

Event 17 Women, 400m Freestyle Open
2026-07-16 - 9:00 Results Prelim

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.	PERRY, Ella				13	Pointe-Claire Swim Club				4:37.85	607	Q
	50m:	31.82	31.82	150m:	1:41.63	34.80	250m:	2:52.30	35.01	350m:	4:03.03	34.70
	100m:	1:06.83	35.01	200m:	2:17.29	35.66	300m:	3:28.33	36.03	400m:	4:37.85	34.82
2.	CHEN, Ada				13	Pacific Coast Swimming				4:38.03	606	Q
	50m:	30.78	30.78	150m:	1:39.68	34.94	250m:	2:50.62	35.37	350m:	4:02.75	36.17
	100m:	1:04.74	33.96	200m:	2:15.25	35.57	300m:	3:26.58	35.96	400m:	4:38.03	35.28
3.	MCIVER, Emerson				13	Pointe-Claire Swim Club				4:41.83	582	Q
	50m:	31.68	31.68	150m:	1:42.06	35.28	250m:	2:55.06	36.73	350m:	4:07.64	36.23
	100m:	1:06.78	35.10	200m:	2:18.33	36.27	300m:	3:31.41	36.35	400m:	4:41.83	34.19
4.	ZHOU, Ziva J				13	Canadian Dolphin Swim Club				4:47.93	546	Q
	50m:	32.62	32.62	150m:	1:44.06	37.17	250m:	2:57.46	37.57	350m:	4:12.75	38.95
	100m:	1:06.89	34.27	200m:	2:19.89	35.83	300m:	3:33.80	36.34	400m:	4:47.93	35.18
5.	COTE, Lili				13	Elite				4:51.15	528	Q
	50m:	32.13	32.13	150m:	1:44.46	36.16	250m:	2:59.07	36.96	350m:	4:13.91	36.89
	100m:	1:08.30	36.17	200m:	2:22.11	37.65	300m:	3:37.02	37.95	400m:	4:51.15	37.24
6.	LAMONTAGNE, Emma				13	Pointe-Claire Swim Club				4:51.45	526	Q
	50m:	32.68	32.68	150m:	1:45.43	36.50	250m:	3:00.08	37.21	350m:	4:15.40	37.40
	100m:	1:08.93	36.25	200m:	2:22.87	37.44	300m:	3:38.00	37.92	400m:	4:51.45	36.05
7.	BEAUCHAMP, Marie				13	Natation Gatineau				4:52.78	519	Q
	50m:	33.27	33.27	150m:	1:46.73	37.03	250m:	3:01.97	37.43	350m:	4:17.32	37.43
	100m:	1:09.70	36.43	200m:	2:24.54	37.81	300m:	3:39.89	37.92	400m:	4:52.78	35.46
8.	VACHON, Julianne				12	Club de Natation Regional de I				4:53.23	517	Q
	50m:	33.39	33.39	150m:	1:47.47	37.48	250m:	3:03.53	37.94	350m:	4:18.34	37.20
	100m:	1:09.99	36.60	200m:	2:25.59	38.12	300m:	3:41.14	37.61	400m:	4:53.23	34.89
9.	MORIN, Romy				13	Club De Natation Sherbrooke				4:57.86	493	Q
	50m:	32.17	32.17	150m:	1:46.29	38.16	250m:	3:03.65	38.86	350m:	4:21.34	38.92
	100m:	1:08.13	35.96	200m:	2:24.79	38.50	300m:	3:42.42	38.77	400m:	4:57.86	36.52
10.	ZENG, Shirley				13	Club de Natation SAMAK				5:01.49	475	Q
	50m:	32.56	32.56	150m:	1:46.85	37.72	250m:	3:04.75	39.63	350m:	4:24.59	40.14
	100m:	1:09.13	36.57	200m:	2:25.12	38.27	300m:	3:44.45	39.70	400m:	5:01.49	36.90
11.	LORTIE, Charlotte				12	Club de natation region de Que				5:04.21	463	R
	50m:	33.82	33.82	150m:	1:49.94	38.12	250m:	3:07.03	37.76	350m:	4:25.67	39.87
	100m:	1:11.82	38.00	200m:	2:29.27	39.33	300m:	3:45.80	38.77	400m:	5:04.21	38.54
12.	PELLETIER, Laurence				13	Club de natation Megophias				5:08.14	445	R
	50m:	33.60	33.60	150m:	1:53.08	40.07	250m:	3:13.53	39.76	350m:	4:31.37	37.97
	100m:	1:13.01	39.41	200m:	2:33.77	40.69	300m:	3:53.40	39.87	400m:	5:08.14	36.77

