

Coupe des régions ANSLSJCC et ANQCA printemps 2024  
Québec, 7- - 9-6-2024

Epreuve 39

Dames, 400m Libre

11 ans et plus

2024-06-09 - 11:13

Liste résultats

Points: FINA 2024

Rang			Age							Temps	Pts	
<b>11 - 12 ans</b>												
1.	FORTIN, Flavie		12	Rouge et Or/Université Laval						<b>4:53.56</b>		
	50m:	33.15	33.15	150m:	1:45.64	36.84	250m:	3:01.03	37.60	350m:	4:17.61	38.73
	100m:	1:08.80	35.65	200m:	2:23.43	37.79	300m:	3:38.88	37.85	400m:	4:53.56	35.95
2.	OUELLET, Laurence		12	Nsh						<b>5:13.41</b>		
	50m:	35.48	35.48	150m:	1:54.08	39.25	250m:	3:14.90	40.68	350m:	4:35.50	39.68
	100m:	1:14.83	39.35	200m:	2:34.22	40.14	300m:	3:55.82	40.92	400m:	5:13.41	37.91
3.	NOLET, Charlie		12	Club de Natation des Riverains						<b>5:25.20</b>		
	50m:	35.43	35.43	150m:	1:59.37	42.20	250m:	3:22.24	41.17	350m:	4:45.51	41.38
	100m:	1:17.17	41.74	200m:	2:41.07	41.70	300m:	4:04.13	41.89	400m:	5:25.20	39.69
4.	LAVOIE, Anabelle		12	Club de Natation Juvaqua Alma						<b>5:27.69</b>		
	50m:	36.24	36.24	150m:	1:58.36	41.56	250m:	3:23.11	42.27	350m:	4:49.07	43.07
	100m:	1:16.80	40.56	200m:	2:40.84	42.48	300m:	4:06.00	42.89	400m:	5:27.69	38.62
5.	LONGVAL, Yanka		11	Unik						<b>5:33.47</b>		
	50m:	37.30	37.30	150m:	2:03.09	42.60	250m:	3:28.48	42.30	350m:	4:54.43	41.96
	100m:	1:20.49	43.19	200m:	2:46.18	43.09	300m:	4:12.47	43.99	400m:	5:33.47	39.04
6.	SAVARD, Rose		12	Nsh						<b>5:36.54</b>		
	50m:	37.59	37.59	150m:	2:02.75	43.15	250m:	3:29.34	42.82	350m:	4:55.77	42.87
	100m:	1:19.60	42.01	200m:	2:46.52	43.77	300m:	4:12.90	43.56	400m:	5:36.54	40.77
7.	TRUDEL, Léanne		12	Unik						<b>5:38.78</b>		
	50m:	36.95	36.95	150m:	2:02.73	43.38	250m:	3:30.34	43.88	350m:	4:57.34	42.92
	100m:	1:19.35	42.40	200m:	2:46.46	43.73	300m:	4:14.42	44.08	400m:	5:38.78	41.44
8.	PASTUSAC, Adela		11	Club de Natation des Riverains						<b>5:43.00</b>		
	50m:	37.74	37.74	150m:	2:06.29	45.54	250m:	3:34.45	44.43	350m:	5:02.81	44.70
	100m:	1:20.75	43.01	200m:	2:50.02	43.73	300m:	4:18.11	43.66	400m:	5:43.00	40.19
9.	MECTEAU, Abygaëlle		11	Club de Natation des Riverains						<b>5:46.21</b>		
	50m:	37.67	37.67	150m:	2:06.67	45.19	250m:	3:34.93	44.45	350m:	5:04.65	45.61
	100m:	1:21.48	43.81	200m:	2:50.48	43.81	300m:	4:19.04	44.11	400m:	5:46.21	41.56
10.	JOLY, Charlie		12	Chibougamau						<b>5:47.10</b>		
	50m:	38.82	38.82	150m:	2:07.79	45.32	250m:	3:36.73	44.64	350m:	5:05.10	43.44
	100m:	1:22.47	43.65	200m:	2:52.09	44.30	300m:	4:21.66	44.93	400m:	5:47.10	42.00
11.	LABBÉ, Mathilde		12	Nsh						<b>5:49.72</b>		
	50m:	37.46	37.46	150m:	2:07.30	45.65	250m:	3:39.12	46.54	350m:	5:11.05	45.62
	100m:	1:21.65	44.19	200m:	2:52.58	45.28	300m:	4:25.43	46.31	400m:	5:49.72	38.67
12.	LABBÉ, Juliette		12	Nsh						<b>5:49.85</b>		
	50m:	36.53	36.53	150m:	2:06.17	45.72	250m:	3:37.09	45.74	350m:	5:07.33	44.88
	100m:	1:20.45	43.92	200m:	2:51.35	45.18	300m:	4:22.45	45.36	400m:	5:49.85	42.52
13.	GAGNON, Lysanne		11	Club de natation région de Qué						<b>5:52.06</b>		
	50m:	39.06	39.06	150m:	2:07.46	44.52	250m:	3:36.47	44.08	350m:	5:08.15	46.08
	100m:	1:22.94	43.88	200m:	2:52.39	44.93	300m:	4:22.07	45.60	400m:	5:52.06	43.91
14.	BROUSSEAU, Annabelle		12	C. N. de Chicoutimi						<b>5:59.42</b>		
	50m:	40.30	40.30	150m:	2:15.52	48.04	250m:	3:49.05	46.91	350m:	5:17.84	43.92
	100m:	1:27.48	47.18	200m:	3:02.14	46.62	300m:	4:33.92	44.87	400m:	5:59.42	41.58
forf.déc.	LEBLOND, Chloé		11	Club de Natation des Equinoxes								

