	5:19.58	45.95
	100m:	1:26.85	46.24	200m:	3:00.45	46.86	300m:	4:33.63	48.04	400m:	6:03.68	44.10
27.	SPOTO, Marco			11	Mtl Nord Natation				6:04.43	197		
	50m:	39.81	39.81	150m:	2:11.74	46.89	250m:	3:45.38	47.14	350m:	5:19.00	46.80
	100m:	1:24.85	45.04	200m:	2:58.24	46.50	300m:	4:32.20	46.82	400m:	6:04.43	45.43
28.	MOSCOVICI, Constantine			11	Côte-des-Neiges Notre-Dame-de-				6:16.06	179		
	50m:	41.94	41.94	150m:	2:18.37	48.23	250m:	3:55.54	47.85	350m:	5:32.73	48.21
	100m:	1:30.14	48.20	200m:	3:07.69	49.32	300m:	4:44.52	48.98	400m:	6:16.06	43.33
29.	GALLANT, Cédric			13	Les Dauphins de Rimouski				6:16.56	179		
	50m:	39.85	39.85	150m:	2:16.48	48.40	250m:	3:53.94	48.66	350m:	5:31.85	48.74
	100m:	1:28.08	48.23	200m:	3:05.28	48.80	300m:	4:43.11	49.17	400m:	6:16.56	44.71
30.	HAJAIEJ, Mohamed Malek			13	Mtl Nord Natation				6:18.52	176		
	50m:	38.93	38.93	150m:	2:13.20	48.57	250m:	3:51.35	48.50	350m:	5:30.26	49.31
	100m:	1:24.63	45.70	200m:	3:02.85	49.65	300m:	4:40.95	49.60	400m:	6:18.52	48.26
31.	VERHOEVEN, Mael			11	Mtl Nord Natation				6:54.31	134		
	50m:	47.68	47.68	150m:	2:31.50	51.15	250m:	4:15.14	53.47	350m:	6:03.68	53.55
	100m:	1:40.35	52.67	200m:	3:21.67	50.17	300m:	5:10.13	54.99	400m:	6:54.31	50.63



