

Epreuve 7

Dames, 400m 4 nages

Cat. générale

2026-07-14 - 17:50

Liste résultats Finales

Canadian Senior Records	4:23.65	MCINTOSH, Summer	UNCAN	Victoria	2025-06-11
Canadian Age Group Records 15 - 17	4:24.38	MCINTOSH, Summer	UNCAN	Toronto	2024-05-16
Canadian Age Group Records 13 - 14	4:46.69	BELLIO, Katrina	ESWIM	Toronto	2019-04-04
Canadian Age Group Records 11 - 12	4:50.21	MCINTOSH, Summer	ESWIM	Toronto	2019-04-04
Quebec Provincial Senior Records	4:34.29	HARVEY, Mary-Sophie	CAMO	Canet-En-Roussillon (FRA)	2026-05-28
Quebec Provincial Age Group Records 17	4:36.48	HARVEY, Mary-Sophie	NN	Rome (ITA)	2017-06-24
Quebec Provincial Age Group Records 16	4:47.55	HARVEY, Mary-Sophie	NN	Edmonton	2016-08-05
Quebec Provincial Age Group Records 15	4:45.36	HARVEY, Mary-Sophie	NN	Kihei (USA)	2014-08-28
Quebec Provincial Age Group Records 14	4:50.79	HARVEY, Mary-Sophie	NN	Saskatoon	2014-07-17
Quebec Provincial Age Group Records 13	4:55.58	HARVEY, Mary-Sophie	MEGO	Sherbrooke	2013-08-05
Quebec Provincial Age Group Records - 125:06.41		HARVEY, Mary-Sophie	MEGO	Montreal	2011-07-28

Essais canadiens - 17: 5:05.36; 18 +: 5:00.92 / Omnium canadien 50m: 5:06.78 - 25m: 4:57.84

Points: AQUA 2025

Rang	Age										Temps	Pts
13 ans et moins												
1.	PERRY, Ella				13	Pointe-Claire Swim Club				5:06.03	644	
	50m:	30.63	30.63	150m:	1:46.96	39.83	250m:	3:11.79	45.41	350m:	4:32.18	34.89
	100m:	1:07.13	36.50	200m:	2:26.38	39.42	300m:	3:57.29	45.50	400m:	5:06.03	33.85
2.	NEABLE, Stella				13	Pacific Coast Swimming				5:17.07	579	
	50m:	31.06	31.06	150m:	1:47.92	40.20	250m:	3:17.82	47.46	350m:	4:41.44	36.78
	100m:	1:07.72	36.66	200m:	2:30.36	42.44	300m:	4:04.66	46.84	400m:	5:17.07	35.63
3.	ZHOU, Ziva J				13	Canadian Dolphin Swim Club				5:22.04	553	
	50m:	32.17	32.17	150m:	1:53.85	44.09	250m:	3:22.03	45.95	350m:	4:46.34	37.99
	100m:	1:09.76	37.59	200m:	2:36.08	42.23	300m:	4:08.35	46.32	400m:	5:22.04	35.70
4.	CHEN, Helena				13	Pointe-Claire Swim Club				5:34.42	494	
	50m:	35.05	35.05	150m:	2:01.60	46.28	250m:	3:32.68	47.01	350m:	4:58.83	38.12
	100m:	1:15.32	40.27	200m:	2:45.67	44.07	300m:	4:20.71	48.03	400m:	5:34.42	35.59
5.	HURSH, Everly J				12	Canadian Dolphin Swim Club				5:34.86	492	
	50m:	35.81	35.81	150m:	2:04.36	44.82	250m:	3:32.89	43.01	350m:	4:57.07	38.54
	100m:	1:19.54	43.73	200m:	2:49.88	45.52	300m:	4:18.53	45.64	400m:	5:34.86	37.79
6.	TESSIER, Ellyanne				13	Club de natation région de Qué				5:35.70	488	
	50m:	37.33	37.33	150m:	2:06.88	46.01	250m:	3:33.90	44.32	350m:	4:58.44	39.53
	100m:	1:20.87	43.54	200m:	2:49.58	42.70	300m:	4:18.91	45.01	400m:	5:35.70	37.26
7.	CASSISTA, Anaé				13	Les Dauphins de Rimouski				5:37.69	479	
	50m:	34.95	34.95	150m:	2:05.91	50.17	250m:	3:36.86	44.83	350m:	5:01.23	40.90
	100m:	1:15.74	40.79	200m:	2:52.03	46.12	300m:	4:20.33	43.47	400m:	5:37.69	36.46
8.	LORTIE, Charlotte				12	Club de natation région de Qué				5:43.59	455	
	50m:	34.41	34.41	150m:	1:59.56	42.96	250m:	3:33.36	50.71	350m:	5:05.94	38.82
	100m:	1:16.60	42.19	200m:	2:42.65	43.09	300m:	4:27.12	53.76	400m:	5:43.59	37.65
9.	BOUHAREVICH, Olivia				13	C.N. Dollard-des-Ormeaux				5:46.44	444	
	50m:	35.21	35.21	150m:	2:01.08	45.51	250m:	3:34.84	50.71	350m:	5:06.20	41.55
	100m:	1:15.57	40.36	200m:	2:44.13	43.05	300m:	4:24.65	49.81	400m:	5:46.44	40.24
10.	DESCHÊNES, Raphaëlle				13	Club de natation Mégophias				6:00.50	394	
	50m:	35.44	35.44	150m:	2:04.85	47.99	250m:	3:43.24	52.77	350m:	5:19.07	41.85
	100m:	1:16.86	41.42	200m:	2:50.47	45.62	300m:	4:37.22	53.98	400m:	6:00.50	41.43