Event 17, Girls, 400m Freestyle, Prelim, 13 years and younger

Rank			Age					Time	Pts
13.	CAREAU, Beatrice		13	Les Dauphins de Rimouski				5:08.60	443
	50m: 33.89 33.89	150m: 1:52.13		39.44 250m: 3:11.78 39.68		350m: 4:31.55		38.68	
	100m: 1:12.69 38.80	200m: 2:32.10		39.97 300m: 3:52.87 41.09		400m: 5:08.60		37.05	
14.	DESCHENES, Raphaëlle		13	Club de natation Megophias				5:10.45	435
	50m: 33.73 33.73	150m: 1:51.75		38.90 250m: 3:11.46 39.19		350m: 4:31.47		38.87	
	100m: 1:12.85 39.12	200m: 2:32.27		40.52 300m: 3:52.60 41.14		400m: 5:10.45		38.98	

14 - 15 years

1.	SUTHERLAND, Meghan		15	Univ Of Calgary Swim Club				4:31.51	651	Q
	50m: 31.92 31.92	150m: 1:39.06		34.78 250m: 2:48.03 35.24		350m: 3:58.12		35.70		
	100m: 1:04.28 32.36	200m: 2:12.79		33.73 300m: 3:22.42 34.39		400m: 4:31.51		33.39		
2.	DOVE, Greta		14	Univ Of Calgary Swim Club				4:34.80	628	Q
	50m: 30.79 30.79	150m: 1:39.41		34.19 250m: 2:49.07 34.85		350m: 4:00.00		35.44		
	100m: 1:05.22 34.43	200m: 2:14.22		34.81 300m: 3:24.56 35.49		400m: 4:34.80		34.80		
3.	PARADIS, Jolianne		15	Natation Gatineau				4:36.53	616	Q
	50m: 31.32 31.32	150m: 1:41.30		35.05 250m: 2:52.31 34.91		350m: 4:02.04		34.50		
	100m: 1:06.25 34.93	200m: 2:17.40		36.10 300m: 3:27.54 35.23		400m: 4:36.53		34.49		
4.	MCLAREN, Katie		14	Pacific Coast Swimming				4:38.38	604	Q
	50m: 31.14 31.14	150m: 1:41.10		35.40 250m: 2:53.14 35.58		350m: 4:04.55		35.24		
	100m: 1:05.70 34.56	200m: 2:17.56		36.46 300m: 3:29.31 36.17		400m: 4:38.38		33.83		
5.	NICHOLSON-JODOIN, Clementine		15	Pointe-Claire Swim Club				4:38.64	602	Q
	50m: 30.97 30.97	150m: 1:39.42		34.83 250m: 2:49.31 35.22		350m: 4:02.48		36.48		
	100m: 1:04.59 33.62	200m: 2:14.09		34.67 300m: 3:26.00 36.69		400m: 4:38.64		36.16		
6.	LABRIE, Eve		15	Neptune Natation				4:40.16	593	Q
	50m: 31.56 31.56	150m: 1:40.98		35.05 250m: 2:51.75 35.53		350m: 4:04.12		36.41		
	100m: 1:05.93 34.37	200m: 2:16.22		35.24 300m: 3:27.71 35.96		400m: 4:40.16		36.04		
7.	BULLOCK, Sophia		15	Univ Of Calgary Swim Club				4:40.81	588	Q
	50m: 32.84 32.84	150m: 1:43.20		36.52 250m: 2:54.61 36.94		350m: 4:06.61		36.97		
	100m: 1:06.68 33.84	200m: 2:17.67		34.47 300m: 3:29.64 35.03		400m: 4:40.81		34.20		
8.	MAXIMENCO, Sophia		14	C.N. Dollard-des-Ormeaux				4:41.11	587	Q
	50m: 32.08 32.08	150m: 1:43.24		36.33 250m: 2:55.57 36.30		350m: 4:07.68		36.47		
	100m: 1:06.91 34.83	200m: 2:19.27		36.03 300m: 3:31.21 35.64		400m: 4:41.11		33.43		