Festival par équipes section 3
Rimouski, 5- - 7-6-2026



Epreuve 24, Messieurs, 400m Libre

14 - 15 ans

1.	BELL, Justin	15	Cote Saint-Luc Aquatics	4:21.11	537
	50m: 28.96 28.96	150m: 1:34.43 33.58	250m: 2:41.50 33.53	350m: 3:49.06 33.61	
	100m: 1:00.85 31.89	200m: 2:07.97 33.54	300m: 3:15.45 33.95	400m: 4:21.11 32.05	
2.	ST-LAURENT, Elliot	15	Club Aquatique Charlesbourg	4:24.65	515
	50m: 29.50 29.50	150m: 1:34.56 32.93	250m: 2:41.63 33.52	350m: 3:50.34 34.28	
	100m: 1:01.63 32.13	200m: 2:08.11 33.55	300m: 3:16.06 34.43	400m: 4:24.65 34.31	
3.	LANDRY, Félix-Antoine	15	Club de natation Mégophias	4:30.86	481
	50m: 30.09 30.09	150m: 1:38.04 34.56	250m: 2:47.90 34.87	350m: 3:57.95 34.81	
	100m: 1:03.48 33.39	200m: 2:13.03 34.99	300m: 3:23.14 35.24	400m: 4:30.86 32.91	
4.	DALI, Isaac	15	Mtl Nord Natation	4:31.22	479
	50m: 30.18 30.18	150m: 1:38.42 34.71	250m: 2:47.95 34.48	350m: 3:58.21 35.07	
	100m: 1:03.71 33.53	200m: 2:13.47 35.05	300m: 3:23.14 35.19	400m: 4:31.22 33.01	
5.	GAO, Simon	15	Club de natation Saint-Laurent	4:31.74	476
	50m: 30.60 30.60	150m: 1:38.43 34.42	250m: 2:48.88 35.01	350m: 3:58.54 34.44	
	100m: 1:04.01 33.41	200m: 2:13.87 35.44	300m: 3:24.10 35.22	400m: 4:31.74 33.20	
6.	MARTEL DE LÉRY, Gaël	15	Cote Saint-Luc Aquatics	4:32.16	474
	50m: 30.22 30.22	150m: 1:39.14 34.80	250m: 2:48.85 34.70	350m: 3:59.09 35.18	
	100m: 1:04.34 34.12	200m: 2:14.15 35.01	300m: 3:23.91 35.06	400m: 4:32.16 33.07	
7.	LÉVESQUE, Félix	14	Club Aquatique Charlesbourg	4:36.92	450
	50m: 30.30 30.30	150m: 1:38.87 34.70	250m: 2:49.02 35.03	350m: 4:01.09 36.10	
	100m: 1:04.17 33.87	200m: 2:13.99 35.12	300m: 3:24.99 35.97	400m: 4:36.92 35.83	
8.	GAUDREAU, Laurent	14	Les Dauphins de Rimouski	4:37.94	445
	50m: 30.34 30.34	150m: 1:40.21 35.47	250m: 2:51.84 35.54	350m: 4:03.60 35.59	
	100m: 1:04.74 34.40	200m: 2:16.30 36.09	300m: 3:28.01 36.17	400m: 4:37.94 34.34	
9.	YANKOV, Daniel	15	Côte-des-Neiges Notre-Dame-de-	4:38.08	444
	50m: 30.63 30.63	150m: 1:39.72 35.05	250m: 2:51.24 35.76	350m: 4:03.37 36.24	
	100m: 1:04.67 34.04	200m: 2:15.48 35.76	300m: 3:27.13 35.89	400m: 4:38.08 34.71	
10.	SESEN, Alinur	14	Côte-des-Neiges Notre-Dame-de-	4:41.80	427
	50m: 32.14 32.14	150m: 1:43.49 36.02	250m: 2:55.57 35.67	350m: 4:07.44 35.70	
	100m: 1:07.47 35.33	200m: 2:19.90 36.41	300m: 3:31.74 36.17	400m: 4:41.80 34.36	
11.	RICARD, Bastien	15	Les Dauphins de Rimouski	4:47.61	401
	50m: 32.16 32.16	150m: 1:45.26 37.08	250m: 2:59.58 36.89	350m: 4:13.57 36.83	
	100m: 1:08.18 36.02	200m: 2:22.69 37.43	300m: 3:36.74 37.16	400m: 4:47.61 34.04	
12.	KACEM, Skander	14	Nsh	4:49.48	394
	50m: 31.98 31.98	150m: 1:45.10 36.85	250m: 2:59.89 37.18	350m: 4:13.58 36.09	
	100m: 1:08.25 36.27	200m: 2:22.71 37.61	300m: 3:37.49 37.60	400m: 4:49.48 35.90	
13.	BEN-ABDALLAH, Adam	15	Club de natation Saint-Laurent	4:53.30	378
	50m: 31.87 31.87	150m: 1:45.82 37.73	250m: 3:01.51 37.72	350m: 4:16.57 37.57	
	100m: 1:08.09 36.22	200m: 2:23.79 37.97	300m: 3:39.00 37.49	400m: 4:53.30 36.73	
14.	MAUPPIN, Félix	15	Les Dauphins de Rimouski	4:54.41	374
	50m: 32.42 32.42	150m: 1:45.64 37.15	250m: 3:01.80 38.11	350m: 4:17.62 37.55	
	100m: 1:08.49 36.07	200m: 2:23.69 38.05	300m: 3:40.07 38.27	400m: 4:54.41 36.79	
15.	CARBERY, Tristan	14	Club de natation Mégophias	5:01.22	349
	50m: 32.35 32.35	150m: 1:48.15 38.19	250m: 3:05.68 38.85	350m: 4:23.72 39.10	
	100m: 1:09.96 37.61	200m: 2:26.83 38.68	300m: 3:44.62 38.94	400m: 5:01.22 37.50	
16.	DECHAMPLAIN, Élie	14	Les Dauphins de Rimouski	5:05.69	334
	50m: 34.37 34.37	150m: 1:50.40 38.53	250m: 3:08.50 39.10	350m: 4:27.07 39.07	
	100m: 1:11.87 37.50	200m: 2:29.40 39.00	300m: 3:48.00 39.50	400m: 5:05.69 38.62	



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Epreuve 24, Garçons, 400m Libre, 14 - 15 ans

