

Epreuve 1
2024-11-16 - 8:20

Dames, 400m Libre

11 ans et plus
Liste résultats

Points: AQUA 2024

Rang				Age					Temps	Pts		
11 - 12 ans												
1.	TESSIER, Ellyanne			12	C.N. Region de Quebec				4:55.07	481		
	50m:	33.48	33.48	150m:	1:48.05	38.17	250m:	3:03.88	37.52	350m:	4:19.27	37.43
	100m:	1:09.88	36.40	200m:	2:26.36	38.31	300m:	3:41.84	37.96	400m:	4:55.07	35.80
2.	TRUDEL, Léanne			12	Unik				5:17.09	388		
	50m:	35.22	35.22	150m:	1:55.22	40.09	250m:	3:16.11	40.68	350m:	4:37.29	40.87
	100m:	1:15.13	39.91	200m:	2:35.43	40.21	300m:	3:56.42	40.31	400m:	5:17.09	39.80
3.	STEVENS, Marty			12	Rouge et Or/Université Laval				5:25.78	357		
	50m:	36.20	36.20	150m:	1:57.98	41.34	250m:	3:20.52	41.13	350m:	4:44.50	41.68
	100m:	1:16.64	40.44	200m:	2:39.39	41.41	300m:	4:02.82	42.30	400m:	5:25.78	41.28
4.	PAQUET, Joanie			12	Unik				5:30.05	344		
	50m:	36.88	36.88	150m:	2:00.81	42.18	250m:	3:26.68	42.96	350m:	4:50.67	41.22
	100m:	1:18.63	41.75	200m:	2:43.72	42.91	300m:	4:09.45	42.77	400m:	5:30.05	39.38
5.	GAGNON, Lysanne			12	C.N. Region de Quebec				5:31.05	341		
	50m:	36.96	36.96	150m:	2:02.57	43.26	250m:	3:25.36	41.08	350m:	4:50.87	42.77
	100m:	1:19.31	42.35	200m:	2:44.28	41.71	300m:	4:08.10	42.74	400m:	5:31.05	40.18
6.	BLAIS, Élizabeth			12	Riverains				5:32.85	335		
	50m:	36.50	36.50	150m:	2:00.03	42.69	250m:	3:26.55	43.13	350m:	4:51.22	42.76
	100m:	1:17.34	40.84	200m:	2:43.42	43.39	300m:	4:08.46	41.91	400m:	5:32.85	41.63
7.	GERVAIS, Florence			12	Unik				5:33.37	334		
	50m:	38.38	38.38	150m:	2:03.03	42.12	250m:	3:28.40	42.63	350m:	4:52.85	41.93
	100m:	1:20.91	42.53	200m:	2:45.77	42.74	300m:	4:10.92	42.52	400m:	5:33.37	40.52
8.	FOISY, Élizabeth			12	Rouge et Or/Université Laval				5:33.77	332		
	50m:	37.14	37.14	150m:	2:01.76	43.08	250m:	3:27.15	42.46	350m:	4:53.29	43.43
	100m:	1:18.68	41.54	200m:	2:44.69	42.93	300m:	4:09.86	42.71	400m:	5:33.77	40.48
9.	SLAMA, Meriam			12	Rouge et Or/Université Laval				5:36.48	324		
	50m:	36.43	36.43	150m:	2:00.41	42.18	250m:	3:24.38	41.83	350m:	4:49.79	42.61
	100m:	1:18.23	41.80	200m:	2:42.55	42.14	300m:	4:07.18	42.80	400m:	5:36.48	46.69
10.	FORTIN, Charlie			12	Cac				5:40.59	313		
	50m:	40.07	40.07	150m:	2:06.61	43.71	250m:	3:34.15	43.79	350m:	4:59.80	42.91
	100m:	1:22.90	42.83	200m:	2:50.36	43.75	300m:	4:16.89	42.74	400m:	5:40.59	40.79
11.	BOUCHARD, Sarah			12	Rouge et Or/Université Laval				5:40.70	312		
	50m:	37.50	37.50	150m:	2:02.83	43.33	250m:	3:29.82	43.06	350m:	4:57.68	43.78
	100m:	1:19.50	42.00	200m:	2:46.76	43.93	300m:	4:13.90	44.08	400m:	5:40.70	43.02
12.	GROLEAU, Leslie			12	Unik				5:40.89	312		
	50m:	38.48	38.48	150m:	2:05.31	43.27	250m:	3:33.81	44.16	350m:	4:59.59	42.00
	100m:	1:22.04	43.56	200m:	2:49.65	44.34	300m:	4:17.59	43.78	400m:	5:40.89	41.30
13.	LANOUILLE, Alice			12	Rouge et Or/Université Laval				5:48.09	293		
	50m:	38.32	38.32	150m:	2:07.10	45.32	250m:	3:37.44	45.71	350m:	5:06.93	44.42
	100m:	1:21.78	43.46	200m:	2:51.73	44.63	300m:	4:22.51	45.07	400m:	5:48.09	41.16
14.	DORVAL, Selma			11	Club de Natation des Equinoxes				5:48.43	292		
	50m:	38.52	38.52	150m:	2:06.72	44.61	250m:	3:35.44	44.29	350m:	5:04.68	44.90
	100m:	1:22.11	43.59	200m:	2:51.15	44.43	300m:	4:19.78	44.34	400m:	5:48.43	43.75
15.	LATOURE, Béatrice			12	Nsh				6:04.47	255		
	50m:	40.07	40.07	150m:	2:11.97	46.85	250m:	3:45.40	47.14	350m:	5:21.14	48.49
	100m:	1:25.12	45.05	200m:	2:58.26	46.29	300m:	4:32.65	47.25	400m:	6:04.47	43.33

