



Coupe du Québec junior et senior 2024
Montréal, 15 - 18/2024



Event 25

Women, 400m Freestyle

Open

2/17/2024 - 19:44

Results Finals

Canadian Senior Records	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	3/28/2023
Canadian Age Group Records 15 - 17	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	3/28/2023
Canadian Age Group Records 13 - 14	4:02.42	MCINTOSH, Summer	ESWIM	Tokyo (JPN)	7/26/2021
Canadian Age Group Records 11 - 12	4:20.68	MCINTOSH, Summer	ESWIM	Winnipeg	8/10/2019
Quebec Provincial Senior Records	4:07.45	HORNER, Stephanie	BBF	Beijing (CHN)	8/10/2008
Quebec Provincial Age Group Records 15 -4:09.69		HARVEY, Mary-Sophie	NN	Austin (USA)	1/13/2017
Quebec Provincial Age Group Records 13 -4:22.18		HARVEY, Mary-Sophie	NN	Winnipeg	7/27/2014
Quebec Provincial Age Group Records - 124:31.48		BIRCHENOUGH, Nancy	PCSC	???	8/1/1984

CQjr/sr - 11: 5:34.97; 12: 5:19.02; 13: 5:03.65; 14: 4:56.97; 15: 4:47.48; 16: 4:44.64; 17 +: 4:41.82

Points: FINA 2023

Rank			Age			Time	Pts	
12 years and younger								
1.	FERGUSON, Taylor		12	Pointe-Claire Swim Club		4:48.47	550	
	50m:	31.68 31.68	150m:	1:43.72 36.57	250m:	2:57.45 36.96	350m:	4:12.11 37.54
	100m:	1:07.15 35.47	200m:	2:20.49 36.77	300m:	3:34.57 37.12	400m:	4:48.47 36.36
2.	FORTIER, Charlie-Rose		12	Sher		4:54.22	518	
	50m:	32.42 32.42	150m:	1:46.50 37.54	250m:	3:02.15 37.99	350m:	4:17.92 37.70
	100m:	1:08.96 36.54	200m:	2:24.16 37.66	300m:	3:40.22 38.07	400m:	4:54.22 36.30
3.	BILLETTE, Beatrice		12	Elite		4:56.50	506	
	50m:	33.21 33.21	150m:	1:48.36 38.09	250m:	3:04.20 37.96	350m:	4:19.84 37.37
	100m:	1:10.27 37.06	200m:	2:26.24 37.88	300m:	3:42.47 38.27	400m:	4:56.50 36.66
4.	BELHUMEUR, Jeanne		12	Natation Gatineau		5:01.89	480	
	50m:	33.27 33.27	150m:	1:48.89 38.74	250m:	3:06.62 39.23	350m:	4:24.03 38.34
	100m:	1:10.15 36.88	200m:	2:27.39 38.50	300m:	3:45.69 39.07	400m:	5:01.89 37.86
5.	BROCHU, Aleni		12	Natation Gatineau		5:04.69	467	
	50m:	34.39 34.39	150m:	1:51.38 39.39	250m:	3:09.08 39.17	350m:	4:27.12 38.78
	100m:	1:11.99 37.60	200m:	2:29.91 38.53	300m:	3:48.34 39.26	400m:	5:04.69 37.57
6.	HARVEY, Ellie		12	Cnq		5:09.14	447	
	50m:	34.48 34.48	150m:	1:52.62 39.31	250m:	3:12.12 39.76	350m:	4:30.70 39.00
	100m:	1:13.31 38.83	200m:	2:32.36 39.74	300m:	3:51.70 39.58	400m:	5:09.14 38.44
7.	PIATERA MERCIER, Lea		12	Sher		5:10.29	442	
	50m:	34.96 34.96	150m:	1:53.10 38.87	250m:	3:12.22 38.93	350m:	4:32.94 39.88
	100m:	1:14.23 39.27	200m:	2:33.29 40.19	300m:	3:53.06 40.84	400m:	5:10.29 37.35
8.	TSANG, Chloe Oi Yan		12	Club de Natation SAMAK de Bros		5:12.11	434	
	50m:	34.24 34.24	150m:	1:52.61 39.76	250m:	3:12.61 40.06	350m:	4:33.91 40.53
	100m:	1:12.85 38.61	200m:	2:32.55 39.94	300m:	3:53.38 40.77	400m:	5:12.11 38.20
9.	MARIN, Elizabeth		11	Groupe aquatique Mille-Iles Nord		5:20.82	400	
	50m:	34.42 34.42	150m:	1:53.56 40.63	250m:	3:16.73 42.49	350m:	4:40.81 41.98
	100m:	1:12.93 38.51	200m:	2:34.24 40.68	300m:	3:58.83 42.10	400m:	5:20.82 40.01
10.	LAPOINTE, Alexandra		11	Pointe-Claire Swim Club		5:21.15	398	
	50m:	35.89 35.89	150m:	1:55.92 40.57	250m:	3:18.96 41.18	350m:	4:40.91 40.61
	100m:	1:15.35 39.46	200m:	2:37.78 41.86	300m:	4:00.30 41.34	400m:	5:21.15 40.24