Rang				Age					Temps	Pts		
17.	BEN HAMOUDA, Sami			15	Nsh				5:06.93	330		
	50m:	32.39	32.39	150m:	1:47.46	38.28	250m:	3:04.55	38.59	350m:	4:19.87	36.79
	100m:	1:09.18	36.79	200m:	2:25.96	38.50	300m:	3:43.08	38.53	400m:	5:06.93	47.06
18.	BOULIANNE, Olivier			14	Nsh				5:07.46	328		
	50m:	33.33	33.33	150m:	1:50.37	39.27	250m:	3:09.16	39.28	350m:	4:29.94	40.64
	100m:	1:11.10	37.77	200m:	2:29.88	39.51	300m:	3:49.30	40.14	400m:	5:07.46	37.52
19.	ZHERNOVOI, Maksym			14	Club de natation Mégophias				5:10.01	320		
	50m:	33.42	33.42	150m:	1:51.32	39.73	250m:	3:13.10	41.09	350m:	4:33.94	40.67
	100m:	1:11.59	38.17	200m:	2:32.01	40.69	300m:	3:53.27	40.17	400m:	5:10.01	36.07
20.	KOJIC, Alvin			14	Mtl Nord Natation				5:10.20	320		
	50m:	34.98	34.98	150m:	1:55.85	40.83	250m:	3:15.44	39.25	350m:	4:34.93	39.71
	100m:	1:15.02	40.04	200m:	2:36.19	40.34	300m:	3:55.22	39.78	400m:	5:10.20	35.27
21.	LEBLOND, Alexis			15	Mtl Nord Natation				5:15.25	305		
	50m:	35.05	35.05	150m:	1:54.75	40.39	250m:	3:16.57	40.93	350m:	4:37.09	40.18
	100m:	1:14.36	39.31	200m:	2:35.64	40.89	300m:	3:56.91	40.34	400m:	5:15.25	38.16
22.	POULIN, Nathaël			14	Club de natation Mégophias				5:31.84	261		
	50m:	36.13	36.13	150m:	1:58.09	41.72	250m:	3:24.13	43.26	350m:	4:50.47	43.18
	100m:	1:16.37	40.24	200m:	2:40.87	42.78	300m:	4:07.29	43.16	400m:	5:31.84	41.37
23.	THIBODEAU, Adam			14	Club Aquatique Charlesbourg				5:45.65	231		
	50m:	36.01	36.01	150m:	2:03.01	44.51	250m:	3:34.21	46.61	350m:	5:05.17	45.34
	100m:	1:18.50	42.49	200m:	2:47.60	44.59	300m:	4:19.83	45.62	400m:	5:45.65	40.48

