

Event 17 Women, 400m Freestyle Open
2026-07-16 - 16:30 Results Finals

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
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 17	4:09.69	HARVEY, Mary-Sophie	NN	Austin (USA)	2017-01-13
Quebec Provincial Age Group Records 16	4:12.82	JARDIN, Barbara	CAMO	Quebec	2008-08-02
Quebec Provincial Age Group Records 15	4:15.09	JARDIN, Barbara	PPO	Montreal	2007-06-30
Quebec Provincial Age Group Records 14	4:22.18	HARVEY, Mary-Sophie	NN	Winnipeg	2014-07-27
Quebec Provincial Age Group Records 13	4:31.48	BIRCHENOUGH, Nancy	PCSC	???	1984-08-01
Quebec Provincial Age Group Records - 124	38.92	CHEBARAKA, Majda	CAMO	Calgary	2012-07-29

Essais canadiens - 17: 4:26.87; 18 +: 4:22.57 / Omnium canadien 50m: 4:28.98 - 25m: 4:21.15

Points: AQUA 2025

Rank	Age										Time	Pts
13 years and younger												
1.	CHEN, Ada				13	Pacific Coast Swimming					4:31.47	651
	50m:	29.99	29.99	150m:	1:36.89	33.50	250m:	2:46.79	34.38	350m:	3:56.74	34.43
	100m:	1:03.39	33.40	200m:	2:12.41	35.52	300m:	3:22.31	35.52	400m:	4:31.47	34.73
2.	PERRY, Ella				13	Pointe-Claire Swim Club					4:33.18	639
	50m:	31.42	31.42	150m:	1:40.18	34.38	250m:	2:49.70	34.57	350m:	3:59.26	34.48
	100m:	1:05.80	34.38	200m:	2:15.13	34.95	300m:	3:24.78	35.08	400m:	4:33.18	33.92
3.	MCIVER, Emerson				13	Pointe-Claire Swim Club					4:38.76	602
	50m:	32.18	32.18	150m:	1:41.56	34.94	250m:	2:52.34	35.53	350m:	4:04.49	36.25
	100m:	1:06.62	34.44	200m:	2:16.81	35.25	300m:	3:28.24	35.90	400m:	4:38.76	34.27
4.	ZHOU, Ziva J				13	Canadian Dolphin Swim Club					4:44.34	567
	50m:	30.88	30.88	150m:	1:41.89	35.23	250m:	2:54.95	35.13	350m:	4:08.20	35.66
	100m:	1:06.66	35.78	200m:	2:19.82	37.93	300m:	3:32.54	37.59	400m:	4:44.34	36.14
5.	LAMONTAGNE, Emma				13	Pointe-Claire Swim Club					4:48.54	542
	50m:	31.12	31.12	150m:	1:41.20	35.23	250m:	2:55.54	36.96	350m:	4:10.90	37.15
	100m:	1:05.97	34.85	200m:	2:18.58	37.38	300m:	3:33.75	38.21	400m:	4:48.54	37.64
6.	COTE, Lili				13	Elite					4:50.35	532
	50m:	32.96	32.96	150m:	1:44.73	36.78	250m:	2:59.97	38.25	350m:	4:14.53	37.53
	100m:	1:07.95	34.99	200m:	2:21.72	36.99	300m:	3:37.00	37.03	400m:	4:50.35	35.82
7.	VACHON, Julianne				12	Club de Natation Regional de I					4:50.61	531
	50m:	32.94	32.94	150m:	1:46.81	37.43	250m:	3:01.83	37.47	350m:	4:15.27	36.21
	100m:	1:09.38	36.44	200m:	2:24.36	37.55	300m:	3:39.06	37.23	400m:	4:50.61	35.34
8.	MORIN, Romy				13	Club De Natation Sherbrooke					4:52.07	523
	50m:	32.25	32.25	150m:	1:45.05	37.88	250m:	3:00.50	38.98	350m:	4:16.16	38.71
	100m:	1:07.17	34.92	200m:	2:21.52	36.47	300m:	3:37.45	36.95	400m:	4:52.07	35.91
9.	BEAUCHAMP, Marie				13	Natation Gatineau					4:53.23	517
	50m:	34.12	34.12	150m:	1:48.13	38.13	250m:	3:03.34	38.19	350m:	4:18.34	37.89
	100m:	1:10.00	35.88	200m:	2:25.15	37.02	300m:	3:40.45	37.11	400m:	4:53.23	34.89
10.	ZENG, Shirley				13	Club de Natation SAMAK					5:02.70	470
	50m:	33.31	33.31	150m:	1:49.73	37.60	250m:	3:07.24	38.19	350m:	4:24.73	37.67
	100m:	1:12.13	38.82	200m:	2:29.05	39.32	300m:	3:47.06	39.82	400m:	5:02.70	37.97