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Event 25, Women, 400m Freestyle, Final

13 - 14 years

1.	LABRIE, Eve	13	Neptune Natation	4:36.12	627
	50m: 30.50 30.50	150m: 1:38.85 34.73	250m: 2:50.30 35.63	350m: 4:01.66 35.44	
	100m: 1:04.12 33.62	200m: 2:14.67 35.82	300m: 3:26.22 35.92	400m: 4:36.12 34.46	
2.	TURCOTTE, Annabelle	14	Cnq	4:36.96	621
	50m: 30.96 30.96	150m: 1:40.92 35.55	250m: 2:51.84 35.30	350m: 4:02.58 35.24	
	100m: 1:05.37 34.41	200m: 2:16.54 35.62	300m: 3:27.34 35.50	400m: 4:36.96 34.38	
3.	GIRARD, Aurelia	14	Club de Natation des Riverains	4:44.90	571
	50m: 30.67 30.67	150m: 1:41.38 36.19	250m: 2:56.15 37.40	350m: 4:09.87 36.16	
	100m: 1:05.19 34.52	200m: 2:18.75 37.37	300m: 3:33.71 37.56	400m: 4:44.90 35.03	
4.	GIBBONS-RENAUD, Gabrielle	14	Cnfs	4:45.25	569
	50m: 31.34 31.34	150m: 1:41.82 35.72	250m: 2:55.87 36.97	350m: 4:10.06 36.66	
	100m: 1:06.10 34.76	200m: 2:18.90 37.08	300m: 3:33.40 37.53	400m: 4:45.25 35.19	
5.	PICHETTE, Alexandra	13	Cnq	4:48.46	550
	50m: 31.57 31.57	150m: 1:43.50 36.88	250m: 2:59.47 37.87	350m: 4:13.77 37.23	
	100m: 1:06.62 35.05	200m: 2:21.60 38.10	300m: 3:36.54 37.07	400m: 4:48.46 34.69	
6.	LAFRENIERE, Juliette	13	Cnq	4:48.60	549
	50m: 31.68 31.68	150m: 1:43.99 37.00	250m: 2:58.20 37.37	350m: 4:12.86 37.27	
	100m: 1:06.99 35.31	200m: 2:20.83 36.84	300m: 3:35.59 37.39	400m: 4:48.60 35.74	
7.	POMERLEAU, Mikaelle	13	Pointe-Claire Swim Club	4:48.84	548
	50m: 31.64 31.64	150m: 1:43.62 36.77	250m: 2:58.05 37.21	350m: 4:12.97 37.36	
	100m: 1:06.85 35.21	200m: 2:20.84 37.22	300m: 3:35.61 37.56	400m: 4:48.84 35.87	
8.	AUGER, Sophie	13	Pointe-Claire Swim Club	4:49.62	543
	50m: 31.79 31.79	150m: 1:45.48 37.43	250m: 3:00.54 37.31	350m: 4:14.84 36.72	
	100m: 1:08.05 36.26	200m: 2:23.23 37.75	300m: 3:38.12 37.58	400m: 4:49.62 34.78	
9.	CORNEAU, Elyza	13	Cnq	4:57.04	504
	50m: 32.13 32.13	150m: 1:46.50 38.01	250m: 3:02.96 38.27	350m: 4:19.03 37.82	
	100m: 1:08.49 36.36	200m: 2:24.69 38.19	300m: 3:41.21 38.25	400m: 4:57.04 38.01	
10.	LEMELIN, Emie	14	Cnq	5:00.57	486
	50m: 32.92 32.92	150m: 1:49.27 38.77	250m: 3:06.48 38.54	350m: 4:25.29 39.48	
	100m: 1:10.50 37.58	200m: 2:27.94 38.67	300m: 3:45.81 39.33	400m: 5:00.57 35.28	

