



Festival par équipes section 4
Alma, 5- - 7-6-2026



Epreuve 23
2026-06-07 - 16:00

Dames, 400m Libre

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang				Age					Temps	Pts		
11 - 13 ans												
1.	VACHON, Julianne			12	Club Natation Régional Beauce				4:42.39	542		
	50m:	31.26	31.26	150m:	1:41.16	35.47	250m:	2:53.83	36.49	350m:	4:06.85	36.18
	100m:	1:05.69	34.43	200m:	2:17.34	36.18	300m:	3:30.67	36.84	400m:	4:42.39	35.54
2.	TREMBLAY, Laura-Lou			12	Velox Natation				5:05.46	428		
	50m:	34.37	34.37	150m:	1:51.08	38.96	250m:	3:09.62	39.00	350m:	4:28.13	39.36
	100m:	1:12.12	37.75	200m:	2:30.62	39.54	300m:	3:48.77	39.15	400m:	5:05.46	37.33
3.	BROUSSEAU, Emy			13	LMRL Rivière-du-Loup				5:10.43	408		
	50m:	35.23	35.23	150m:	1:52.84	39.18	250m:	3:12.28	39.70	350m:	4:31.87	39.77
	100m:	1:13.66	38.43	200m:	2:32.58	39.74	300m:	3:52.10	39.82	400m:	5:10.43	38.56
4.	ILLOUZ, Justine			12	Dorval Swim Club				5:13.36	396		
	50m:	35.08	35.08	150m:	1:52.71	39.41	250m:	3:13.78	40.37	350m:	4:35.09	40.56
	100m:	1:13.30	38.22	200m:	2:33.41	40.70	300m:	3:54.53	40.75	400m:	5:13.36	38.27
5.	CHARLEBOIS, Mia C.			12	Groupe Aquatique Mille-Îles Nord				5:16.19	386		
	50m:	37.01	37.01	150m:	1:57.98	40.83	250m:	3:18.47	39.90	350m:	4:38.66	39.71
	100m:	1:17.15	40.14	200m:	2:38.57	40.59	300m:	3:58.95	40.48	400m:	5:16.19	37.53
6.	TREPANIER, Thaliy			11	Club Natation Bois Francs				5:18.99	376		
	50m:	34.64	34.64	150m:	1:54.40	40.57	250m:	3:16.68	41.33	350m:	4:39.47	41.28
	100m:	1:13.83	39.19	200m:	2:35.35	40.95	300m:	3:58.19	41.51	400m:	5:18.99	39.52
7.	PERREAULT, Robbie			13	Club Natation Bois Francs				5:36.91	319		
	50m:	36.41	36.41	150m:	2:00.05	42.38	250m:	3:27.76	43.88	350m:	4:55.62	43.44
	100m:	1:17.67	41.26	200m:	2:43.88	43.83	300m:	4:12.18	44.42	400m:	5:36.91	41.29
8.	TREMBLAY, Maude			13	Club Natation Juvaqua Alma				5:45.75	295		
	50m:	36.84	36.84	150m:	2:02.46	43.82	250m:	3:33.56	45.40	350m:	5:03.18	43.89
	100m:	1:18.64	41.80	200m:	2:48.16	45.70	300m:	4:19.29	45.73	400m:	5:45.75	42.57
9.	GAUTHIER, Maéva			12	Club Natation Juvaqua Alma				5:46.44	293		
	50m:	37.21	37.21	150m:	2:05.39	45.60	250m:	3:34.45	43.89	350m:	5:05.18	45.10
	100m:	1:19.79	42.58	200m:	2:50.56	45.17	300m:	4:20.08	45.63	400m:	5:46.44	41.26
10.	ACOLATSE, Victoria			12	Groupe Aquatique Mille-Îles Nord				5:47.27	291		
	50m:	36.98	36.98	150m:	2:04.16	44.61	250m:	3:34.51	45.78	350m:	5:04.57	43.91
	100m:	1:19.55	42.57	200m:	2:48.73	44.57	300m:	4:20.66	46.15	400m:	5:47.27	42.70
11.	BENOÎT, Rafaëlle			12	Groupe Aquatique Mille-Îles Nord				5:52.03	279		
	50m:	39.31	39.31	150m:	2:07.18	44.71	250m:	3:36.82	45.08	350m:	5:08.68	45.48
	100m:	1:22.47	43.16	200m:	2:51.74	44.56	300m:	4:23.20	46.38	400m:	5:52.03	43.35
12.	VAILLANCOURT, Clara			12	LMRL Rivière-du-Loup				6:01.40	258		
	50m:	41.14	41.14	150m:	2:14.06	46.38	250m:	3:46.03	46.20	350m:	5:17.82	44.97
	100m:	1:27.68	46.54	200m:	2:59.83	45.77	300m:	4:32.85	46.82	400m:	6:01.40	43.58
13.	ST-ONGE, Adele			12	LMRL Rivière-du-Loup				6:01.90	257		
	50m:	40.75	40.75	150m:	2:11.81	46.50	250m:	3:45.18	46.37	350m:	5:17.44	45.78
	100m:	1:25.31	44.56	200m:	2:58.81	47.00	300m:	4:31.66	46.48	400m:	6:01.90	44.46
14.	DESCOTEAUX, Eleanor			11	Dorval Swim Club				6:02.23	256		
	50m:	38.82	38.82	150m:	2:08.48	46.43	250m:	3:42.16	47.48	350m:	5:16.42	47.69
	100m:	1:22.05	43.23	200m:	2:54.68	46.20	300m:	4:28.73	46.57	400m:	6:02.23	45.81
15.	FERLAND, Alice			12	LMRL Rivière-du-Loup				6:03.74	253		
	50m:	41.77	41.77	150m:	2:14.80	46.72	250m:	3:47.55	46.71	350m:	5:19.52	45.12
	100m:	1:28.08	46.31	200m:	3:00.84	46.04	300m:	4:34.40	46.85	400m:	6:03.74	44.22