16 - 17 ans

1.	BOLDUC, François			17	Les Dauphins de Rimouski				4:17.59	559		
	50m:	28.96	28.96	150m:	1:33.46	32.48	250m:	2:38.75	32.41	350m:	3:44.91	33.12
	100m:	1:00.98	32.02	200m:	2:06.34	32.88	300m:	3:11.79	33.04	400m:	4:17.59	32.68
2.	SIMARD, Isaac			16	Mtl Nord Natation				4:21.19	536		
	50m:	29.10	29.10	150m:	1:35.55	33.57	250m:	2:43.08	33.49	350m:	3:49.63	33.43
	100m:	1:01.98	32.88	200m:	2:09.59	34.04	300m:	3:16.20	33.12	400m:	4:21.19	31.56
3.	BÉLANGER, Tommy			17	Les Dauphins de Rimouski				4:26.56	504		
	50m:	29.60	29.60	150m:	1:35.77	33.47	250m:	2:43.78	33.84	350m:	3:52.35	34.18
	100m:	1:02.30	32.70	200m:	2:09.94	34.17	300m:	3:18.17	34.39	400m:	4:26.56	34.21
4.	DESJARDINS, Alexandre			17	Les Dauphins de Rimouski				4:30.69	482		
	50m:	30.12	30.12	150m:	1:37.71	34.06	250m:	2:46.46	34.30	350m:	3:56.38	35.08
	100m:	1:03.65	33.53	200m:	2:12.16	34.45	300m:	3:21.30	34.84	400m:	4:30.69	34.31
5.	BLAIS, Malyk			16	Club de natation Mégophias				4:31.96	475		
	50m:	29.88	29.88	150m:	1:38.64	34.85	250m:	2:48.87	35.11	350m:	3:58.58	34.48
	100m:	1:03.79	33.91	200m:	2:13.76	35.12	300m:	3:24.10	35.23	400m:	4:31.96	33.38
6.	TAVERA, Sebastian			17	Mtl Nord Natation				4:39.78	436		
	50m:	30.97	30.97	150m:	1:41.27	35.74	250m:	2:53.40	36.07	350m:	4:04.73	35.46
	100m:	1:05.53	34.56	200m:	2:17.33	36.06	300m:	3:29.27	35.87	400m:	4:39.78	35.05
7.	MONTOUR, Aimerick			17	Nsh				4:41.24	429		
	50m:	31.89	31.89	150m:	1:43.33	35.89	250m:	2:55.00	35.78	350m:	4:06.68	35.78
	100m:	1:07.44	35.55	200m:	2:19.22	35.89	300m:	3:30.90	35.90	400m:	4:41.24	34.56
8.	LANGLAIS, Liam			17	Club Aquatique Charlesbourg				4:43.01	421		
	50m:	30.22	30.22	150m:	1:40.62	35.85	250m:	2:53.55	36.62	350m:	4:06.04	36.49
	100m:	1:04.77	34.55	200m:	2:16.93	36.31	300m:	3:29.55	36.00	400m:	4:43.01	36.97
9.	GAUDREAU, Émile			16	Les Dauphins de Rimouski				4:46.93	404		
	50m:	32.38	32.38	150m:	1:45.82	37.22	250m:	2:59.03	36.66	350m:	4:11.53	35.91
	100m:	1:08.60	36.22	200m:	2:22.37	36.55	300m:	3:35.62	36.59	400m:	4:46.93	35.40



Festival par équipes section 3
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Epreuve 24, Garçons, 400m Libre, 16 - 17 ans

Rang	Age									Temps	Pts			
10.	EL KASMI, Rhali Mohammed	17	Mtl Nord Natation								4:49.89	392		
	50m: 31.50 31.50	150m: 1:43.20	36.72	250m: 2:57.42	37.13	350m: 4:12.94	38.26	100m: 1:06.48 34.98	200m: 2:20.29	37.09	300m: 3:34.68	37.26	400m: 4:49.89	36.95
11.	CHOUBANE, Sami	16	Cote Saint-Luc Aquatics								5:00.08	353		
	50m: 33.28 33.28	150m: 1:47.54	37.87	250m: 3:05.29	38.89	350m: 4:22.88	38.52	100m: 1:09.67 36.39	200m: 2:26.40	38.86	300m: 3:44.36	39.07	400m: 5:00.08	37.20
12.	QUIJANO-BEAULIEU, Mateo	16	Côte-des-Neiges Notre-Dame-de-								5:02.15	346		
	50m: 33.86 33.86	150m: 1:50.05	38.45	250m: 3:07.80	38.94	350m: 4:25.05	37.80	100m: 1:11.60 37.74	200m: 2:28.86	38.81	300m: 3:47.25	39.45	400m: 5:02.15	37.10
13.	BEN HAMOUDA, Ramy	16	Nsh								5:11.13	317		
	50m: 32.97 32.97	150m: 1:52.37	40.72	250m: 3:13.24	39.40	350m: 4:32.67	40.05	100m: 1:11.65 38.68	200m: 2:33.84	41.47	300m: 3:52.62	39.38	400m: 5:11.13	38.46