15 - 16 years

1.	MCNABB, Sara	15	Fredericton Aquanaut Swim Team	4:29.38	675
	50m: 30.30 30.30	150m: 1:37.44 34.19	250m: 2:46.60 34.17	350m: 3:56.09 34.61	
	100m: 1:03.25 32.95	200m: 2:12.43 34.99	300m: 3:21.48 34.88	400m: 4:29.38 33.29	
2.	ROBITAILLE, Florence	15	Neptune Natation	4:31.97	656
	50m: 30.84 30.84	150m: 1:39.23 34.60	250m: 2:48.97 34.70	350m: 3:58.62 34.43	
	100m: 1:04.63 33.79	200m: 2:14.27 35.04	300m: 3:24.19 35.22	400m: 4:31.97 33.35	
3.	KRAUSS, Ellie	15	Natation Gatineau	4:32.96	649
	50m: 30.64 30.64	150m: 1:39.35 34.68	250m: 2:48.95 34.62	350m: 3:58.94 34.97	
	100m: 1:04.67 34.03	200m: 2:14.33 34.98	300m: 3:23.97 35.02	400m: 4:32.96 34.02	
4.	BROUSSEAU, Charlotte	16	Camo	4:36.77	623
	50m: 31.00 31.00	150m: 1:39.85 35.04	250m: 2:50.58 35.34	350m: 4:01.73 35.43	
	100m: 1:04.81 33.81	200m: 2:15.24 35.39	300m: 3:26.30 35.72	400m: 4:36.77 35.04	
5.	GUY, Roxane	16	Cnq	4:37.76	616
	50m: 31.60 31.60	150m: 1:41.22 35.22	250m: 2:51.74 35.05	350m: 4:02.43 35.44	
	100m: 1:06.00 34.40	200m: 2:16.69 35.47	300m: 3:26.99 35.25	400m: 4:37.76 35.33	



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Event 25, Girls, 400m Freestyle, Final, 15 - 16 years

Rank			Age							Time	Pts	
6.	BEASSE, Gabrielle		16		Camo					4:39.60	604	
	50m:	30.72	30.72	150m:	1:39.66	35.01	250m:	2:51.12	35.88	350m:	4:03.98	36.77
	100m:	1:04.65	33.93	200m:	2:15.24	35.58	300m:	3:27.21	36.09	400m:	4:39.60	35.62
7.	TURCOTTE, Juliette		16		Cnq					4:40.35	599	
	50m:	31.34	31.34	150m:	1:41.04	35.41	250m:	2:52.70	35.96	350m:	4:04.89	35.85
	100m:	1:05.63	34.29	200m:	2:16.74	35.70	300m:	3:29.04	36.34	400m:	4:40.35	35.46
8.	LEFRANCOIS, Audrey		15		Cote Saint-Luc Aquatics					4:40.44	598	
	50m:	30.68	30.68	150m:	1:39.95	34.81	250m:	2:51.88	36.11	350m:	4:05.06	36.35
	100m:	1:05.14	34.46	200m:	2:15.77	35.82	300m:	3:28.71	36.83	400m:	4:40.44	35.38
9.	IONCE, Marie-Anne		16		Elite					4:43.17	581	
	50m:	31.42	31.42	150m:	1:40.05	34.80	250m:	2:52.46	36.12	350m:	4:07.09	37.42
	100m:	1:05.25	33.83	200m:	2:16.34	36.29	300m:	3:29.67	37.21	400m:	4:43.17	36.08
10.	KITAY, Lara		15		Natation Gatineau					4:43.23	581	
	50m:	31.44	31.44	150m:	1:42.05	35.74	250m:	2:55.33	36.85	350m:	4:08.71	36.19
	100m:	1:06.31	34.87	200m:	2:18.48	36.43	300m:	3:32.52	37.19	400m:	4:43.23	34.52