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Epreuve 23, Filles, 400m Libre, 11 - 13 ans

Rang				Age					Temps	Pts		
16.	MORISSETTE, Lilou			13	Club Natation Juvaqua Alma				6:04.13	252		
	50m:	40.18	40.18	150m:	2:13.08	47.02	250m:	3:47.28	46.78	350m:	5:22.06	47.36
	100m:	1:26.06	45.88	200m:	3:00.50	47.42	300m:	4:34.70	47.42	400m:	6:04.13	42.07
14 - 15 ans												
1.	MARCHAND, Gabrielle			14	Velox Natation				4:31.67	608		
	50m:	31.71	31.71	150m:	1:40.68	34.51	250m:	2:49.63	34.26	350m:	3:58.92	34.60
	100m:	1:06.17	34.46	200m:	2:15.37	34.69	300m:	3:24.32	34.69	400m:	4:31.67	32.75
2.	NAULT, Laurence			15	Club Natation Bois Francs				4:36.69	576		
	50m:	31.18	31.18	150m:	1:40.13	34.77	250m:	2:50.70	35.32	350m:	4:02.49	35.78
	100m:	1:05.36	34.18	200m:	2:15.38	35.25	300m:	3:26.71	36.01	400m:	4:36.69	34.20
3.	PLANTE, Élizabéth			15	Club Natation Juvaqua Alma				4:37.47	571		
	50m:	31.20	31.20	150m:	1:40.46	34.98	250m:	2:50.73	35.13	350m:	4:02.51	35.96
	100m:	1:05.48	34.28	200m:	2:15.60	35.14	300m:	3:26.55	35.82	400m:	4:37.47	34.96
4.	MATHIEU, Lyvia			14	Velox Natation				4:37.68	570		
	50m:	31.66	31.66	150m:	1:42.29	35.55	250m:	2:52.80	35.35	350m:	4:03.84	35.85
	100m:	1:06.74	35.08	200m:	2:17.45	35.16	300m:	3:27.99	35.19	400m:	4:37.68	33.84
5.	VILLEMURE, Joséphine			15	Velox Natation				4:41.78	545		
	50m:	31.88	31.88	150m:	1:41.96	35.29	250m:	2:53.75	36.15	350m:	4:06.44	36.15
	100m:	1:06.67	34.79	200m:	2:17.60	35.64	300m:	3:30.29	36.54	400m:	4:41.78	35.34
6.	MARIN, Elizabeth			14	Groupe Aquatique Mille-Îles Nord				4:42.88	539		
	50m:	30.97	30.97	150m:	1:41.34	35.82	250m:	2:53.90	36.39	350m:	4:07.25	36.39
	100m:	1:05.52	34.55	200m:	2:17.51	36.17	300m:	3:30.86	36.96	400m:	4:42.88	35.63
7.	NAVROTCHI, Leya			15	Groupe Aquatique Mille-Îles Nord				4:46.60	518		
	50m:	33.70	33.70	150m:	1:46.33	36.59	250m:	2:57.87	35.72	350m:	4:10.51	36.53