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Québec, 7 - 9-6-2024

Epreuve 39, Dames, 400m Libre

13 - 14 ans

1.	LEMELIN DUCHARME, Michaëlle	14	Club de natation région de Qué	<b>4:41.98</b>
	50m: 31.61 31.61	150m: 1:42.00 35.68	250m: 2:54.09 36.05	350m: 4:06.84 36.21
	100m: 1:06.32 34.71	200m: 2:18.04 36.04	300m: 3:30.63 36.54	400m: 4:41.98 35.14
2.	LEMELIN, Émie	14	Club de natation région de Qué	<b>4:49.09</b>
	50m: 32.97 32.97	150m: 1:44.19 35.79	250m: 2:58.67 38.13	350m: 4:12.55 36.66
	100m: 1:08.40 35.43	200m: 2:20.54 36.35	300m: 3:35.89 37.22	400m: 4:49.09 36.54
3.	LACHANCE, Emma	14	Club de natation région de Qué	<b>4:50.85</b>
	50m: 33.36 33.36	150m: 1:46.43 36.88	250m: 3:01.10 37.27	350m: 4:14.86 36.75
	100m: 1:09.55 36.19	200m: 2:23.83 37.40	300m: 3:38.11 37.01	400m: 4:50.85 35.99
4.	PLANTE, Élizabéth	13	Club de Natation Juvaqua Alma	<b>4:56.49</b>
	50m: 33.66 33.66	150m: 1:48.68 37.15	250m: 3:04.29 37.54	350m: 4:19.91 37.48
	100m: 1:11.53 37.87	200m: 2:26.75 38.07	300m: 3:42.43 38.14	400m: 4:56.49 36.58
5.	BELISLE, Viviane	14	Club de natation région de Qué	<b>4:57.80</b>
	50m: 33.75 33.75	150m: 1:48.55 37.72	250m: 3:04.11 37.33	350m: 4:20.76 37.96
	100m: 1:10.83 37.08	200m: 2:26.78 38.23	300m: 3:42.80 38.69	400m: 4:57.80 37.04
6.	GAGNON, Héloïse	13	Club de natation région de Qué	<b>4:58.33</b>
	50m: 33.02 33.02	150m: 1:49.07 38.55	250m: 3:05.66 38.64	350m: 4:21.95 38.10
	100m: 1:10.52 37.50	200m: 2:27.02 37.95	300m: 3:43.85 38.19	400m: 4:58.33 36.38
7.	RACHEDI, Ranya	14	Club de Natation des Riverains	<b>4:58.83</b>
	50m: 33.09 33.09	150m: 1:47.40 37.88	250m: 3:04.01 38.15	350m: 4:21.69 38.46
	100m: 1:09.52 36.43	200m: 2:25.86 38.46	300m: 3:43.23 39.22	400m: 4:58.83 37.14
8.	CANTIN, Élisabeth	13	Rouge et Or/Université Laval	<b>4:59.62</b>
	50m: 33.39 33.39	150m: 1:48.47 37.70	250m: 3:04.65 38.20	350m: 4:21.66 38.66
	100m: 1:10.77 37.38	200m: 2:26.45 37.98	300m: 3:43.00 38.35	400m: 4:59.62 37.96
