

Event 25 Men, 400m Freestyle Open
2026-07-17 - 16:30 Results Finals

Canadian Senior Records	3:43.46	COCHRANE, Ryan	ISC	Glasgow (GBR)	2014-07-24
Canadian Age Group Records 15 - 17	3:49.05	WIGGINTON, Lorne	UCSC	Netanya (ISR)	2023-09-04
Canadian Age Group Records 13 - 14	3:56.79	KIM, Laon	HYACK	Toronto	2023-03-28
Canadian Age Group Records 11 - 12	4:19.04	SAYAO, Chuck	MSSAC	Santa Clara (USA)	1995-08-02
Quebec Provincial Senior Records	3:50.43	BROWN, Eric	PCSC	Victoria	2025-06-07
Quebec Provincial Age Group Records 17	3:54.68	FONSECA FLOREZ, Simon	CAMO	Victoria	2025-06-07
Quebec Provincial Age Group Records 16	3:55.47	FONSECA FLOREZ, Simon	CAMO	Canberra (AUS)	2024-08-23
Quebec Provincial Age Group Records 15	3:57.32	BLANCHARD, Oliver	PCSC	Victoria	2025-06-07
Quebec Provincial Age Group Records 14	4:03.98	BLANCHARD, Oliver	PCSC	Toronto	2024-07-24
Quebec Provincial Age Group Records 13	4:17.25	CHEUNG, Adrian	PCSC	Pointe-Claire	2023-12-09
Quebec Provincial Age Group Records - 124	27.44	BUSTAMANTE, Kevin	CAMO	Montreal	2007-07-20

Essais canadiens - 17: 4:08.73; 18 +: 4:01.69 / Omnium canadien 50m: 4:06.18 - 25m: 3:59.01

Points: AQUA 2025

Rank	Age								Time		Pts	
13 years and younger												
1.	VAILLANCOURT, Ludovic			13	Club aquatique Montreal				4:23.32		583	
	50m:	28.85	28.85	150m:	1:34.35	32.88	250m:	2:42.25	33.78	350m:	3:50.54	33.61
	100m:	1:01.47	32.62	200m:	2:08.47	34.12	300m:	3:16.93	34.68	400m:	4:23.32	32.78
2.	QI, Tianyu Tevin			13	Natation Gatineau				4:31.56		532	
	50m:	30.48	30.48	150m:	1:38.62	34.21	250m:	2:48.24	34.50	350m:	3:58.29	34.53
	100m:	1:04.41	33.93	200m:	2:13.74	35.12	300m:	3:23.76	35.52	400m:	4:31.56	33.27
3.	FRANCOIS, Derek			13	Pacific Coast Swimming				4:33.85		518	
	50m:	31.26	31.26	150m:	1:39.79	34.90	250m:	2:50.11	35.32	350m:	4:00.18	35.15
	100m:	1:04.89	33.63	200m:	2:14.79	35.00	300m:	3:25.03	34.92	400m:	4:33.85	33.67
4.	CHOWN, Tristan			13	Pointe-Claire Swim Club				4:36.59		503	
	50m:	30.76	30.76	150m:	1:40.92	35.02	250m:	2:53.06	35.56	350m:	4:03.04	34.35
	100m:	1:05.90	35.14	200m:	2:17.50	36.58	300m:	3:28.69	35.63	400m:	4:36.59	33.55
5.	MCMICHAEL, Harvey			13	Pointe-Claire Swim Club				4:38.65		492	
	50m:	30.71	30.71	150m:	1:39.87	35.18	250m:	2:51.19	36.04	350m:	4:03.17	36.12
	100m:	1:04.69	33.98	200m:	2:15.15	35.28	300m:	3:27.05	35.86	400m:	4:38.65	35.48
6.	ZABOBONIN, Matei C			13	Canadian Dolphin Swim Club				4:38.88		491	
	50m:	31.87	31.87	150m:	1:41.36	35.56	250m:	2:52.72	36.19	350m:	4:04.12	35.74
	100m:	1:05.80	33.93	200m:	2:16.53	35.17	300m:	3:28.38	35.66	400m:	4:38.88	34.76
7.	GENNARELLI, Liam			12	C.N. Dollard-des-Ormeaux				4:41.54		477	
	50m:	31.03	31.03	150m:	1:41.62	35.31	250m:	2:54.45	36.49	350m:	4:06.74	35.90
	100m:	1:06.31	35.28	200m:	2:17.96	36.34	300m:	3:30.84	36.39	400m:	4:41.54	34.80
8.	MCDERMID, Milo R			13	KISU Swim Club				4:42.24		474	
	50m:	30.85	30.85	150m:	1:43.31	37.02	250m:	2:56.56	35.93	350m:	4:09.28	35.86
	100m:	1:06.29	35.44	200m:	2:20.63	37.32	300m:	3:33.42	36.86	400m:	4:42.24	32.96
9.	ROUCH, Julien			13	Club aquatique Montreal				4:43.75		466	
	50m:	30.36	30.36	150m:	1:41.70	35.86	250m:	2:55.71	36.46	350m:	4:08.77	35.81
	100m:	1:05.84	35.48	200m:	2:19.25	37.55	300m:	3:32.96	37.25	400m:	4:43.75	34.98
10.	RINZSCH, Mauricio			13	Pacific Coast Swimming				4:44.01		465	
	50m:	33.22	33.22	150m:	1:43.10	36.36	250m:	2:55.28	36.87	350m:	4:08.87	37.74
	100m:	1:06.74	33.52	200m:	2:18.41	35.31	300m:	3:31.13	35.85	400m:	4:44.01	35.14