	100m:	1:09.74	36.04	200m:	2:22.15	35.82	300m:	3:33.98	36.11	400m:	4:46.60	36.09
8.	VACHON, Gabrielle			14	Club Natation Régional Beauce				4:57.04	465		
	50m:	32.84	32.84	150m:	1:46.98	37.95	250m:	3:04.17	38.51	350m:	4:19.71	37.98
	100m:	1:09.03	36.19	200m:	2:25.66	38.68	300m:	3:41.73	37.56	400m:	4:57.04	37.33
9.	QUINTIN, Ariane			14	Velox Natation				4:57.26	464		
	50m:	34.10	34.10	150m:	1:48.35	37.56	250m:	3:04.47	37.99	350m:	4:20.31	37.71
	100m:	1:10.79	36.69	200m:	2:26.48	38.13	300m:	3:42.60	38.13	400m:	4:57.26	36.95
10.	MICHAUD, Aurelie			14	LMRL Rivière-du-Loup				4:59.59	453		
	50m:	35.05	35.05	150m:	1:48.87	37.96	250m:	3:06.51	38.91	350m:	4:23.79	38.27
	100m:	1:10.91	35.86	200m:	2:27.60	38.73	300m:	3:45.52	39.01	400m:	4:59.59	35.80
11.	MARMOUZ, Siane			14	Dorval Swim Club				4:59.99	452		
	50m:	33.59	33.59	150m:	1:48.34	38.04	250m:	3:05.66	38.88	350m:	4:23.08	38.78
	100m:	1:10.30	36.71	200m:	2:26.78	38.44	300m:	3:44.30	38.64	400m:	4:59.99	36.91
12.	LORD, Roslyn			14	Club Natation Bois Francs				5:00.47	449		
	50m:	33.51	33.51	150m:	1:48.60	37.96	250m:	3:06.55	39.22	350m:	4:25.07	39.33
	100m:	1:10.64	37.13	200m:	2:27.33	38.73	300m:	3:45.74	39.19	400m:	5:00.47	35.40
13.	LAVOIE, Anabelle			14	Club Natation Juvaqua Alma				5:00.78	448		
	50m:	33.52	33.52	150m:	1:48.17	37.88	250m:	3:04.48	38.47	350m:	4:22.98	39.22
	100m:	1:10.29	36.77	200m:	2:26.01	37.84	300m:	3:43.76	39.28	400m:	5:00.78	37.80
14.	GEMME, Raphaëlle			14	Velox Natation				5:06.22	425		
	50m:	34.47	34.47	150m:	1:51.40	38.99	250m:	3:09.93	39.29	350m:	4:28.25	39.19
	100m:	1:12.41	37.94	200m:	2:30.64	39.24	300m:	3:49.06	39.13	400m:	5:06.22	37.97
15.	SLIJEPCEVIC, Natalija			15	Dorval Swim Club				5:07.09	421		
	50m:	34.14	34.14	150m:	1:52.26	39.71	250m:	3:10.47	38.55	350m:	4:28.48	39.04
	100m:	1:12.55	38.41	200m:	2:31.92	39.66	300m:	3:49.44	38.97	400m:	5:07.09	38.61