9.	HARVEY, Éllie	13	Club de natation région de Qué	<b>5:01.01</b>
	50m: 34.12 34.12	150m: 1:50.47 38.51	250m: 3:07.28 38.20	350m: 4:23.79 38.28
	100m: 1:11.96 37.84	200m: 2:29.08 38.61	300m: 3:45.51 38.23	400m: 5:01.01 37.22
10.	BELLE-ISLE, Emilie	13	Cac	<b>5:01.34</b>
	50m: 34.02 34.02	150m: 1:49.41 38.09	250m: 3:07.32 38.68	350m: 4:25.16 38.71
	100m: 1:11.32 37.30	200m: 2:28.64 39.23	300m: 3:46.45 39.13	400m: 5:01.34 36.18
11.	CHAMBERLAND, Zoé	13	Club de natation région de Qué	<b>5:01.57</b>
	50m: 34.50 34.50	150m: 1:50.98 38.60	250m: 3:09.18 38.83	350m: 4:25.84 37.98
	100m: 1:12.38 37.88	200m: 2:30.35 39.37	300m: 3:47.86 38.68	400m: 5:01.57 35.73
12.	FORTIN, Héloïse	14	Club de Natation des Riverains	<b>5:02.17</b>
	50m: 34.13 34.13	150m: 1:49.21 37.75	250m: 3:06.66 38.88	350m: 4:25.31 39.22
	100m: 1:11.46 37.33	200m: 2:27.78 38.57	300m: 3:46.09 39.43	400m: 5:02.17 36.86
13.	LESSARD, Rachel	13	Club de natation région de Qué	<b>5:09.14</b>
	50m: 34.54 34.54	150m: 1:53.12 39.83	250m: 3:11.87 39.28	350m: 4:31.26 39.72
	100m: 1:13.29 38.75	200m: 2:32.59 39.47	300m: 3:51.54 39.67	400m: 5:09.14 37.88
14.	POULIOT, Ariane	14	Club de Natation Régional de la Beauce	<b>5:09.64</b>
	50m: 33.16 33.16	150m: 1:49.40 38.52	250m: 3:09.80 40.30	350m: 4:30.38 40.40
	100m: 1:10.88 37.72	200m: 2:29.50 40.10	300m: 3:49.98 40.18	400m: 5:09.64 39.26
15.	ALBERT, Maélie	13	Club de natation région de Qué	<b>5:09.97</b>
	50m: 34.21 34.21	150m: 1:51.75 39.35	250m: 3:11.54 39.92	350m: 4:31.05 39.58
	100m: 1:12.40 38.19	200m: 2:31.62 39.87	300m: 3:51.47 39.93	400m: 5:09.97 38.92
16.	HARVEY, Léa	14	Club de natation région de Qué	<b>5:12.17</b>
	50m: 33.74 33.74	150m: 1:53.50 40.50	250m: 3:14.54 40.31	350m: 4:34.93 39.75
	100m: 1:13.00 39.26	200m: 2:34.23 40.73	300m: 3:55.18 40.64	400m: 5:12.17 37.24

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Epreuve 39, Filles, 400m Libre, 13 - 14 ans

