Event 5 | 400m Freestyle | 11 years and older
2026-11-07 - 18:12 | Results

Points: AQUA 2026

Rank		Age		Time	Pts

11 - 12 years, Girls

1.	SENEZ BARCENAS, Eugenie Elma			12	Pointe-Claire Swim Club							**5:02.94**	439
	50m:	32.57	32.57	150m:	1:46.97	37.74	250m:	3:05.55	39.53	350m:	4:24.48		39.29
	100m:	1:09.23	36.66	200m:	2:26.02	39.05	300m:	3:45.19	39.64	400m:	5:02.94		38.46
2.	KHAYATI, Jana			12	Pointe-Claire Swim Club							**5:43.43**	301
	50m:	36.96	36.96	150m:	2:03.67	43.99	250m:	3:32.80	44.64	350m:	5:01.38		
	100m:	1:19.68	42.72	200m:	2:48.16	44.49	300m:			400m:	5:43.43		42.05

11 - 12 years, Boys

1.	SENIK, Liam			12	Pointe-Claire Swim Club							**5:08.20**	326
	50m:	33.88	33.88	150m:	1:52.25	39.74	250m:	3:11.27	40.00	350m:	4:31.68		39.63
	100m:	1:12.51	38.63	200m:	2:31.27	39.02	300m:	3:52.05	40.78	400m:	5:08.20		36.52
2.	FORREST, Finn			11	Pointe-Claire Swim Club							**5:39.89**	243
	50m:	38.31	38.31	150m:	2:05.69	43.85	250m:	3:31.84	43.38	350m:	4:58.34		42.48
	100m:	1:21.84	43.53	200m:	2:48.46	42.77	300m:	4:15.86	44.02	400m:	5:39.89		41.55

13 - 14 years, Girls

1.	PERRY, Ella			13	Pointe-Claire Swim Club							**4:29.95**	620
	50m:	31.37	31.37	150m:	1:39.97	34.30	250m:	2:48.25	34.20	350m:	3:57.41		34.62
	100m:	1:05.67	34.30	200m:	2:14.05	34.08	300m:	3:22.79	34.54	400m:	4:29.95		32.54
2.	LAMONTAGNE, Emma			13	Pointe-Claire Swim Club							**4:37.70**	569
	50m:	32.32	32.32	150m:	1:42.72	35.20	250m:	2:52.63	34.83	350m:	4:03.28		35.43
	100m:	1:07.52	35.20	200m:	2:17.80	35.08	300m:	3:27.85	35.22	400m:	4:37.70		34.42
3.	ZHANG, Xinru			13	Pointe-Claire Swim Club							**5:08.08**	417
	50m:	34.31	34.31	150m:	1:51.22	38.86	250m:	3:09.76	39.41	350m:	4:30.53		40.39
	100m:	1:12.36	38.05	200m:	2:30.35	39.13	300m:	3:50.14	40.38	400m:	5:08.08		37.55
4.	HMIDDOUCH, Soraya			13	Pointe-Claire Swim Club							**5:21.63**	366
	50m:	36.36	36.36	150m:	1:56.84	40.70	250m:	3:19.33	41.31	350m:	4:42.25		41.23
	100m:	1:16.14	39.78	200m:	2:38.02	41.18	300m:	4:01.02	41.69	400m:	5:21.63		39.38
5.	FORREST, Gabby			13	Pointe-Claire Swim Club							**5:27.05**	348
	50m:	35.23	35.23	150m:	1:55.71	40.54	250m:	3:20.39	42.63	350m:	4:45.20		42.28
	100m:	1:15.17	39.94	200m:	2:37.76	42.05	300m:	4:02.92	42.53	400m:	5:27.05		41.85
6.	BALAN, Zlata			14	Pointe-Claire Swim Club							**5:36.32**	320
	50m:	36.87	36.87	150m:	2:00.69	42.25	250m:	3:27.12	43.09	350m:			
	100m:	1:18.44	41.57	200m:	2:44.03	43.34	300m:	4:10.99	43.87	400m:	5:36.32		

13 - 14 years, Boys

1.	XIE, Steven			14	Pointe-Claire Swim Club							**4:08.17**	625
	50m:	28.95	28.95	150m:	1:31.40	31.32	250m:	2:34.38	31.49	350m:	3:38.25		31.92
	100m:	1:00.08	31.13	200m:	2:02.89	31.49	300m:	3:06.33	31.95	400m:	4:08.17		29.92
2.	RICCI, Adriano			14	Pointe-Claire Swim Club							**4:25.66**	509
	50m:	29.04	29.04	150m:	1:34.77	33.31	250m:	2:42.76	34.15	350m:	3:52.01		34.59
	100m:	1:01.46	32.42	200m:	2:08.61	33.84	300m:	3:17.42	34.66	400m:	4:25.66		33.65