Epreuve 7, Dames, 400m 4 nages, Finale

14 - 15 ans

1. ZENG, Michelle Y	15	Canadian Dolphin Swim Club	4:56.68	707
50m: 30.64 30.64	150m: 1:44.83 38.88	250m: 3:05.15 42.52	350m: 4:23.38 35.13	
100m: 1:05.95 35.31	200m: 2:22.63 37.80	300m: 3:48.25 43.10	400m: 4:56.68 33.30	
2. BACCUS, Bianca	14	Pointe-Claire Swim Club	5:02.30	668
50m: 31.80 31.80	150m: 1:48.96 40.62	250m: 3:10.46 41.52	350m: 4:27.65 34.62	
100m: 1:08.34 36.54	200m: 2:28.94 39.98	300m: 3:53.03 42.57	400m: 5:02.30 34.65	
3. SUTHERLAND, Meghan	15	Univ Of Calgary Swim Club	5:04.72	653
50m: 33.05 33.05	150m: 1:52.04 40.53	250m: 3:12.57 42.77	350m: 4:31.79 35.41	
100m: 1:11.51 38.46	200m: 2:29.80 37.76	300m: 3:56.38 43.81	400m: 5:04.72 32.93	
4. MOFFET, Raphaëlle	14	Club aquatique Montréal	5:05.51	648
50m: 31.36 31.36	150m: 1:46.17 38.59	250m: 3:10.16 43.65	350m: 4:31.40 35.94	
100m: 1:07.58 36.22	200m: 2:26.51 40.34	300m: 3:55.46 45.30	400m: 5:05.51 34.11	
5. FERGUSON, Taylor	15	Pointe-Claire Swim Club	5:13.44	600
50m: 31.78 31.78	150m: 1:48.37 40.13	250m: 3:14.26 48.14	350m: 4:37.92 37.13	
100m: 1:08.24 36.46	200m: 2:26.12 37.75	300m: 4:00.79 46.53	400m: 5:13.44 35.52	
6. FORTIER, Charlie-Rose	14	Club De Natation Sherbrooke	5:16.46	583
50m: 32.05 32.05	150m: 1:53.30 41.54	250m: 3:18.13 43.31	350m: 4:40.00 37.02	
100m: 1:11.76 39.71	200m: 2:34.82 41.52	300m: 4:02.98 44.85	400m: 5:16.46 36.46	
7. GOLINOWSKI, Olivia	14	Kelowna Aquajets	5:17.94	574
50m: 33.96 33.96	150m: 1:53.29 40.06	250m: 3:19.41 48.86	350m: 4:43.42 35.77	
100m: 1:13.23 39.27	200m: 2:30.55 37.26	300m: 4:07.65 48.24	400m: 5:17.94 34.52	
8. VERSCHOOR, Rafaela	14	Canadian Dolphin Swim Club	5:18.13	573
50m: 32.42 32.42	150m: 1:50.87 40.59	250m: 3:18.91 46.55	350m: 4:41.82 35.93	
100m: 1:10.28 37.86	200m: 2:32.36 41.49	300m: 4:05.89 46.98	400m: 5:18.13 36.31	
9. MCLAREN, Katie	14	Pacific Coast Swimming	5:26.70	529
50m: 34.18 34.18	150m: 2:01.24 47.67	250m: 3:30.58 45.52	350m: 4:52.02 37.14	
100m: 1:13.57 39.39	200m: 2:45.06 43.82	300m: 4:14.88 44.30	400m: 5:26.70 34.68	
10. DESJARDINS, Katelyn	15	Pointe-Claire Swim Club	5:27.69	525
50m: 31.71 31.71	150m: 1:53.55 43.07	250m: 3:22.29 45.16	350m: 4:47.91 37.82	
100m: 1:10.48 38.77	200m: 2:37.13 43.58	300m: 4:10.09 47.80	400m: 5:27.69 39.78	