Epreuve 1, Filles, 400m Libre, 11 - 12 ans

Rang				Age					Temps	Pts		
16.	LAJEUNESSE, Emilie			12	Club de Natation de Montmagny				6:10.45	243		
	50m:	40.33	40.33	150m:	2:13.39	47.16	250m:	3:47.30	46.87	350m:	5:23.15	48.13
	100m:	1:26.23	45.90	200m:	3:00.43	47.04	300m:	4:35.02	47.72	400m:	6:10.45	47.30
17.	AUGER, Alyssa			11	Unik				6:13.58	237		
	50m:	40.78	40.78	150m:	2:15.51	48.24	250m:	3:52.02	1:01.10	350m:	5:29.21	47.94
	100m:	1:27.27	46.49	200m:	2:50.92	35.41	300m:	4:41.27	49.25	400m:	6:13.58	44.37
18.	LABONTÉ, Morgane			11	Club de Natation des Equinoxes				6:21.80	222		
	50m:	43.58	43.58	150m:	2:20.25	48.80	250m:	3:58.24	49.17	350m:	5:35.13	47.83
	100m:	1:31.45	47.87	200m:	3:09.07	48.82	300m:	4:47.30	49.06	400m:	6:21.80	46.67
19.	GUIBET, Juliana			11	Riverains				6:24.39	217		
	50m:	44.08	44.08	150m:	2:22.77	49.83	250m:	4:03.02	50.24	350m:	5:42.01	48.17
	100m:	1:32.94	48.86	200m:	3:12.78	50.01	300m:	4:53.84	50.82	400m:	6:24.39	42.38
20.	COULOMBE, Mélya			11	Riverains				6:25.39	216		
	50m:	42.41	42.41	150m:	2:22.51	50.34	250m:	4:03.47	50.24	350m:	5:42.81	49.52
	100m:	1:32.17	49.76	200m:	3:13.23	50.72	300m:	4:53.29	49.82	400m:	6:25.39	42.58
21.	MIGNEAULT, Éliane			11	Nsh				6:27.87	212		
	50m:	41.94	41.94	150m:	2:20.98	49.66	250m:	3:59.94	49.06	350m:	5:40.43	50.24
	100m:	1:31.32	49.38	200m:	3:10.88	49.90	300m:	4:50.19	50.25	400m:	6:27.87	47.44
22.	ADEL, Nour			11	Club de Natation des Equinoxes				6:36.68	198		
	50m:	41.35	41.35	150m:	2:20.99	50.39	250m:	4:04.75	52.77	350m:	5:48.41	51.23
	100m:	1:30.60	49.25	200m:	3:11.98	50.99	300m:	4:57.18	52.43	400m:	6:36.68	48.27
23.	GRENIER, Alice			11	Unik				6:48.72	181		
	50m:	45.61	45.61	150m:	2:26.46	50.68	250m:	4:07.09	49.75	350m:	5:43.09	47.67
	100m:	1:35.78	50.17	200m:	3:17.34	50.88	300m:	4:55.42	48.33	400m:	6:48.72	1:05.63
24.	BOUDREAULT, Lily			11	Rouge et Or/Université Laval				7:01.81	164		
	50m:	46.96	46.96	150m:	2:33.16	54.01	250m:	4:23.25	56.04	350m:	6:11.91	54.21
	100m:	1:39.15	52.19	200m:	3:27.21	54.05	300m:	5:17.70	54.45	400m:	7:01.81	49.90
25.	GAKWAYA, Charlie			11	Nsh				7:05.90	160		
	50m:	47.35	47.35	150m:	2:36.52	55.35	250m:	4:27.56	54.54	350m:	6:17.67	53.63
	100m:	1:41.17	53.82	200m:	3:33.02	56.50	300m:	5:24.04	56.48	400m:	7:05.90	48.23
26.	GHOBRIAL, Sophia			12	Rouge et Or/Université Laval				7:10.36	155		
	50m:	44.21	44.21	150m:	2:30.40	54.45	250m:	4:23.95	58.06	350m:	6:12.49	51.78
	100m:	1:35.95	51.74	200m:	3:25.89	55.49	300m:	5:20.71	56.76	400m:	7:10.36	57.87
27.	LABRECQUE, Laurie			12	C.N. Region de Quebec				7:20.48	144		
	50m:	47.79	47.79	150m:	2:38.65	55.25	250m:	4:30.61	56.20	350m:	6:23.38	56.21
	100m:	1:43.40	55.61	200m:	3:34.41	55.76	300m:	5:27.17	56.56	400m:	7:20.48	57.10
28.	GAKWAYA, Maelle			11	Nsh				7:20.53	144		
	50m:	20.62	20.62	150m:	1:42.68	56.05	250m:	4:33.08	57.64	350m:	6:26.97	
	100m:	46.63	26.01	200m:	3:35.44	1:52.76	300m:			400m:	7:20.53	53.56
29.	PELLETIER, Sarah			11	Nsh				7:21.40	143		
	50m:	49.98	49.98	150m:	2:45.36	58.07	250m:	4:38.69	56.59	350m:		
	100m:	1:47.29	57.31	200m:	3:42.10	56.74	300m:	5:34.87	56.18	400m:	7:21.40	
disq.	VACHON, Julianne			11	Club de Natation Régional de la Beauce				5:48.02			
	50m:	38.24	38.24	150m:	2:04.48	43.60	250m:	3:32.30	44.18	350m:	5:02.85	
	100m:	1:20.88	42.64	200m:	2:48.12	43.64	300m:			400m:	5:48.02	45.17
disq.	VALCOURT, Blanche			11	Unik				6:55.55			
	50m:	42.86	42.86	150m:	2:28.44	54.02	250m:	4:17.43	54.75	350m:	6:05.69	53.11
	100m:	1:34.42	51.56	200m:	3:22.68	54.24	300m:	5:12.58	55.15	400m:	6:55.55	49.86