Festival par équipes section 4
Alma, 5- - 7-6-2026



Epreuve 23, Filles, 400m Libre, 14 - 15 ans

Rang					Age					Temps	Pts	
16.	BOULET, Charlie				14	Velox Natation				5:08.54	415	
	50m:	34.14	34.14	150m:	1:51.01	38.94	250m:	3:11.07	40.41	350m:	4:31.27	39.97
	100m:	1:12.07	37.93	200m:	2:30.66	39.65	300m:	3:51.30	40.23	400m:	5:08.54	37.27
17.	NAGIRNEAC, Alexandra				14	Dorval Swim Club				5:15.16	389	
	50m:	36.22	36.22	150m:	1:54.74	39.78	250m:	3:16.22	41.14	350m:	4:36.43	39.58
	100m:	1:14.96	38.74	200m:	2:35.08	40.34	300m:	3:56.85	40.63	400m:	5:15.16	38.73
18.	LESSARD, Ilana				15	Club Natation Régional Beauce				5:20.87	369	
	50m:	36.08	36.08	150m:	1:56.69	40.77	250m:	3:18.81	41.19	350m:	4:41.74	41.53
	100m:	1:15.92	39.84	200m:	2:37.62	40.93	300m:	4:00.21	41.40	400m:	5:20.87	39.13
19.	ROY, ann-sophie				14	Club Natation Bois Francs				5:21.72	366	
	50m:	35.79	35.79	150m:	1:58.34	41.50	250m:	3:21.82	41.90	350m:	4:42.98	40.01
	100m:	1:16.84	41.05	200m:	2:39.92	41.58	300m:	4:02.97	41.15	400m:	5:21.72	38.74
20.	BOUDREAU, Mérédith				15	Club Natation Sept-Îles				5:23.88	359	
	50m:	35.60	35.60	150m:	1:55.96	40.54	250m:	3:18.67	41.30	350m:	4:42.80	41.97
	100m:	1:15.42	39.82	200m:	2:37.37	41.41	300m:	4:00.83	42.16	400m:	5:23.88	41.08
21.	BASSERMANN, Kayla				14	Dorval Swim Club				5:26.69	350	
	50m:	36.37	36.37	150m:	1:57.59	41.15	250m:	3:22.85	42.41	350m:	4:47.22	41.97
	100m:	1:16.44	40.07	200m:	2:40.44	42.85	300m:	4:05.25	42.40	400m:	5:26.69	39.47
22.	LAGACÉ-PINOUL, Laurence				15	Groupe Aquatique Mille-Îles Nord				5:28.41	344	
	50m:	36.49	36.49	150m:	2:00.01	42.47	250m:	3:24.24	42.00	350m:	4:47.95	42.16
	100m:	1:17.54	41.05	200m:	2:42.24	42.23	300m:	4:05.79	41.55	400m:	5:28.41	40.46
23.	DOYON, Marie Laurence				14	Club Natation Bois Francs				5:28.90	343	
	50m:	35.16	35.16	150m:	1:57.93	42.17	250m:	3:23.84	42.84	350m:	4:49.69	43.23
	100m:	1:15.76	40.60	200m:	2:41.00	43.07	300m:	4:06.46	42.62	400m:	5:28.90	39.21
24.	DION, Annabelle				14	Groupe Aquatique Mille-Îles Nord				5:36.01	321	
	50m:	36.60	36.60	150m:	2:01.83	43.54	250m:	3:28.22	43.21	350m:	4:54.32	42.90
	100m:	1:18.29	41.69	200m:	2:45.01	43.18	300m:	4:11.42	43.20	400m:	5:36.01	41.69
25.	MORTAZAVI, Ava				14	Velox Natation				5:57.92	266	
	50m:	38.73	38.73	150m:	2:06.33	44.63	250m:	3:37.08	45.76	350m:	5:11.47	47.78
	100m:	1:21.70	42.97	200m:	2:51.32	44.99	300m:	4:23.69	46.61	400m:	5:57.92	46.45
26.	FARDAD, Benita				14	Groupe Aquatique Mille-Îles Nord				6:05.65	249	
	50m:	40.32	40.32	150m:	2:12.77	46.97	250m:	3:46.03	46.33	350m:	5:20.00	47.58
	100m:	1:25.80	45.48	200m:	2:59.70	46.93	300m:	4:32.42	46.39	400m:	6:05.65	45.65