Rang				Age						Temps	Pts	
17.	LANGLOIS, Gabrielle			14	Cac					<b>5:12.71</b>		
	50m:	35.25	35.25	150m:	1:53.59	39.76	250m:	3:14.31	40.25	350m:	4:34.43	39.96
	100m:	1:13.83	38.58	200m:	2:34.06	40.47	300m:	3:54.47	40.16	400m:	5:12.71	38.28
18.	TREMBLAY, Elisabeth			13	Club de Natation des Riverains					<b>5:14.23</b>		
	50m:	35.56	35.56	150m:	1:56.04	40.55	250m:	3:17.83	40.56	350m:	4:37.38	39.39
	100m:	1:15.49	39.93	200m:	2:37.27	41.23	300m:	3:57.99	40.16	400m:	5:14.23	36.85
19.	GRÉGOIRE, Juliette			14	Club de natation région de Qué					<b>5:15.29</b>		
	50m:	35.81	35.81	150m:	1:55.20	39.99	250m:	3:15.69	40.14	350m:	4:36.29	40.39
	100m:	1:15.21	39.40	200m:	2:35.55	40.35	300m:	3:55.90	40.21	400m:	5:15.29	39.00
20.	CÔTÉ, Maxime			14	Cac					<b>5:15.47</b>		
	50m:	34.98	34.98	150m:	1:55.52	40.59	250m:	3:15.79	40.13	350m:	4:36.56	40.46
	100m:	1:14.93	39.95	200m:	2:35.66	40.14	300m:	3:56.10	40.31	400m:	5:15.47	38.91
21.	GAGNÉ, Déa			14	Club de natation région de Qué					<b>5:15.80</b>		
	50m:	34.81	34.81	150m:	1:54.31	40.20	250m:	3:15.50	40.58	350m:	4:37.67	41.36
	100m:	1:14.11	39.30	200m:	2:34.92	40.61	300m:	3:56.31	40.81	400m:	5:15.80	38.13
22.	AUBÉ, Aurey-Lee			14	Club de Natation des Riverains					<b>5:16.04</b>		
	50m:	34.39	34.39	150m:	1:53.71	40.38	250m:	3:15.36	40.91	350m:	4:37.50	40.93
	100m:	1:13.33	38.94	200m:	2:34.45	40.74	300m:	3:56.57	41.21	400m:	5:16.04	38.54
23.	LEMAY-PRESCOTT, Jeanne			14	Club de Natation Juvaqua Alma					<b>5:16.25</b>		
	50m:	35.65	35.65	150m:	1:54.68	39.92	250m:	3:14.19	39.93	350m:	4:37.03	42.57
	100m:	1:14.76	39.11	200m:	2:34.26	39.58	300m:	3:54.46	40.27	400m:	5:16.25	39.22
24.	BLAIS, Florence			14	Club de Natation des Riverains					<b>5:17.03</b>		
	50m:	35.20	35.20	150m:	1:55.93	40.98	250m:	3:17.35	40.61	350m:	4:40.04	40.69
	100m:	1:14.95	39.75	200m:	2:36.74	40.81	300m:	3:59.35	42.00	400m:	5:17.03	36.99
25.	DULAC, Julia			14	Club de Natation Régional de la Beauce					<b>5:17.43</b>		
	50m:	35.16	35.16	150m:	1:55.13	40.43	250m:	3:16.88	40.78	350m:	4:39.07	41.00
	100m:	1:14.70	39.54	200m:	2:36.10	40.97	300m:	3:58.07	41.19	400m:	5:17.43	38.36
26.	MCGRAW, Rose			13	Club de natation région de Qué					<b>5:22.00</b>		
	50m:	35.76	35.76	150m:	1:57.55	41.12	250m:	3:19.76	40.48	350m:	4:42.68	41.98
	100m:	1:16.43	40.67	200m:	2:39.28	41.73	300m:	4:00.70	40.94	400m:	5:22.00	39.32
27.	JUTRAS, Naomie			13	Club de Natation des Riverains					<b>5:22.75</b>		
	50m:	37.26	37.26	150m:	2:00.16	41.75	250m:	3:23.76	42.01	350m:	4:46.10	41.09
	100m:	1:18.41	41.15	200m:	2:41.75	41.59	300m:	4:05.01	41.25	400m:	5:22.75	36.65
28.	FORTIN, Olivia			14	Club de Natation des Equinoxes					<b>5:25.34</b>		
	50m:	34.35	34.35	150m:	1:56.05	41.44	250m:	3:20.79	42.51	350m:	4:45.03	42.35
	100m:	1:14.61	40.26	200m:	2:38.28	42.23	300m:	4:02.68	41.89	400m:	5:25.34	40.31
29.	SAYEGH, Jasmine			13	Rouge et Or/Université Laval					<b>5:34.50</b>		
	50m:	37.37	37.37	150m:	2:01.41	42.27	250m:	3:27.69	43.66	350m:	4:53.26	42.29
	100m:	1:19.14	41.77	200m:	2:44.03	42.62	300m:	4:10.97	43.28	400m:	5:34.50	41.24
30.	LEMIEUX, Élodie			13	Club de Natation des Riverains					<b>5:38.84</b>		
	50m:	38.32	38.32	150m:	2:06.77	44.13	250m:	3:33.10	43.05	350m:	4:58.94	42.77
	100m:	1:22.64	44.32	200m:	2:50.05	43.28	300m:	4:16.17	43.07	400m:	5:38.84	39.90
31.	LABONTÉ, Takara			14	Club de natation région de Qué					<b>5:42.52</b>		
	50m:	38.44	38.44	150m:	2:05.12	43.72	250m:	3:33.58	44.33	350m:	5:01.86	43.95
	100m:	1:21.40	42.96	200m:	2:49.25	44.13	300m:	4:17.91	44.33	400m:	5:42.52	40.66
forf.déc.	BÉDARD, Juliette			13	Rouge et Or/Université Laval							
forf.déc.	BUSQUE, Yanina			13	Club de Natation des Riverains							