9.	HEINEMANN, Kaitlin		15	MB-Canada Games				4:41.93	581	Q
	50m: 31.36 31.36	150m: 1:41.33		35.51 250m: 2:54.28 36.37		350m: 4:07.47		36.68		
	100m: 1:05.82 34.46	200m: 2:17.91		36.58 300m: 3:30.79 36.51		400m: 4:41.93		34.46		
10.	MARCHAND, Gabrielle		14	Velox Natation				4:42.17	580	Q
	50m: 31.99 31.99	150m: 1:42.45		35.22 250m: 2:54.41 35.71		350m: 4:06.79		35.96		
	100m: 1:07.23 35.24	200m: 2:18.70		36.25 300m: 3:30.83 36.42		400m: 4:42.17		35.38		
11.	HARRINGTON, Mya		15	Univ Of Calgary Swim Club				4:43.84	570	R
	50m: 31.55 31.55	150m: 1:42.21		35.84 250m: 2:54.94 36.35		350m: 4:08.15		36.35		
	100m: 1:06.37 34.82	200m: 2:18.59		36.38 300m: 3:31.80 36.86		400m: 4:43.84		35.69		
12.	GOLINOWSKI, Olivia		14	Kelowna Aquajets				4:44.42	566	R
	50m: 31.94 31.94	150m: 1:44.22		36.42 250m: 2:56.51 35.93		350m: 4:09.16		35.96		
	100m: 1:07.80 35.86	200m: 2:20.58		36.36 300m: 3:33.20 36.69		400m: 4:44.42		35.26		
13.	BROCHU, Aleni		15	Natation Gatineau				4:44.50	566	
	50m: 32.23 32.23	150m: 1:43.07		35.90 250m: 2:55.62 36.20		350m: 4:08.33		36.27		
	100m: 1:07.17 34.94	200m: 2:19.42		36.35 300m: 3:32.06 36.44		400m: 4:44.50		36.17		
14.	FORTIER, Charlie-Rose		14	Club De Natation Sherbrooke				4:44.64	565	
	50m: 31.50 31.50	150m: 1:42.67		35.98 250m: 2:55.83 36.28		350m: 4:09.40		36.42		
	100m: 1:06.69 35.19	200m: 2:19.55		36.88 300m: 3:32.98 37.15		400m: 4:44.64		35.24		

Event 17, Girls, 400m Freestyle, Prelim, 14 - 15 years

Rank				Age					Time	Pts
15.	OUELLET, Laurence			14	Nsh				4:47.53	548
	50m: 31.78 31.78	150m: 1:44.48	36.22	250m: 2:58.98	36.43	350m: 4:12.24	35.87			
	100m: 1:08.26 36.48	200m: 2:22.55	38.07	300m: 3:36.37	37.39	400m: 4:47.53	35.29			
16.	MARIN, Elizabeth			14	Groupe aquatique Mille-Iles No				4:51.59	526
	50m: 31.69 31.69	150m: 1:44.57	36.81	250m: 2:59.94	38.04	350m: 4:15.56	38.05			
	100m: 1:07.76 36.07	200m: 2:21.90	37.33	300m: 3:37.51	37.57	400m: 4:51.59	36.03			
17.	BRASSARD, Alixia			15	Club de natation Megophias				4:53.61	515
	50m: 32.25 32.25	150m: 1:44.90	36.51	250m: 2:59.59	37.30	350m: 4:16.16	38.27			
	100m: 1:08.39 36.14	200m: 2:22.29	37.39	300m: 3:37.89	38.30	400m: 4:53.61	37.45			
18.	RIOPEL-DOIRON, Olivia			14	Joliette Equipe Triathlon 1				5:02.06	473
	50m: 33.30 33.30	150m: 1:48.66	38.97	250m: 3:06.12	40.09	350m: 4:25.06	40.46			
	100m: 1:09.69 36.39	200m: 2:26.03	37.37	300m: 3:44.60	38.48	400m: 5:02.06	37.00			
DNS	MOFFET, Raphaëlle			14	Club aquatique Montreal					