Event 25, Men, 400m Freestyle, Final

14 - 15 years

1. JASEM RADHE, Kinan	15	Natation Gatineau	4:09.96	682
50m: 27.79 27.79	150m: 1:29.26 30.81	250m: 2:32.93 31.52	350m: 3:37.66 32.24	
100m: 58.45 30.66	200m: 2:01.41 32.15	300m: 3:05.42 32.49	400m: 4:09.96 32.30	
2. GAUVIN, Max	15	BLAST Swim Club	4:12.21	664
50m: 28.44 28.44	150m: 1:32.01 32.36	250m: 2:36.71 32.31	350m: 3:41.72 32.36	
100m: 59.65 31.21	200m: 2:04.40 32.39	300m: 3:09.36 32.65	400m: 4:12.21 30.49	
3. LONGPRE, Don Juan	14	Club aquatique Montreal	4:14.43	647
50m: 27.82 27.82	150m: 1:31.56 31.96	250m: 2:37.55 32.72	350m: 3:43.12 32.36	
100m: 59.60 31.78	200m: 2:04.83 33.27	300m: 3:10.76 33.21	400m: 4:14.43 31.31	
4. XIE, Steven	14	Pointe-Claire Swim Club	4:17.37	625
50m: 28.93 28.93	150m: 1:32.86 31.86	250m: 2:38.43 32.40	350m: 3:45.19 32.64	
100m: 1:01.00 32.07	200m: 2:06.03 33.17	300m: 3:12.55 34.12	400m: 4:17.37 32.18	
5. XU, Ethan Yiheng	15	Canadian Dolphin Swim Club	4:20.82	600
50m: 28.81 28.81	150m: 1:34.02 32.75	250m: 2:40.76 33.19	350m: 3:48.06 33.36	
100m: 1:01.27 32.46	200m: 2:07.57 33.55	300m: 3:14.70 33.94	400m: 4:20.82 32.76	
6. HEUSEL, Sam N	15	Canadian Dolphin Swim Club	4:22.21	591
50m: 29.45 29.45	150m: 1:36.92 34.63	250m: 2:44.77 33.19	350m: 3:50.42 33.08	
100m: 1:02.29 32.84	200m: 2:11.58 34.66	300m: 3:17.34 32.57	400m: 4:22.21 31.79	
7. LAMOUREUX, Cedric	14	Club aquatique Montreal	4:22.77	587
50m: 28.72 28.72	150m: 1:34.54 34.75	250m: 2:43.27 34.12	350m: 3:50.93 33.66	
100m: 59.79 31.07	200m: 2:09.15 34.61	300m: 3:17.27 34.00	400m: 4:22.77 31.84	
8. PIGEON, Arthur	14	Club de Natation des Riverains	4:25.48	569
50m: 29.00 29.00	150m: 1:35.92 34.94	250m: 2:44.88 34.98	350m: 3:53.39 34.73	
100m: 1:00.98 31.98	200m: 2:09.90 33.98	300m: 3:18.66 33.78	400m: 4:25.48 32.09	
9. THIESSEN, Bennett	14	Cascade Swim Club	4:26.74	561
50m: 30.03 30.03	150m: 1:36.18 32.98	250m: 2:45.33 34.18	350m: 3:53.96 34.01	
100m: 1:03.20 33.17	200m: 2:11.15 34.97	300m: 3:19.95 34.62	400m: 4:26.74 32.78	
10. THIFAUULT, Charles	15	Club aquatique Montreal	4:27.44	557
50m: 28.85 28.85	150m: 1:35.42 33.61	250m: 2:44.68 34.30	350m: 3:55.06 34.41	
100m: 1:01.81 32.96	200m: 2:10.38 34.96	300m: 3:20.65 35.97	400m: 4:27.44 32.38	