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Epreuve 39, Dames, 400m Libre

15 - 16 ans

1.	DUMAS, Annabelle	16	Club de Natation des Riverains	<b>4:35.12</b>
	50m: 31.18 31.18	150m: 1:40.09 34.89	250m: 2:50.59 35.13	350m: 4:01.68 35.64
	100m: 1:05.20 34.02	200m: 2:15.46 35.37	300m: 3:26.04 35.45	400m: 4:35.12 33.44
2.	MALENFANT, Viviane	16	Club de natation région de Qué	<b>4:40.28</b>
	50m: 32.01 32.01	150m: 1:42.66 35.47	250m: 2:53.69 35.37	350m: 4:05.16 35.57
	100m: 1:07.19 35.18	200m: 2:18.32 35.66	300m: 3:29.59 35.90	400m: 4:40.28 35.12
3.	JUTRAS, Annalie	15	Club de Natation des Riverains	<b>4:43.57</b>
	50m: 31.04 31.04	150m: 1:41.00 35.69	250m: 2:54.29 36.75	350m: 4:08.07 36.96
	100m: 1:05.31 34.27	200m: 2:17.54 36.54	300m: 3:31.11 36.82	400m: 4:43.57 35.50
4.	HARVEY, Clara	16	Club de natation région de Qué	<b>4:45.67</b>
	50m: 31.06 31.06	150m: 1:42.82 36.50	250m: 2:56.61 37.09	350m: 4:10.55 36.62
	100m: 1:06.32 35.26	200m: 2:19.52 36.70	300m: 3:33.93 37.32	400m: 4:45.67 35.12
5.	SHINK, Laurie	15	Club de natation région de Qué	<b>4:46.61</b>
	50m: 31.27 31.27	150m: 1:41.90 35.67	250m: 2:56.01 37.42	350m: 4:10.60 37.24
	100m: 1:06.23 34.96	200m: 2:18.59 36.69	300m: 3:33.36 37.35	400m: 4:46.61 36.01
6.	SUNDERLAND, Norah	16	Cac	<b>4:52.47</b>
	50m: 33.01 33.01	150m: 1:48.19 37.91	250m: 3:04.17 38.16	350m: 4:18.16 36.43
	100m: 1:10.28 37.27	200m: 2:26.01 37.82	300m: 3:41.73 37.56	400m: 4:52.47 34.31
7.	KELLY, Gabrielle	16	Cac	<b>4:52.96</b>
	50m: 32.38 32.38	150m: 1:45.77 37.48	250m: 3:01.20 37.49	350m: 4:16.25 37.58
	100m: 1:08.29 35.91	200m: 2:23.71 37.94	300m: 3:38.67 37.47	400m: 4:52.96 36.71
8.	LACHANCE, Justine	16	Club de natation région de Qué	<b>4:53.11</b>
	50m: 31.46 31.46	150m: 1:44.03 36.96	250m: 2:59.26 37.66	350m: 4:15.52 38.12
	100m: 1:07.07 35.61	200m: 2:21.60 37.57	300m: 3:37.40 38.14	400m: 4:53.11 37.59