16 - 17 years

1.	WISE, Elleigh			16	Cascade Swim Club				4:26.54	688	Q
	50m: 32.05 32.05	150m: 1:41.28	34.19	250m: 2:49.12	33.24	350m: 3:55.08	32.13				
	100m: 1:07.09 35.04	200m: 2:15.88	34.60	300m: 3:22.95	33.83	400m: 4:26.54	31.46				
2.	KRAUSS, Ellie			17	Natation Gatineau				4:33.36	638	Q
	50m: 31.37 31.37	150m: 1:40.86	35.02	250m: 2:50.58	34.77	350m: 3:59.62	34.64				
	100m: 1:05.84 34.47	200m: 2:15.81	34.95	300m: 3:24.98	34.40	400m: 4:33.36	33.74				
3.	BOYER, Mariane			17	Natation Gatineau				4:35.12	626	Q
	50m: 31.54 31.54	150m: 1:40.44	35.25	250m: 2:50.88	35.01	350m: 4:01.09	35.30				
	100m: 1:05.19 33.65	200m: 2:15.87	35.43	300m: 3:25.79	34.91	400m: 4:35.12	34.03				
4.	CHERNENKOFF, Mila			16	Pacific Coast Swimming				4:35.83	621	Q
	50m: 31.14 31.14	150m: 1:39.81	34.16	250m: 2:49.37	34.59	350m: 4:00.00	35.54				
	100m: 1:05.65 34.51	200m: 2:14.78	34.97	300m: 3:24.46	35.09	400m: 4:35.83	35.83				
5.	ROBITAILLE, Florence			17	Elite				4:37.59	609	Q
	50m: 31.51 31.51	150m: 1:41.21	34.71	250m: 2:51.77	34.98	350m: 4:02.23	35.09				
	100m: 1:06.50 34.99	200m: 2:16.79	35.58	300m: 3:27.14	35.37	400m: 4:37.59	35.36				
6.	DAY, Lauren C			17	Canadian Dolphin Swim Club				4:37.83	608	Q
	50m: 31.26 31.26	150m: 1:40.92	34.80	250m: 2:51.48	34.61	350m: 4:02.90	35.40				
	100m: 1:06.12 34.86	200m: 2:16.87	35.95	300m: 3:27.50	36.02	400m: 4:37.83	34.93				
7.	BOILY, Claudia			16	Pointe-Claire Swim Club				4:39.76	595	Q
	50m: 32.33 32.33	150m: 1:42.20	36.05	250m: 2:53.26	36.32	350m: 4:05.49	36.68				
	100m: 1:06.15 33.82	200m: 2:16.94	34.74	300m: 3:28.81	35.55	400m: 4:39.76	34.27				
8.	GORDON, Erika			17	Pointe-Claire Swim Club				4:39.82	595	Q
	50m: 32.25 32.25	150m: 1:41.92	35.13	250m: 2:53.82	35.88	350m: 4:05.16	35.64				
	100m: 1:06.79 34.54	200m: 2:17.94	36.02	300m: 3:29.52	35.70	400m: 4:39.82	34.66				
9.	POMERLEAU, Mikaelle			16	Pointe-Claire Swim Club				4:41.18	586	Q
	50m: 31.54 31.54	150m: 1:41.40	35.54	250m: 2:53.47	36.09	350m: 4:06.04	36.23				
	100m: 1:05.86 34.32	200m: 2:17.38	35.98	300m: 3:29.81	36.34	400m: 4:41.18	35.14				
10.	TESSIER, Sophia			17	Natation Gatineau				4:42.31	579	Q
	50m: 32.05 32.05	150m: 1:42.01	35.32	250m: 2:54.69	36.40	350m: 4:06.77	35.96				
	100m: 1:06.69 34.64	200m: 2:18.29	36.28	300m: 3:30.81	36.12	400m: 4:42.31	35.54				
11.	MASSICOTTE, Anabelle			16	Club de natation Megophias				4:50.69	530	R
	50m: 31.27 31.27	150m: 1:43.19	36.93	250m: 2:58.18	37.49	350m: 4:14.42	37.99				
	100m: 1:06.26 34.99	200m: 2:20.69	37.50	300m: 3:36.43	38.25	400m: 4:50.69	36.27				