Event 17, Women, 400m Freestyle, Final

14 - 15 years

1. SUTHERLAND, Meghan	15	Univ Of Calgary Swim Club	4:27.40	682
50m: 30.83 30.83	150m: 1:37.29 33.33	250m: 2:45.50 33.82	350m: 3:54.13 34.11	
100m: 1:03.96 33.13	200m: 2:11.68 34.39	300m: 3:20.02 34.52	400m: 4:27.40 33.27	
2. DOVE, Greta	14	Univ Of Calgary Swim Club	4:30.99	655
50m: 29.81 29.81	150m: 1:37.20 33.64	250m: 2:45.96 33.94	350m: 3:56.09 35.33	
100m: 1:03.56 33.75	200m: 2:12.02 34.82	300m: 3:20.76 34.80	400m: 4:30.99 34.90	
3. PARADIS, Jolianne	15	Natation Gatineau	4:36.25	618
50m: 31.83 31.83	150m: 1:41.42 35.17	250m: 2:52.30 35.85	350m: 4:02.15 35.26	
100m: 1:06.25 34.42	200m: 2:16.45 35.03	300m: 3:26.89 34.59	400m: 4:36.25 34.10	
4. MCLAREN, Katie	14	Pacific Coast Swimming	4:37.75	608
50m: 31.13 31.13	150m: 1:40.76 35.04	250m: 2:52.37 35.41	350m: 4:03.16 34.88	
100m: 1:05.72 34.59	200m: 2:16.96 36.20	300m: 3:28.28 35.91	400m: 4:37.75 34.59	
5. BULLOCK, Sophia	15	Univ Of Calgary Swim Club	4:38.85	601
50m: 31.95 31.95	150m: 1:42.09 35.26	250m: 2:52.56 34.98	350m: 4:03.61 35.39	
100m: 1:06.83 34.88	200m: 2:17.58 35.49	300m: 3:28.22 35.66	400m: 4:38.85 35.24	
6. HEINEMANN, Kaitlin	15	MB-Canada Games	4:40.45	591
50m: 31.73 31.73	150m: 1:42.17 35.26	250m: 2:53.66 35.34	350m: 4:05.39 35.83	
100m: 1:06.91 35.18	200m: 2:18.32 36.15	300m: 3:29.56 35.90	400m: 4:40.45 35.06	
7. NICHOLSON-JODOIN, Clementine	15	Pointe-Claire Swim Club	4:40.96	587
50m: 31.95 31.95	150m: 1:42.06 35.78	250m: 2:53.44 36.12	350m: 4:06.81 37.10	
100m: 1:06.28 34.33	200m: 2:17.32 35.26	300m: 3:29.71 36.27	400m: 4:40.96 34.15	
8. MAXIMENCO, Sophia	14	C.N. Dollard-des-Ormeaux	4:41.16	586
50m: 32.61 32.61	150m: 1:43.95 36.87	250m: 2:55.88 36.28	350m: 4:08.37 36.84	
100m: 1:07.08 34.47	200m: 2:19.60 35.65	300m: 3:31.53 35.65	400m: 4:41.16 32.79	
9. HARRINGTON, Mya	15	Univ Of Calgary Swim Club	4:41.35	585
50m: 31.94 31.94	150m: 1:42.21 35.38	250m: 2:52.82 35.38	350m: 4:05.76 36.56	
100m: 1:06.83 34.89	200m: 2:17.44 35.23	300m: 3:29.20 36.38	400m: 4:41.35 35.59	
10. MARCHAND, Gabrielle	14	Velox Natation	4:42.68	577
50m: 32.56 32.56	150m: 1:43.93 36.97	250m: 2:56.37 37.11	350m: 4:09.13 37.28	
100m: 1:06.96 34.40	200m: 2:19.26 35.33	300m: 3:31.85 35.48	400m: 4:42.68 33.55	

16 - 17 years

1. WISE, Elleigh	16	Cascade Swim Club	4:22.12	724
50m: 31.05 31.05	150m: 1:37.88 33.29	250m: 2:45.14 33.35	350m: 3:50.94 32.15	
100m: 1:04.59 33.54	200m: 2:11.79 33.91	300m: 3:18.79 33.65	400m: 4:22.12 31.18	
2. BOYER, Mariane	17	Natation Gatineau	4:29.80	664
50m: 31.30 31.30	150m: 1:39.10 33.54	250m: 2:47.82 33.84	350m: 3:56.58 34.08	
100m: 1:05.56 34.26	200m: 2:13.98 34.88	300m: 3:22.50 34.68	400m: 4:29.80 33.22	
3. CHERNENKOFF, Mila	16	Pacific Coast Swimming	4:30.43	659
50m: 30.85 30.85	150m: 1:38.43 33.90	250m: 2:47.21 34.44	350m: 3:56.50 34.65	
100m: 1:04.53 33.68	200m: 2:12.77 34.34	300m: 3:21.85 34.64	400m: 4:30.43 33.93	
4. DAY, Lauren C	17	Canadian Dolphin Swim Club	4:32.10	647
50m: 30.77 30.77	150m: 1:38.76 34.64	250m: 2:47.87 35.02	350m: 3:57.78 35.35	
100m: 1:04.12 33.35	200m: 2:12.85 34.09	300m: 3:22.43 34.56	400m: 4:32.10 34.32	
5. TESSIER, Sophia	17	Natation Gatineau	4:36.04	620
50m: 31.96 31.96	150m: 1:40.48 35.56	250m: 2:50.60 36.12	350m: 4:01.95 36.70	
100m: 1:04.92 32.96	200m: 2:14.48 34.00	300m: 3:25.25 34.65	400m: 4:36.04 34.09	