9.	BOUCHARD, Laurie-Anne	16	Club de Natation des Riverains	<b>4:57.29</b>
	50m: 32.09 32.09	150m: 1:45.71 37.44	250m: 3:02.36 38.27	350m: 4:19.65 38.66
	100m: 1:08.27 36.18	200m: 2:24.09 38.38	300m: 3:40.99 38.63	400m: 4:57.29 37.64
10.	TAVARA, Maélie	15	Club de Natation des Riverains	<b>4:58.86</b>
	50m: 33.31 33.31	150m: 1:48.26 37.92	250m: 3:04.63 38.20	350m: 4:22.66 38.71
	100m: 1:10.34 37.03	200m: 2:26.43 38.17	300m: 3:43.95 39.32	400m: 4:58.86 36.20
11.	BERNARD, Mayia	16	Cac	<b>5:01.62</b>
	50m: 32.07 32.07	150m: 1:47.80 38.74	250m: 3:06.27 39.19	350m: 4:24.58 38.95
	100m: 1:09.06 36.99	200m: 2:27.08 39.28	300m: 3:45.63 39.36	400m: 5:01.62 37.04
12.	COULOMBE, Gabrielle	15	Club de Natation des Riverains	<b>5:02.15</b>
	50m: 33.75 33.75	150m: 1:48.60 38.16	250m: 3:06.22 39.01	350m: 4:24.14 38.91
	100m: 1:10.44 36.69	200m: 2:27.21 38.61	300m: 3:45.23 39.01	400m: 5:02.15 38.01
13.	BOUCHARD, Marie	15	Rouge et Or/Université Laval	<b>5:02.44</b>
	50m: 33.36 33.36	150m: 1:49.43 38.70	250m: 3:06.91 38.75	350m: 4:25.26 39.05
	100m: 1:10.73 37.37	200m: 2:28.16 38.73	300m: 3:46.21 39.30	400m: 5:02.44 37.18
14.	BERGERON, Naomie	16	Club de Natation des Riverains	<b>5:02.70</b>
	50m: 32.64 32.64	150m: 1:46.47 37.35	250m: 3:03.69 38.66	350m: 4:23.41 40.02
	100m: 1:09.12 36.48	200m: 2:25.03 38.56	300m: 3:43.39 39.70	400m: 5:02.70 39.29
15.	TROTTIER, Alycia	15	Club de natation région de Qué	<b>5:03.57</b>
	50m: 35.14 35.14	150m: 1:51.25 38.28	250m: 3:08.88 38.89	350m: 4:26.89 38.72
	100m: 1:12.97 37.83	200m: 2:29.99 38.74	300m: 3:48.17 39.29	400m: 5:03.57 36.68
16.	ROBERTSON, Elodie	15	Club de Natation Juvaqua Alma	<b>5:05.70</b>
	50m: 34.85 34.85	150m: 1:49.93 38.20	250m: 3:08.13 39.19	350m: 4:27.31 40.11
	100m: 1:11.73 36.88	200m: 2:28.94 39.01	300m: 3:47.20 39.07	400m: 5:05.70 38.39