Epreuve 1, Dames, 400m Libre

13 - 14 ans

1.	LAFRENIÈRE, Juliette	14	C.N. Region de Quebec	4:39.35	567
	50m: 31.48 31.48	150m: 1:42.66 35.82	250m: 2:54.52 35.66	350m: 4:06.27 35.16	
	100m: 1:06.84 35.36	200m: 2:18.86 36.20	300m: 3:31.11 36.59	400m: 4:39.35 33.08	
2.	CORNEAU, Élyza	14	C.N. Region de Quebec	4:40.05	563
	50m: 31.60 31.60	150m: 1:42.05 35.43	250m: 2:52.79 35.70	350m: 4:05.11 36.04	
	100m: 1:06.62 35.02	200m: 2:17.09 35.04	300m: 3:29.07 36.28	400m: 4:40.05 34.94	
3.	HARVEY, Élie	13	C.N. Region de Quebec	4:49.76	508
	50m: 33.60 33.60	150m: 1:47.35 36.89	250m: 3:00.96 36.64	350m: 4:14.61 36.62	
	100m: 1:10.46 36.86	200m: 2:24.32 36.97	300m: 3:37.99 37.03	400m: 4:49.76 35.15	
4.	FORTIN, Flavie	13	Rouge et Or/Université Laval	4:58.28	466
	50m: 33.54 33.54	150m: 1:47.85 37.77	250m: 3:04.20 38.40	350m: 4:20.67 38.51	
	100m: 1:10.08 36.54	200m: 2:25.80 37.95	300m: 3:42.16 37.96	400m: 4:58.28 37.61	
5.	ALBERT, Maélie	14	C.N. Region de Quebec	5:01.13	453
	50m: 33.80 33.80	150m: 1:49.61 38.09	250m: 3:07.00 38.79	350m: 4:24.14 38.12	
	100m: 1:11.52 37.72	200m: 2:28.21 38.60	300m: 3:46.02 39.02	400m: 5:01.13 36.99	
6.	COUTURE, Marianne	14	Club de Natation de Montmagny	5:06.62	429
	50m: 35.52 35.52	150m: 1:54.03 39.42	250m: 3:11.31 38.13	350m: 4:28.01 38.06	
	100m: 1:14.61 39.09	200m: 2:33.18 39.15	300m: 3:49.95 38.64	400m: 5:06.62 38.61	
7.	DESGAGNÉS, Alice	14	Rouge et Or/Université Laval	5:07.38	426
	50m: 34.43 34.43	150m: 1:52.24 39.46	250m: 3:11.03 39.00	350m: 4:29.54 39.25	
	100m: 1:12.78 38.35	200m: 2:32.03 39.79	300m: 3:50.29 39.26	400m: 5:07.38 37.84	
8.	FOURNIER, Émy	13	C.N. Region de Quebec	5:14.64	397
	50m: 33.81 33.81	150m: 1:54.01 40.15	250m: 3:14.45 40.05	350m: 4:36.56 41.03	