16 ans et plus

1.	TREMBLAY, Raphaëlle				21	LMRL Rivière-du-Loup				4:26.74	643	
	50m:	31.55	31.55	150m:	1:37.72	33.33	250m:	2:45.50	33.97	350m:	3:53.46	34.00
	100m:	1:04.39	32.84	200m:	2:11.53	33.81	300m:	3:19.46	33.96	400m:	4:26.74	33.28
2.	SINCOVICI, Ana-Maria				17	Groupe Aquatique Mille-Îles Nord				4:43.04	538	
	50m:	32.65	32.65	150m:	1:43.69	35.89	250m:	2:55.75	35.88	350m:	4:07.79	36.11
	100m:	1:07.80	35.15	200m:	2:19.87	36.18	300m:	3:31.68	35.93	400m:	4:43.04	35.25
3.	CLOUÂTRE, Maëlie				16	Velox Natation				4:43.22	537	
	50m:	32.17	32.17	150m:	1:43.97	36.25	250m:	2:56.44	36.35	350m:	4:08.45	35.83
	100m:	1:07.72	35.55	200m:	2:20.09	36.12	300m:	3:32.62	36.18	400m:	4:43.22	34.77
4.	MICHAUD, Roxane				16	LMRL Rivière-du-Loup				4:55.17	474	
	50m:	32.88	32.88	150m:	1:46.39	37.00	250m:	3:02.20	37.96	350m:	4:18.36	38.01
	100m:	1:09.39	36.51	200m:	2:24.24	37.85	300m:	3:40.35	38.15	400m:	4:55.17	36.81
5.	LIU, NingXi				17	Dorval Swim Club				5:00.39	450	
	50m:	32.76	32.76	150m:	1:46.34	37.46	250m:	3:03.23	38.67	350m:	4:21.78	39.36
	100m:	1:08.88	36.12	200m:	2:24.56	38.22	300m:	3:42.42	39.19	400m:	5:00.39	38.61



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Epreuve 23, Dames, 400m Libre, 16 ans et plus