Event 17, Girls, 400m Freestyle, Final, 16 - 17 years

Rank			Age						Time	Pts
6.	MASSICOTTE, Anabelle		16	Club de natation Megophias					4:36.56	616
	50m: 30.98 30.98	150m: 1:40.65	35.44	250m: 2:52.07	35.62	350m: 4:02.33	35.09			
	100m: 1:05.21 34.23	200m: 2:16.45	35.80	300m: 3:27.24	35.17	400m: 4:36.56	34.23			
7.	ROBITAILLE, Florence		17	Elite					4:37.07	613
	50m: 30.91 30.91	150m: 1:39.39	34.26	250m: 2:50.54	35.55	350m: 4:02.21	35.29			
	100m: 1:05.13 34.22	200m: 2:14.99	35.60	300m: 3:26.92	36.38	400m: 4:37.07	34.86			
8.	BOILY, Claudia		16	Pointe-Claire Swim Club					4:37.31	611
	50m: 31.44 31.44	150m: 1:40.80	34.81	250m: 2:52.00	35.77	350m: 4:03.44	35.04			
	100m: 1:05.99 34.55	200m: 2:16.23	35.43	300m: 3:28.40	36.40	400m: 4:37.31	33.87			
9.	POMERLEAU, Mikaelle		16	Pointe-Claire Swim Club					4:40.68	589
	50m: 31.56 31.56	150m: 1:41.69	35.22	250m: 2:53.46	35.78	350m: 4:05.10	35.37			
	100m: 1:06.47 34.91	200m: 2:17.68	35.99	300m: 3:29.73	36.27	400m: 4:40.68	35.58			
10.	GORDON, Erika		17	Pointe-Claire Swim Club					4:43.69	571
	50m: 32.33 32.33	150m: 1:42.37	36.19	250m: 2:55.03	37.13	350m: 4:08.42	37.15			
	100m: 1:06.18 33.85	200m: 2:17.90	35.53	300m: 3:31.27	36.24	400m: 4:43.69	35.27			

18 years and older

1.	BROUSSEAU, Charlotte		18	Club aquatique Montreal					4:23.60	711
	50m: 30.75 30.75	150m: 1:37.75	33.50	250m: 2:45.02	33.35	350m: 3:52.06	33.60			
	100m: 1:04.25 33.50	200m: 2:11.67	33.92	300m: 3:18.46	33.44	400m: 4:23.60	31.54			
2.	KENNEDY, Keira		19	Simon Fraser University					4:27.33	682
	50m: 31.39 31.39	150m: 1:38.84	33.76	250m: 2:46.58	33.62	350m: 3:53.78	33.66			
	100m: 1:05.08 33.69	200m: 2:12.96	34.12	300m: 3:20.12	33.54	400m: 4:27.33	33.55			
3.	MICHAUD, Laurence		19	Club de natation region de Que					4:28.67	672
	50m: 30.87 30.87	150m: 1:38.54	33.95	250m: 2:47.15	34.20	350m: 3:55.51	34.24			
	100m: 1:04.59 33.72	200m: 2:12.95	34.41	300m: 3:21.27	34.12	400m: 4:28.67	33.16			
4.	MICHAUD, Maelie		19	Pointe-Claire Swim Club					4:29.29	667
	50m: 30.33 30.33	150m: 1:37.82	33.86	250m: 2:47.13	34.63	350m: 3:56.88	34.36			
	100m: 1:03.96 33.63	200m: 2:12.50	34.68	300m: 3:22.52	35.39	400m: 4:29.29	32.41			
5.	ANDREWS, Abigail		21	Simon Fraser University					4:33.31	638
	50m: 31.83 31.83	150m: 1:40.38	34.81	250m: 2:49.80	34.94	350m: 3:59.70	35.27			
	100m: 1:05.57 33.74	200m: 2:14.86	34.48	300m: 3:24.43	34.63	400m: 4:33.31	33.61			
6.	CONNELL, Madilyn		19	Simon Fraser University					4:48.16	545
	50m: 32.86 32.86	150m: 1:44.82	36.17	250m: 2:58.65	36.81	350m: 4:12.03	37.14			
	100m: 1:08.65 35.79	200m: 2:21.84	37.02	300m: 3:34.89	36.24	400m: 4:48.16	36.13			