	100m: 1:13.86 40.05	200m: 2:34.40 40.39	300m: 3:55.53 41.08	400m: 5:14.64 38.08	
9.	GERVAIS, Rosalie	14	Unik	5:15.04	395
	50m: 34.80 34.80	150m: 1:54.13 40.59	250m: 3:15.28 40.43	350m: 4:36.33 39.95	
	100m: 1:13.54 38.74	200m: 2:34.85 40.72	300m: 3:56.38 41.10	400m: 5:15.04 38.71	
10.	BEN AISSIA, Acil	13	C.N. Region de Quebec	5:15.72	393
	50m: 35.37 35.37	150m: 1:54.03 39.82	250m: 3:13.29 39.49	350m: 4:35.20 40.98	
	100m: 1:14.21 38.84	200m: 2:33.80 39.77	300m: 3:54.22 40.93	400m: 5:15.72 40.52	
11.	MCGRAW, Rose	13	C.N. Region de Quebec	5:16.90	388
	50m: 36.10 36.10	150m: 1:55.51 39.97	250m: 3:16.18 40.34	350m: 4:37.62 40.21	
	100m: 1:15.54 39.44	200m: 2:35.84 40.33	300m: 3:57.41 41.23	400m: 5:16.90 39.28	
12.	NAULT, Rose	14	Unik	5:17.40	386
	50m: 33.39 33.39	150m: 1:50.67 39.89	250m: 3:13.61 41.79	350m: 4:38.09 42.04	
	100m: 1:10.78 37.39	200m: 2:31.82 41.15	300m: 3:56.05 42.44	400m: 5:17.40 39.31	
13.	SIMARD, Mariane	13	C.N. Region de Quebec	5:18.41	383
	50m: 37.79 37.79	150m: 1:58.57 40.16	250m: 3:19.20 39.45	350m: 4:40.50 40.76	
	100m: 1:18.41 40.62	200m: 2:39.75 41.18	300m: 3:59.74 40.54	400m: 5:18.41 37.91	
14.	BUSQUE, Yanina	13	Riverains	5:22.43	369
	50m: 36.61 36.61	150m: 1:57.18 41.03	250m: 3:20.26 41.25	350m: 4:43.49 41.82	
	100m: 1:16.15 39.54	200m: 2:39.01 41.83	300m: 4:01.67 41.41	400m: 5:22.43 38.94	
15.	GAGNON, Chloé	13	Rouge et Or/Université Laval	5:22.86	367
	50m: 37.63 37.63	150m: 2:00.07 40.98	250m: 3:22.93 41.21	350m: 4:44.55 40.42	
	100m: 1:19.09 41.46	200m: 2:41.72 41.65	300m: 4:04.13 41.20	400m: 5:22.86 38.31	
16.	SIMARD, Mélody	14	Club de Natation de Montmagny	5:25.35	359
	50m: 36.24 36.24	150m: 1:59.47 42.22	250m: 3:22.38 40.60	350m: 4:44.83 41.15	
	100m: 1:17.25 41.01	200m: 2:41.78 42.31	300m: 4:03.68 41.30	400m: 5:25.35 40.52	