Event 5, Boys, 400m Freestyle, 13 - 14 years

Rank		Age			Time	Pts
3.	PAQUETTE, Olivier	14	Pointe-Claire Swim Club		**4:26.86**	503
	50m: 30.00 30.00 150m: 1:36.35 33.75 250m: 2:44.67 34.11 350m: 3:53.82 34.79					
	100m: 1:02.60 32.60 200m: 2:10.56 34.21 300m: 3:19.03 34.36 400m: 4:26.86 33.04					
4.	BINDER-LABROSSE, Liam	13	Pointe-Claire Swim Club		**4:40.28**	434
	50m: 31.36 31.36 150m: 1:41.41 35.43 250m: 2:52.88 35.76 350m: 4:04.80 36.00					
	100m: 1:05.98 34.62 200m: 2:17.12 35.71 300m: 3:28.80 35.92 400m: 4:40.28 35.48					
5.	KABAL-BAKER, Lionel	14	Pointe-Claire Swim Club		**5:03.14**	343
	50m: 33.20 33.20 150m: 1:49.36 38.61 250m: 3:07.92 39.05 350m: 4:26.52 39.12					
	100m: 1:10.75 37.55 200m: 2:28.87 39.51 300m: 3:47.40 39.48 400m: 5:03.14 36.62					
6.	FARAG, Youssef	14	Pointe-Claire Swim Club		**5:07.31**	329
	50m: 33.99 33.99 150m: 1:51.60 39.46 250m: 3:10.90 39.91 350m: 4:30.88 40.24					
	100m: 1:12.14 38.15 200m: 2:30.99 39.39 300m: 3:50.64 39.74 400m: 5:07.31 36.43					
7.	KOTB, Adam	13	Pointe-Claire Swim Club		**5:08.67**	325
	50m: 33.81 33.81 150m: 1:51.61 39.70 250m: 3:11.13 39.61 350m: 4:31.01 39.87					
	100m: 1:11.91 38.10 200m: 2:31.52 39.91 300m: 3:51.14 40.01 400m: 5:08.67 37.66					
8.	KAKAVAND, Nikan	13	Pointe-Claire Swim Club		**5:15.26**	305
	50m: 35.14 35.14 150m: 1:55.22 40.57 250m: 3:17.82 41.57 350m: 4:38.00 38.72					
	100m: 1:14.65 39.51 200m: 2:36.25 41.03 300m: 3:59.28 41.46 400m: 5:15.26 37.26					
9.	GAO, Kevin	13	Pointe-Claire Swim Club		**6:08.07**	191
	50m: 38.78 38.78 150m: 2:10.20 47.08 250m: 3:44.02 46.84 350m: 5:20.86 48.77					
	100m: 1:23.12 44.34 200m: 2:57.18 46.98 300m: 4:32.09 48.07 400m: 6:08.07 47.21					

15 - 16 years, Girls

1.	BOILY, Claudia	16	Pointe-Claire Swim Club		**4:33.07**	599
	50m: 30.61 30.61 150m: 1:38.46 34.28 250m: 2:48.16 34.85 350m: 3:58.70 35.25					
	100m: 1:04.18 33.57 200m: 2:13.31 34.85 300m: 3:23.45 35.29 400m: 4:33.07 34.37					
2.	VAN LOON, Adele	15	Pointe-Claire Swim Club		**4:47.21**	515
	50m: 32.33 32.33 150m: 1:44.25 36.40 250m: 2:58.35 37.14 350m: 4:11.32 36.56					
	100m: 1:07.85 35.52 200m: 2:21.21 36.96 300m: 3:34.76 36.41 400m: 4:47.21 35.89					

15 - 16 years, Boys

1.	FARINAS-DAVIS, Samuel	15	Pointe-Claire Swim Club		**4:36.88**	450
	50m: 28.79 28.79 150m: 1:37.57 35.52 250m: 2:50.13 35.96 350m: 4:02.61 35.98					
	100m: 1:02.05 33.26 200m: 2:14.17 36.60 300m: 3:26.63 36.50 400m: 4:36.88 34.27					

17 years and older, Women

1.	RASHOTTE-GARCIA, Paige	18	Pointe-Claire Swim Club		**4:47.00**	516
	50m: 32.43 32.43 150m: 1:44.50 36.30 250m: 2:57.89 36.68 350m: 4:11.57 36.95					
	100m: 1:08.20 35.77 200m: 2:21.21 36.71 300m: 3:34.62 36.73 400m: 4:47.00 35.43					

17 years and older, Men

1.	BLANCHARD, Oliver	17	Pointe-Claire Swim Club		**3:57.15**	716
	50m: 27.40 27.40 150m: 1:26.73 29.95 250m: 2:27.64 30.56 350m: 3:28.46 30.36					
	100m: 56.78 29.38 200m: 1:57.08 30.35 300m: 2:58.10 30.46 400m: 3:57.15 28.69					
2.	VENDITTI, Marcus	17	Pointe-Claire Swim Club		**3:57.57**	713
	50m: 27.11 27.11 150m: 1:26.86 30.25 250m: 2:27.95 30.46 350m: 3:28.91 30.12					
	100m: 56.61 29.50 200m: 1:57.49 30.63 300m: 2:58.79 30.84 400m: 3:57.57 28.66					

Event 5, Men, 400m Freestyle, 17 years and older

Rank		Age			Time	Pts
3.	CLEARY, Evan	17	Pointe-Claire Swim Club		**4:07.18**	633
	50m: 28.68 28.68	150m: 1:31.46	31.76	250m: 2:35.75	32.06	350m: 3:37.61	30.45
	100m: 59.70 31.02	200m: 2:03.69	32.23	300m: 3:07.16	31.41	400m: 4:07.18	29.57
4.	NEWMAN, Aiden	17	Pointe-Claire Swim Club		**4:14.94**	577
	50m: 29.74 29.74	150m: 1:35.66	33.14	250m: 2:40.80	32.07	350m: 3:45.12	31.89
	100m: 1:02.52 32.78	200m: 2:08.73	33.07	300m: 3:13.23	32.43	400m: 4:14.94	29.82
5.	LIU, Jerry	17	Pointe-Claire Swim Club		**4:15.91**	570
	50m: 30.08 30.08	150m: 1:36.05	33.21	250m: 2:40.92	32.04	350m: 3:45.37	31.80
	100m: 1:02.84 32.76	200m: 2:08.88	32.83	300m: 3:13.57	32.65	400m: 4:15.91	30.54