16 - 17 years

1. BLANCHARD, Oliver	16	Pointe-Claire Swim Club	4:03.75	735
50m: 28.35 28.35	150m: 1:29.59 30.71	250m: 2:32.15 31.13	350m: 3:34.31 30.83	
100m: 58.88 30.53	200m: 2:01.02 31.43	300m: 3:03.48 31.33	400m: 4:03.75 29.44	
2. JONES, Emile-Olivier	17	Natation Gatineau	4:05.23	722
50m: 28.20 28.20	150m: 1:30.62 31.35	250m: 2:33.91 31.49	350m: 3:36.04 30.41	
100m: 59.27 31.07	200m: 2:02.42 31.80	300m: 3:05.63 31.72	400m: 4:05.23 29.19	
3. GREENWOOD, Nolan	16	Pacific Coast Swimming	4:09.78	683
50m: 28.64 28.64	150m: 1:31.27 31.15	250m: 2:34.71 31.44	350m: 3:38.29 31.52	
100m: 1:00.12 31.48	200m: 2:03.27 32.00	300m: 3:06.77 32.06	400m: 4:09.78 31.49	
4. ZHU, Jimmy C	17	Canadian Dolphin Swim Club	4:11.24	672
50m: 29.02 29.02	150m: 1:32.03 32.02	250m: 2:35.83 32.49	350m: 3:40.52 32.60	
100m: 1:00.01 30.99	200m: 2:03.34 31.31	300m: 3:07.92 32.09	400m: 4:11.24 30.72	
5. JIN, Atom	16	Canadian Dolphin Swim Club	4:13.38	655
50m: 29.09 29.09	150m: 1:32.08 31.34	250m: 2:36.21 32.09	350m: 3:40.74 32.23	
100m: 1:00.74 31.65	200m: 2:04.12 32.04	300m: 3:08.51 32.30	400m: 4:13.38 32.64	

Event 25, Boys, 400m Freestyle, Final, 16 - 17 years

Rank					Age					Time	Pts	
6.	NEWMAN, Aiden				16	Pointe-Claire Swim Club				4:14.59	645	
	50m:	28.70	28.70	150m:	1:32.01	32.03	250m:	2:37.43	33.05	350m:	3:43.35	32.88
	100m:	59.98	31.28	200m:	2:04.38	32.37	300m:	3:10.47	33.04	400m:	4:14.59	31.24
7.	ZAHER, Luca				16	Univ Of Calgary Swim Club				4:15.75	637	
	50m:	29.11	29.11	150m:	1:32.94	32.52	250m:	2:38.20	33.31	350m:	3:43.80	33.32
	100m:	1:00.42	31.31	200m:	2:04.89	31.95	300m:	3:10.48	32.28	400m:	4:15.75	31.95
8.	DUMAIS, Darius				16	Neptune Natation				4:18.35	618	
	50m:	28.84	28.84	150m:	1:33.07	31.93	250m:	2:38.34	32.73	350m:	3:44.99	32.83
	100m:	1:01.14	32.30	200m:	2:05.61	32.54	300m:	3:12.16	33.82	400m:	4:18.35	33.36
9.	CORTEZ, Matthew				16	Club aquatique Montreal				4:25.80	567	
	50m:	29.32	29.32	150m:	1:33.88	33.53	250m:	2:43.01	35.62	350m:	3:52.81	35.61
	100m:	1:00.35	31.03	200m:	2:07.39	33.51	300m:	3:17.20	34.19	400m:	4:25.80	32.99