Coupe des régions ANSLSJCC et ANQCA printemps 2024  
Québec, 7 - 9-6-2024

Epreuve 39, Filles, 400m Libre, 15 - 16 ans

Rang				Age					Temps	Pts		
17.	HAMEL, Rosalie			16	Club de Natation des Riverains				<b>5:06.71</b>			
	50m:	35.11	35.11	150m:	1:51.93	38.54	250m:	3:09.87	39.20	350m:	4:29.59	39.62
	100m:	1:13.39	38.28	200m:	2:30.67	38.74	300m:	3:49.97	40.10	400m:	5:06.71	37.12
18.	PRÉVOST, Amanda			16	Club de Natation des Equinoxes				<b>5:15.26</b>			
	50m:	34.46	34.46	150m:	1:52.45	39.89	250m:	3:13.21	40.34	350m:	4:35.58	41.19
	100m:	1:12.56	38.10	200m:	2:32.87	40.42	300m:	3:54.39	41.18	400m:	5:15.26	39.68
19.	LAVOIE, Alyson			16	Club de Natation Juvaqua Alma				<b>5:16.80</b>			
	50m:	33.28	33.28	150m:	1:50.03	39.10	250m:	3:12.42	41.34	350m:	4:35.57	41.59
	100m:	1:10.93	37.65	200m:	2:31.08	41.05	300m:	3:53.98	41.56	400m:	5:16.80	41.23
20.	BOUCHARD, Lydia-Maude			15	Chibougamau				<b>5:17.19</b>			
	50m:	34.65	34.65	150m:	1:55.31	40.80	250m:	3:16.96	41.11	350m:	4:38.71	41.03
	100m:	1:14.51	39.86	200m:	2:35.85	40.54	300m:	3:57.68	40.72	400m:	5:17.19	38.48
21.	VERREAULT, Mélory			16	Club de Natation Juvaqua Alma				<b>5:28.36</b>			
	50m:	35.57	35.57	150m:	1:57.55	41.70	250m:	3:23.43	42.64	350m:	4:47.38	42.62
	100m:	1:15.85	40.28	200m:	2:40.79	43.24	300m:	4:04.76	41.33	400m:	5:28.36	40.98

17 ans et plus

1.	PAUL, Florence			17	Rouge et Or/Université Laval				<b>4:35.89</b>			
	50m:	32.26	32.26	150m:	1:42.82	35.31	250m:	2:52.99	35.13	350m:	4:02.66	34.57
	100m:	1:07.51	35.25	200m:	2:17.86	35.04	300m:	3:28.09	35.10	400m:	4:35.89	33.23
2.	CHALIFOUR, Mathilde			19	Rouge et Or/Université Laval				<b>4:36.00</b>			
	50m:	31.92	31.92	150m:	1:42.21	35.23	250m:	2:52.56	35.06	350m:	4:02.29	34.78
	100m:	1:06.98	35.06	200m:	2:17.50	35.29	300m:	3:27.51	34.95	400m:	4:36.00	33.71
3.	TREMBLAY, Sarah-Louise			20	Club de natation Jonquière				<b>4:44.09</b>			
	50m:	31.46	31.46	150m:	1:42.85	36.50	250m:	2:54.74	36.10	350m:	4:08.06	36.40
	100m:	1:06.35	34.89	200m:	2:18.64	35.79	300m:	3:31.66	36.92	400m:	4:44.09	36.03
4.	GIRARDIN, Naomie			17	Rouge et Or/Université Laval				<b>4:45.61</b>			
	50m:	33.08	33.08	150m:	1:44.88	36.03	250m:	2:57.66	36.47	350m:	4:10.34	36.29
	100m:	1:08.85	35.77	200m:	2:21.19	36.31	300m:	3:34.05	36.39	400m:	4:45.61	35.27
5.	GAGNON, Amélie			17	Nsh				<b>4:53.31</b>			
	50m:	33.27	33.27	150m:	1:47.87	37.78	250m:	3:03.23	37.73	350m:	4:17.45	36.95
	100m:	1:10.09	36.82	200m:	2:25.50	37.63	300m:	3:40.50	37.27	400m:	4:53.31	35.86
6.	LAVERTU, Josée-Anne			17	Cnsf				<b>4:53.45</b>			
	50m:	33.12	33.12	150m:	1:47.13	37.50	250m:	3:02.81	37.81	350m:	4:17.40	37.11
	100m:	1:09.63	36.51	200m:	2:25.00	37.87	300m:	3:40.29	37.48	400m:	4:53.45	36.05
7.	DIONNE, Laura			27	Club de natation Jonquière				<b>5:15.28</b>			
	50m:	35.30	35.30	150m:	1:53.66	39.39	250m:	3:14.11	40.45	350m:	4:35.29	40.54
	100m:	1:14.27	38.97	200m:	2:33.66	40.00	300m:	3:54.75	40.64	400m:	5:15.28	39.99