Event 4 — Women, 400m Medley — 18 - 24 years

2026-11-14 - 12:01 — Results

Canadian Master Records	5:33.39	HUDGELL (NÉE PARKHOUSE), Jayni	CAM	???	1980-01-01
Quebec Provincial Master Records	5:38.91	NOLET, Isabelle	GAMIN	Montreal	2013-11-24

Points: AQUA 2026

Rank		Age		Time	Pts
1.	GALLET, Lou-Anne	22	Maitres A Contre Courant	**5:46.04**	442

50m:	36.28	36.28	150m:	2:06.24	45.52	250m:	3:37.98	46.87	350m:	5:06.67	40.86
100m:	1:20.72	44.44	200m:	2:51.11	44.87	300m:	4:25.81	47.83	400m:	5:46.04	39.37

Event 4 — Men, 400m Medley — 25 - 29 years

2026-11-14 - 12:01 — Results

Canadian Master Records	4:53.21	RUSE, Timothy	MPC	Montreal	2014-08-05
Quebec Provincial Master Records	4:53.21	RUSE, Timothy	MPC	Montreal	2014-08-05

Points: AQUA 2026

Rank		Age		Time	Pts
1.	DUMESNIL, Clovis	26	Elite	**6:31.38**	237

50m:	36.76	36.76	150m:	2:14.33	51.79	250m:			350m:	5:44.12	49.56
100m:	1:22.54	45.78	200m:	3:05.01	50.68	300m:	4:54.56		400m:	6:31.38	47.26

Event 4 — Men, 400m Medley — 30 - 34 years

2026-11-14 - 12:01 — Results

Canadian Master Records	4:32.74	BEAVERS, Keith	KBM	Montreal	2014-08-05
Quebec Provincial Master Records	5:01.89	BOUCHARD, Kevin	OP	Quebec	2018-02-24

Points: AQUA 2026

Rank		Age		Time	Pts
1.	WILK, Peter	30	Pointe-Claire Masters	**6:44.76**	215

50m:	43.66	43.66	150m:			250m:	4:12.03	56.79	350m:	5:57.87	47.67
100m:	1:31.08	47.42	200m:	3:15.24		300m:	5:10.20	58.17	400m:	6:44.76	46.89

Event 4 — Women, 400m Medley — 35 - 39 years

2026-11-14 - 12:01 — Results

Canadian Master Records	5:19.41	BERTELINK, Cindy	EOMAC	Montreal	2014-08-05
Quebec Provincial Master Records	5:45.31	SANTILLAN, Josée	LAVAL	Montreal	2013-11-24

Points: AQUA 2026

Rank		Age		Time	Pts
1.	DUFRESNE, Sophie-Rose	35	Maitres A Contre Courant	**6:40.44**	285

50m:	43.28	43.28	150m:	2:23.50	54.76	250m:	4:11.30	57.45	350m:	5:56.71	48.95
100m:	1:28.74	45.46	200m:	3:13.85	50.35	300m:	5:07.76	56.46	400m:	6:40.44	43.73

Rank		Age		Time	Pts
2.	TURNBULL, Meghan	38	Pointe-Claire Masters	**7:12.59**	226

50m:			150m:	2:41.40	1:00.04	250m:	4:34.27	54.21	350m:		
100m:	1:41.36		200m:	3:40.06	58.66	300m:	5:28.82	54.55	400m:	7:12.59	

Event 4, 400m Medley

Event 4 — Men, 400m Medley — 35 - 39 years
2026-11-14 - 12:01 — Results

Canadian Master Records	5:01.50	FINCH, Danny	RID	???	2004-01-01
Quebec Provincial Master Records	5:03.68	DUPLESSIS, Gilbert	LAVAL	Montreal	2014-08-05

Points: AQUA 2026

Rank		Age		Time	Pts
1.	JEANMONOD, Guillaume	36	Maitres A Contre Courant	**5:40.19**	362

50m:		150m:		250m:	3:31.06	50.35	350m:		
100m:	1:15.17	200m:	2:40.71	300m:	4:21.13	50.07	400m:	5:40.19	

Event 4 — Women, 400m Medley — 40 - 44 years
2026-11-14 - 12:01 — Results

Canadian Master Records	5:21.42	BLACKBURN, Lisa	NEP	???	2014-01-01
Quebec Provincial Master Records	5:32.53	PINCOTT, Cynthia	ENC	Quebec	2006-02-04

Points: AQUA 2026

Rank		Age		Time	Pts
DNS	GREGORY, Courtney	44	Calgary Masters Swim Club		

Event 4 — Men, 400m Medley — 40 - 44 years
2026-11-14 - 12:01 — Results

Canadian Master Records	5:01.64	WELECHUK, Jeff	CMSC	???	2012-08-10
Quebec Provincial Master Records	5:09.80	BOUCHARD, Kevin	CNDA	Sacramento (USA)	2026-08-07

Points: AQUA 2026

Rank		Age		Time	Pts
WDR	YANEZ, Victor Manuel	40	Maitres A Contre Courant		

Event 4 — Women, 400m Medley — 45 - 49 years
2026-11-14 - 12:01 — Results

Canadian Master Records	5:33.11	MARSHALL, Lynn	CAPS	???	2009-06-26
Quebec Provincial Master Records	5:40.78	LOWENSTEYN, Ilka	CSLA	Montreal	2014-08-05

Points: AQUA 2026

Rank		Age		Time	Pts
1.	CRUCEANU, Gabriela	47	Pointe-Claire Masters	**11:05.28**	62