18 years and older

1.	NICHOLSON, Owen				21	Simon Fraser University					4:03.28	740
	50m:	28.05	28.05	150m:	1:29.99	30.95	250m:	2:31.84	30.83	350m:	3:33.20	30.50
	100m:	59.04	30.99	200m:	2:01.01	31.02	300m:	3:02.70	30.86	400m:	4:03.28	30.08
2.	QUEVEDO, Zergio				20	Elite					4:04.27	731
	50m:	28.64	28.64	150m:	1:31.32	31.35	250m:	2:33.99	30.92	350m:	3:34.71	30.11
	100m:	59.97	31.33	200m:	2:03.07	31.75	300m:	3:04.60	30.61	400m:	4:04.27	29.56
3.	PURDY, Nicholas				20	Natation Gatineau					4:07.20	705
	50m:	28.32	28.32	150m:	1:30.71	31.32	250m:	2:33.51	31.06	350m:	3:36.47	31.42
	100m:	59.39	31.07	200m:	2:02.45	31.74	300m:	3:05.05	31.54	400m:	4:07.20	30.73
4.	OUELLETTE, Spencer				23	Club De Natation Sherbrooke					4:08.51	694
	50m:	27.68	27.68	150m:	1:29.02	31.28	250m:	2:32.27	32.04	350m:	3:36.16	32.23
	100m:	57.74	30.06	200m:	2:00.23	31.21	300m:	3:03.93	31.66	400m:	4:08.51	32.35
5.	HADDALLAH, Mohamed Malik				19	Club de Natation SAMAK					4:08.83	691
	50m:	28.91	28.91	150m:	1:31.63	31.38	250m:	2:34.78	31.17	350m:	3:37.48	30.98
	100m:	1:00.25	31.34	200m:	2:03.61	31.98	300m:	3:06.50	31.72	400m:	4:08.83	31.35
6.	CASTONGUAY, Clovis				18	Elite					4:15.90	636
	50m:	28.71	28.71	150m:	1:32.10	31.85	250m:	2:37.28	32.46	350m:	3:43.17	32.80
	100m:	1:00.25	31.54	200m:	2:04.82	32.72	300m:	3:10.37	33.09	400m:	4:15.90	32.73
7.	MCNEIL, Cuyler				23	Cascade Swim Club					4:15.95	635
	50m:	30.09	30.09	150m:	1:35.14	33.18	250m:	2:39.65	32.74	350m:	3:44.62	32.65
	100m:	1:01.96	31.87	200m:	2:06.91	31.77	300m:	3:11.97	32.32	400m:	4:15.95	31.33
8.	MYLONAS, Demetrios				20	Pacific Coast Swimming					4:19.24	611
	50m:	28.47	28.47	150m:	1:31.40	31.60	250m:	2:36.74	32.57	350m:	3:44.89	34.14
	100m:	59.80	31.33	200m:	2:04.17	32.77	300m:	3:10.75	34.01	400m:	4:19.24	34.35
9.	TREMBLAY, Alexis				18	Club de natation Megophias					4:27.55	556
	50m:	30.18	30.18	150m:	1:36.25	33.78	250m:	2:45.02	35.15	350m:	3:54.65	35.30
	100m:	1:02.47	32.29	200m:	2:09.87	33.62	300m:	3:19.35	34.33	400m:	4:27.55	32.90