17 years and older

1.	HARVEY, Mary-Sophie		24		Camo					4:11.58	829	
	50m:	29.55	29.55	150m:	1:34.61	32.78	250m:	2:38.59	31.34	350m:	3:41.11	30.99
	100m:	1:01.83	32.28	200m:	2:07.25	32.64	300m:	3:10.12	31.53	400m:	4:11.58	30.47
2.	TREMBLAY, Raphaelle		19		LMRL Riviere-du-Loup					4:28.12	685	
	50m:	30.64	30.64	150m:	1:38.27	34.28	250m:	2:46.76	33.90	350m:	3:54.90	34.06
	100m:	1:03.99	33.35	200m:	2:12.86	34.59	300m:	3:20.84	34.08	400m:	4:28.12	33.22
3.	MASSEY, Ashlyn		17		Pointe-Claire Swim Club					4:32.39	653	
	50m:	30.72	30.72	150m:	1:38.89	34.53	250m:	2:48.53	34.86	350m:	3:59.24	35.45
	100m:	1:04.36	33.64	200m:	2:13.67	34.78	300m:	3:23.79	35.26	400m:	4:32.39	33.15
4.	MICHAUD, Maelie		17		Pointe-Claire Swim Club					4:33.64	644	
	50m:	31.17	31.17	150m:	1:40.27	34.94	250m:	2:50.64	35.22	350m:	4:01.06	35.16
	100m:	1:05.33	34.16	200m:	2:15.42	35.15	300m:	3:25.90	35.26	400m:	4:33.64	32.58
5.	BESNER, Kaitlyn		18		Pointe-Claire Swim Club					4:34.60	638	
	50m:	30.94	30.94	150m:	1:39.44	34.62	250m:	2:49.69	34.99	350m:	4:00.43	34.72
	100m:	1:04.82	33.88	200m:	2:14.70	35.26	300m:	3:25.71	36.02	400m:	4:34.60	34.17
6.	BELLEMARE, Maxim		17		Natation Gatineau					4:37.36	619	
	50m:	31.36	31.36	150m:	1:41.30	35.37	250m:	2:52.25	35.51	350m:	4:03.18	35.70
	100m:	1:05.93	34.57	200m:	2:16.74	35.44	300m:	3:27.48	35.23	400m:	4:37.36	34.18
7.	MICHAUD, Elisabeth		18		Club de natation Saint-Laurent					4:38.29	612	
	50m:	31.94	31.94	150m:	1:41.50	34.97	250m:	2:52.07	35.42	350m:	4:03.82	35.87
	100m:	1:06.53	34.59	200m:	2:16.65	35.15	300m:	3:27.95	35.88	400m:	4:38.29	34.47
8.	SHINK, Ariane		17		Cnq					4:38.45	611	
	50m:	31.77	31.77	150m:	1:41.60	35.54	250m:	2:52.52	35.51	350m:	4:04.05	35.47
	100m:	1:06.06	34.29	200m:	2:17.01	35.41	300m:	3:28.58	36.06	400m:	4:38.45	34.40
9.	MARCON, Isabella		17		Ddo					4:43.35	580	
	50m:	32.17	32.17	150m:	1:42.77	35.33	250m:	2:55.06	36.22	350m:	4:07.77	36.31
	100m:	1:07.44	35.27	200m:	2:18.84	36.07	300m:	3:31.46	36.40	400m:	4:43.35	35.58
10.	MARQUIS, Jade		19		Club de Natation SAMAK de Bros					4:45.59	567	
	50m:	32.08	32.08	150m:	1:42.58	35.75	250m:	2:55.07	36.63	350m:	4:09.13	37.32
	100m:	1:06.83	34.75	200m:	2:18.44	35.86	300m:	3:31.81	36.74	400m:	4:45.59	36.46