Rang					Age					Temps	Pts	
6.	LAVOIE, Véronique				31	Club Natation Juvaqua Alma				5:03.75	435	
	50m:	34.77	34.77	150m:	1:50.30	38.07	250m:	3:06.97	38.23	350m:	4:25.29	39.07
	100m:	1:12.23	37.46	200m:	2:28.74	38.44	300m:	3:46.22	39.25	400m:	5:03.75	38.46
7.	RIOPEL, Mila				18	Dorval Swim Club				5:05.00	430	
	50m:	33.12	33.12	150m:	1:47.75	38.06	250m:	3:06.45	39.26	350m:	4:26.42	39.89
	100m:	1:09.69	36.57	200m:	2:27.19	39.44	300m:	3:46.53	40.08	400m:	5:05.00	38.58
8.	ALLIE, Alexia				16	Club Natation Bois Francs				5:05.78	426	
	50m:	32.12	32.12	150m:	1:47.45	38.50	250m:	3:06.93	39.66	350m:	4:27.22	39.76
	100m:	1:08.95	36.83	200m:	2:27.27	39.82	300m:	3:47.46	40.53	400m:	5:05.78	38.56
9.	LEMAY PRESCOTT, Jeanne				16	Club Natation Juvaqua Alma				5:06.43	424	
	50m:	33.72	33.72	150m:	1:48.34	38.08	250m:	3:07.46	39.57	350m:	4:28.12	40.31
	100m:	1:10.26	36.54	200m:	2:27.89	39.55	300m:	3:47.81	40.35	400m:	5:06.43	38.31
10.	HAMMOND, Clara				16	LMRL Rivière-du-Loup				5:06.94	422	
	50m:	34.71	34.71	150m:	1:51.64	38.81	250m:	3:09.69	39.02	350m:	4:28.27	39.37
	100m:	1:12.83	38.12	200m:	2:30.67	39.03	300m:	3:48.90	39.21	400m:	5:06.94	38.67
11.	DULAC, Julia				16	Club Natation Régional Beauce				5:10.92	406	
	50m:	35.05	35.05	150m:	1:53.32	39.68	250m:	3:12.82	39.71	350m:	4:33.23	40.43
	100m:	1:13.64	38.59	200m:	2:33.11	39.79	300m:	3:52.80	39.98	400m:	5:10.92	37.69
12.	VICTOR, Abigail				18	Dorval Swim Club				5:12.17	401	
	50m:	33.47	33.47	150m:	1:51.07	39.61	250m:	3:11.79	40.43	350m:	4:32.38	40.33
	100m:	1:11.46	37.99	200m:	2:31.36	40.29	300m:	3:52.05	40.26	400m:	5:12.17	39.79
13.	TANGUAY, Lou-Ann				16	Groupe Aquatique Mille-Îles Nord				5:19.79	373	
	50m:	36.00	36.00	150m:	1:55.67	40.56	250m:	3:17.67	40.90	350m:	4:39.97	41.08
	100m:	1:15.11	39.11	200m:	2:36.77	41.10	300m:	3:58.89	41.22	400m:	5:19.79	39.82
14.	METIVIER, Lea				20	LMRL Rivière-du-Loup				5:27.23	348	
	50m:	35.55	35.55	150m:	1:55.57	40.68	250m:	3:19.28	42.24	350m:	4:44.91	42.90
	100m:	1:14.89	39.34	200m:	2:37.04	41.47	300m:	4:02.01	42.73	400m:	5:27.23	42.32
15.	BOSSE, Marie-Laurence				20	LMRL Rivière-du-Loup				5:35.96	321	
	50m:	37.83	37.83	150m:	2:00.96	41.95	250m:	3:27.17	42.99	350m:	4:54.15	43.76
	100m:	1:19.01	41.18	200m:	2:44.18	43.22	300m:	4:10.39	43.22	400m:	5:35.96	41.81
16.	MELOATAM, Jade				16	LMRL Rivière-du-Loup				5:39.85	310	
	50m:	38.95	38.95	150m:	2:06.70	44.04	250m:	3:34.28	43.42	350m:	4:59.21	41.22
	100m:	1:22.66	43.71	200m:	2:50.86	44.16	300m:	4:17.99	43.71	400m:	5:39.85	40.64
17.	BÉDARD, jade				16	Club Natation Bois Francs				5:43.08	302	
	50m:	35.93	35.93	150m:	1:59.31	42.98	250m:	3:28.21	44.66	350m:	4:58.64	45.26
	100m:	1:16.33	40.40	200m:	2:43.55	44.24	300m:	4:13.38	45.17	400m:	5:43.08	44.44