50m:	1:21.65	1:21.65	150m:	4:40.64	1:35.82	250m:	7:25.49	1:22.99	350m:	
100m:	3:04.82	1:43.17	200m:	6:02.50	1:21.86	300m:	8:49.98	1:24.49	400m:	11:05.28

Event 4 — Women, 400m Medley — 50 - 54 years
2026-11-14 - 12:01 — Results

Canadian Master Records	5:32.26	MARSHALL, Lynn	CAPS	???	2011-02-19
Quebec Provincial Master Records	6:04.87	VENNE, Chantal	MPC	Montreal	2014-08-05

Points: AQUA 2026

Rank		Age		Time	Pts
1.	NITURA, Alina	52	Pointe-Claire Masters	**7:44.80**	182

50m:	150m:		250m:	350m:	
100m:	200m:		300m:	400m:	7:44.80

Rank		Age		Time	Pts
2.	GIROUX, Caroline	54	Club de Natation NATAQUI	**14:07.10**	30

50m:	150m:		250m:	350m:	
100m:	200m:		300m:	400m:	14:07.10

Event 4, 400m Medley

Event 4 — Women, 400m Medley — 55 - 59 years
2026-11-14 - 12:01 — Results

Canadian Master Records	5:40.33	MARSHALL, Lynn	CAPS	Halifax	2016-03-05
Quebec Provincial Master Records	5:58.33	LOWENSTEYN, Ilka	CSLA	Sarasota (USA)	2023-08-06

Points: AQUA 2026

Rank		Age		Time	Pts
1.	LONG, Jani M	59	Calgary Masters Swim Club	**6:47.10**	271

50m:	41.73	41.73	150m:			250m:	4:21.50		350m:	6:04.08	48.24
100m:	1:33.32	51.59	200m:			300m:	5:15.84	54.34	400m:	6:47.10	43.02

Event 4 — Women, 400m Medley — 60 - 64 years
2026-11-14 - 12:01 — Results

Canadian Master Records	5:57.73	LOWENSTEYN, Ilka	CSLA	Federal Way (USA)	2025-08-07
Quebec Provincial Master Records	5:57.73	LOWENSTEYN, Ilka	CSLA	Federal Way (USA)	2025-08-07

Points: AQUA 2026

Rank		Age		Time	Pts
1.	RODRIGUEZ, Alma	60	Pointe-Claire Masters	**7:43.91**	183

50m:	54.21	54.21	150m:	2:54.79	1:00.40	250m:	4:57.98	1:04.55	350m:	6:55.10	50.33
100m:	1:54.39	1:00.18	200m:	3:53.43	58.64	300m:	6:04.77	1:06.79	400m:	7:43.91	48.81

WDR	LEVESQUE, Lyne	60	Club de natation Megophias	

Event 4 — Men, 400m Medley — 60 - 64 years
2026-11-14 - 12:01 — Results

Canadian Master Records	5:41.23	CONDE, Pablo	MACC	Federal Way (USA)	2025-08-07
Quebec Provincial Master Records	5:41.23	CONDE, Pablo	MACC	Federal Way (USA)	2025-08-07

Points: AQUA 2026

Rank		Age		Time	Pts
1.	LEVEILLE, Stephan	61	Groupe Aquatique Mille-Iles No	**6:38.43**	225

50m:			150m:			250m:			350m:		
100m:	1:33.01		200m:	3:26.56		300m:	5:12.08		400m:	6:38.43	

Event 4 — Women, 400m Medley — 65 - 69 years
2026-11-14 - 12:01 — Results

Canadian Master Records	6:10.24	MARSHALL, Lynn	CARMA	Winnipeg	2026-05-22
Quebec Provincial Master Records	7:37.07	BOIVIN, Janine	CAMO	Singapore (SGP)	2025-08-10

Points: AQUA 2026

Rank		Age		Time	Pts
1.	MALCOLM, Ginny	69	Pointe-Claire Masters	**8:21.30**	145

50m:	1:00.13	1:00.13	150m:	3:16.15	1:04.73	250m:	5:25.33	1:06.26	350m:	7:30.18	57.67
100m:	2:11.42	1:11.29	200m:	4:19.07	1:02.92	300m:	6:32.51	1:07.18	400m:	8:21.30	51.12

Event 4, 400m Medley

Event 4 | Men, 400m Medley | 65 - 69 years
2026-11-14 - 12:01 | Results

Canadian Master Records	6:23.01	HAMILTON, Gary	LGCY	Victoria	2025-01-25
Quebec Provincial Master Records	6:48.96	RANSOM, Ken	MACC	Riccione (ITA)	2012-06-12

Points: AQUA 2026

Rank		Age		Time	Pts
1.	GRABS, Detlev *Nouveau record canadien?*	66	Club de natation Megophias	**6:16.69**	266

50m:	35.76	35.76	150m:	2:04.95	45.29	250m:	3:46.60	56.09	350m:	
100m:	1:19.66	43.90	200m:	2:50.51	45.56	300m:	4:46.94	1:00.34	400m:	6:16.69

2.	GILBERT, Louis		67	Calac					**6:59.37**	193
50m:	44.67	44.67	150m:	2:35.93	56.86	250m:	4:27.45	57.73	350m:	6:13.35	48.20
100m:	1:39.07	54.40	200m:	3:29.72	53.79	300m:	5:25.15	57.70	400m:	6:59.37	46.02