16 - 17 ans

1. KRAUSS, Ellie	17	Natation Gatineau	5:06.49	641
50m: 30.91 30.91	150m: 1:47.40 40.21	250m: 3:12.04 44.41	350m: 4:32.18 34.52	
100m: 1:07.19 36.28	200m: 2:27.63 40.23	300m: 3:57.66 45.62	400m: 5:06.49 34.31	
2. DAGSAAN, Jady	17	Pointe-Claire Swim Club	5:09.70	622
50m: 31.07 31.07	150m: 1:47.04 39.46	250m: 3:12.00 45.92	350m: 4:35.08 35.93	
100m: 1:07.58 36.51	200m: 2:26.08 39.04	300m: 3:59.15 47.15	400m: 5:09.70 34.62	
3. BOYER, Mariane	17	Natation Gatineau	5:10.77	615
50m: 32.60 32.60	150m: 1:53.20 43.83	250m: 3:19.93 45.21	350m: 4:37.81 34.23	
100m: 1:09.37 36.77	200m: 2:34.72 41.52	300m: 4:03.58 43.65	400m: 5:10.77 32.96	
4. MARTINEAU, Alyssa	16	Natation Gatineau	5:15.58	587
50m: 31.47 31.47	150m: 1:48.93 40.00	250m: 3:15.62 46.66	350m: 4:39.32 35.46	
100m: 1:08.93 37.46	200m: 2:28.96 40.03	300m: 4:03.86 48.24	400m: 5:15.58 36.26	
5. MONETTE, Mathilde	16	Neptune Natation	5:18.04	574
50m: 33.21 33.21	150m: 1:53.16 41.27	250m: 3:20.08 47.34	350m: 4:42.86 37.77	
100m: 1:11.89 38.68	200m: 2:32.74 39.58	300m: 4:05.09 45.01	400m: 5:18.04 35.18	

Epreuve 7, Filles, 400m 4 nages, Finale, 16 - 17 ans

Rang	Age								Temps	Pts
6.	LACOSTE, Florence	17	Nsh						5:18.85	570
	50m: 32.32 32.32	150m: 1:52.82	41.83	250m: 3:20.55	44.98	350m: 4:43.10	36.03			
	100m: 1:10.99 38.67	200m: 2:35.57	42.75	300m: 4:07.07	46.52	400m: 5:18.85	35.75			
7.	BASSERMANN, Emma	17	Dorval Swim Club						5:23.10	547
	50m: 33.46 33.46	150m: 1:55.91	43.21	250m: 3:22.48	44.85	350m: 4:45.88	39.70			
	100m: 1:12.70 39.24	200m: 2:37.63	41.72	300m: 4:06.18	43.70	400m: 5:23.10	37.22			
8.	BROUILLARD, Camille	16	Club de natation Mégophias						5:28.75	520
	50m: 32.81 32.81	150m: 1:58.42	45.63	250m: 3:25.07	41.15	350m: 4:50.44	39.93			
	100m: 1:12.79 39.98	200m: 2:43.92	45.50	300m: 4:10.51	45.44	400m: 5:28.75	38.31			

18 ans et plus

1.	LELIÈVRE, Karelle	18	Club de Natation SAMAK						5:02.33	668
	50m: 29.98 29.98	150m: 1:43.79	38.35	250m: 3:06.96	45.12	350m: 4:28.59	34.70			
	100m: 1:05.44 35.46	200m: 2:21.84	38.05	300m: 3:53.89	46.93	400m: 5:02.33	33.74			
2.	KARAGIANNIS, Maria-Theoni	18	Club de Natation SAMAK						5:04.49	654
	50m: 30.35 30.35	150m: 1:44.79	38.98	250m: 3:08.94	44.42	350m: 4:29.29	34.89			
	100m: 1:05.81 35.46	200m: 2:24.52	39.73	300m: 3:54.40	45.46	400m: 5:04.49	35.20			
3.	BEAUDOIN, Shanelle	19	Club de Natation SAMAK						5:05.04	651
	50m: 32.40 32.40	150m: 1:49.87	39.32	250m: 3:10.91	43.53	350m: 4:31.20	37.47			
	100m: 1:10.55 38.15	200m: 2:27.38	37.51	300m: 3:53.73	42.82	400m: 5:05.04	33.84			
4.	DREGHICI, Jessica	19	Simon Fraser University						5:06.51	641
	50m: 32.38 32.38	150m: 1:49.63	39.66	250m: 3:12.20	43.20	350m: 4:33.19	35.03			
	100m: 1:09.97 37.59	200m: 2:29.00	39.37	300m: 3:58.16	45.96	400m: 5:06.51	33.32			
5.	LAPIERRE, Justine	18	Pointe-Claire Swim Club						5:07.51	635
	50m: 32.65 32.65	150m: 1:50.72	40.22	250m: 3:12.36	42.91	350m: 4:31.61	35.59			
	100m: 1:10.50 37.85	200m: 2:29.45	38.73	300m: 3:56.02	43.66	400m: 5:07.51	35.90			
6.	GREENFIELD, Riley	18	Pacific Coast Swimming						5:16.98	580
	50m: 32.92 32.92	150m: 1:54.23	41.03	250m: 3:19.70	44.25	350m: 4:42.11	35.61			
	100m: 1:13.20 40.28	200m: 2:35.45	41.22	300m: 4:06.50	46.80	400m: 5:16.98	34.87			
7.	MALENFANT, Viviane	18	Club de natation région de Qué						5:22.39	551
	50m: 34.87 34.87	150m: 1:57.23	41.87	250m: 3:23.87	46.82	350m: 4:46.79	37.31			
	100m: 1:15.36 40.49	200m: 2:37.05	39.82	300m: 4:09.48	45.61	400m: 5:22.39	35.60			