18 ans et plus

1.	PAULINS, Sebastian	27	Cote Saint-Luc Aquatics								3:57.73	711		
	50m: 27.76 27.76	150m: 1:27.05	29.76	250m: 2:26.65	29.91	350m: 3:27.75	30.74	100m: 57.29 29.53	200m: 1:56.74	29.69	300m: 2:57.01	30.36	400m: 3:57.73	29.98
2.	UYANGA, Temuun	19	Cote Saint-Luc Aquatics								4:11.42	601		
	50m: 28.47 28.47	150m: 1:31.26	31.42	250m: 2:35.47	32.14	350m: 3:39.95	32.18	100m: 59.84 31.37	200m: 2:03.33	32.07	300m: 3:07.77	32.30	400m: 4:11.42	31.47
3.	TREMBLAY, Alexis	18	Club de natation Mégophias								4:12.01	597		
	50m: 28.80 28.80	150m: 1:32.02	31.98	250m: 2:36.02	31.94	350m: 3:40.44	32.23	100m: 1:00.04 31.24	200m: 2:04.08	32.06	300m: 3:08.21	32.19	400m: 4:12.01	31.57
4.	DUMAIS, Jules	20	Côte-des-Neiges Notre-Dame-de-								4:13.19	589		
	50m: 29.00 29.00	150m: 1:31.58	31.57	250m: 2:36.01	32.42	350m: 3:40.59	32.50	100m: 1:00.01 31.01	200m: 2:03.59	32.01	300m: 3:08.09	32.08	400m: 4:13.19	32.60
5.	SIMARD, Colin	20	Mtl Nord Natation								4:19.63	546		
	50m: 28.79 28.79	150m: 1:32.10	31.89	250m: 2:36.80	32.04	350m: 3:44.69	34.62	100m: 1:00.21 31.42	200m: 2:04.76	32.66	300m: 3:10.07	33.27	400m: 4:19.63	34.94
6.	LACOSTE, Antoine	20	Nsh								4:19.71	545		
	50m: 29.10 29.10	150m: 1:33.51	32.49	250m: 2:40.02	33.50	350m: 3:47.35	33.69	100m: 1:01.02 31.92	200m: 2:06.52	33.01	300m: 3:13.66	33.64	400m: 4:19.71	32.36
7.	GOBEIL, Matis	19	Club de natation Mégophias								4:23.68	521		
	50m: 29.56 29.56	150m: 1:35.39	33.39	250m: 2:42.62	33.67	350m: 3:50.62	34.05	100m: 1:02.00 32.44	200m: 2:08.95	33.56	300m: 3:16.57	33.95	400m: 4:23.68	33.06
8.	LEBLANC, Émile	28	Les Dauphins de Rimouski								4:27.59	499		
	50m: 28.85 28.85	150m: 1:35.48	34.18	250m: 2:44.85	34.69	350m: 3:54.16	34.52	100m: 1:01.30 32.45	200m: 2:10.16	34.68	300m: 3:19.64	34.79	400m: 4:27.59	33.43
9.	VILLIARD, Carl	19	Nsh								4:31.24	479		
	50m: 29.34 29.34	150m: 1:36.62	34.18	250m: 2:46.86	35.68	350m: 3:57.59	35.32	100m: 1:02.44 33.10	200m: 2:11.18	34.56	300m: 3:22.27	35.41	400m: 4:31.24	33.65
10.	PELLETIER, Anthony	18	Les Dauphins de Rimouski								4:32.32	473		
	50m: 29.63 29.63	150m: 1:37.49	34.74	250m: 2:48.02	35.52	350m: 3:58.29	34.78	100m: 1:02.75 33.12	200m: 2:12.50	35.01	300m: 3:23.51	35.49	400m: 4:32.32	34.03
11.	LÉVESQUE, Étienne	18	Club Aquatique Charlesbourg								4:46.99	404		
	50m: 30.78 30.78	150m: 1:43.53	37.26	250m: 2:58.36	37.69	350m: 4:11.47	36.51	100m: 1:06.27 35.49	200m: 2:20.67	37.14	300m: 3:34.96	36.60	400m: 4:46.99	35.52
12.	GUERRA-LACOMBE, Sebastien	21	Mtl Nord Natation								4:50.28	390		
	50m: 30.71 30.71	150m: 1:41.82	36.58	250m: 2:57.10	37.87	350m: 4:13.23	38.08	100m: 1:05.24 34.53	200m: 2:19.23	37.41	300m: 3:35.15	38.05	400m: 4:50.28	37.05



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Epreuve 24, Messieurs, 400m Libre, 18 ans et plus

Rang									Age									Temps	Pts
13.	ROY, Maxim								21	Mtl Nord Natation								5:06.69	331
	50m:	31.69	31.69	150m:	1:45.85	37.96	250m:	3:06.31	40.51	350m:	4:28.16	40.45							
	100m:	1:07.89	36.20	200m:	2:25.80	39.95	300m:	3:47.71	41.40	400m:	5:06.69	38.53							