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

Rank									Age					Time	Pts	
12.	BROUILLARD, Camille								16	Club de natation Megophias				4:55.39	505	R
	50m:	32.11	32.11	150m:	1:44.41	37.09	250m:	3:00.45	38.42	350m:	4:17.70	38.93				
	100m:	1:07.32	35.21	200m:	2:22.03	37.62	300m:	3:38.77	38.32	400m:	4:55.39	37.69				

18 years and older

1.	MICHAUD, Maelie			19	Pointe-Claire Swim Club				4:27.18	683	Q	
	50m:	29.98	29.98	150m:	1:36.70	33.78	250m:	2:45.44	34.65	350m:	3:54.92	34.80
	100m:	1:02.92	32.94	200m:	2:10.79	34.09	300m:	3:20.12	34.68	400m:	4:27.18	32.26
2.	BROUSSEAU, Charlotte			18	Club aquatique Montreal				4:28.35	674	Q	
	50m:	31.53	31.53	150m:	1:40.12	34.70	250m:	2:48.46	33.43	350m:	3:56.07	33.66
	100m:	1:05.42	33.89	200m:	2:15.03	34.91	300m:	3:22.41	33.95	400m:	4:28.35	32.28
3.	MICHAUD, Laurence			19	Club de natation region de Que				4:31.44	652	Q	
	50m:	31.11	31.11	150m:	1:39.20	34.14	250m:	2:48.43	34.82	350m:	3:57.40	34.42
	100m:	1:05.06	33.95	200m:	2:13.61	34.41	300m:	3:22.98	34.55	400m:	4:31.44	34.04
4.	KENNEDY, Keira			19	Simon Fraser University				4:32.15	646	Q	
	50m:	31.66	31.66	150m:	1:40.20	34.30	250m:	2:49.17	34.29	350m:	3:58.39	34.50
	100m:	1:05.90	34.24	200m:	2:14.88	34.68	300m:	3:23.89	34.72	400m:	4:32.15	33.76
5.	ANDREWS, Abigail			21	Simon Fraser University				4:34.13	633	Q	
	50m:	32.54	32.54	150m:	1:41.86	35.34	250m:	2:51.23	35.09	350m:	4:00.51	34.74
	100m:	1:06.52	33.98	200m:	2:16.14	34.28	300m:	3:25.77	34.54	400m:	4:34.13	33.62
6.	LAPIERRE, Justine			18	Pointe-Claire Swim Club				4:41.31	585	Q	
	50m:	31.39	31.39	150m:	1:41.55	35.30	250m:	2:53.14	35.99	350m:	4:05.86	36.27
	100m:	1:06.25	34.86	200m:	2:17.15	35.60	300m:	3:29.59	36.45	400m:	4:41.31	35.45
7.	CONNELL, Madilyn			19	Simon Fraser University				4:46.71	553	Q	
	50m:	32.36	32.36	150m:	1:44.52	35.96	250m:	2:56.28	35.68	350m:	4:09.45	36.74
	100m:	1:08.56	36.20	200m:	2:20.60	36.08	300m:	3:32.71	36.43	400m:	4:46.71	37.26