Epreuve 1, Filles, 400m Libre, 13 - 14 ans

Rang				Age						Temps	Pts	
17.	BÉDARD, Juliette			14	Rouge et Or/Université Laval					5:25.81	357	
	50m:	37.25	37.25	150m:	2:00.19	41.62	250m:	3:23.31	41.76	350m:	4:45.71	41.25
	100m:	1:18.57	41.32	200m:	2:41.55	41.36	300m:	4:04.46	41.15	400m:	5:25.81	40.10
18.	SIROIS, Ophélie			13	Club de Natation Régional de la Beauce					5:26.38	355	
	50m:	35.73	35.73	150m:	1:57.27	41.08	250m:	3:22.12	42.44	350m:	4:47.31	42.84
	100m:	1:16.19	40.46	200m:	2:39.68	42.41	300m:	4:04.47	42.35	400m:	5:26.38	39.07
19.	SAYEGH, Jasmine			13	Rouge et Or/Université Laval					5:26.43	355	
	50m:			150m:	1:57.64		250m:			350m:		
	100m:			200m:			300m:			400m:	5:26.43	
20.	LABONTÉ, Amélya			14	Club de Natation de Montmagny					5:30.19	343	
	50m:	37.48	37.48	150m:	2:03.53	43.16	250m:	3:29.00	42.77	350m:	4:51.73	40.46
	100m:	1:20.37	42.89	200m:	2:46.23	42.70	300m:	4:11.27	42.27	400m:	5:30.19	38.46
21.	JOLY, Sophia			13	Club de Natation de Montmagny					5:30.70	342	
	50m:	36.44	36.44	150m:	2:00.01	42.30	250m:	3:24.91	42.28	350m:	4:50.05	42.64
	100m:	1:17.71	41.27	200m:	2:42.63	42.62	300m:	4:07.41	42.50	400m:	5:30.70	40.65
22.	BOUDREAU, Clara			13	Riverains					5:38.67	318	
	50m:	35.52	35.52	150m:	1:57.95	42.55	250m:	3:24.76	43.99	350m:	4:54.55	45.06
	100m:	1:15.40	39.88	200m:	2:40.77	42.82	300m:	4:09.49	44.73	400m:	5:38.67	44.12
23.	GOUDREAU, Marianne			14	Cac					5:45.60	299	
	50m:	37.39	37.39	150m:	2:04.53	44.40	250m:	3:34.82	45.18	350m:	5:05.23	44.60
	100m:	1:20.13	42.74	200m:	2:49.64	45.11	300m:	4:20.63	45.81	400m:	5:45.60	40.37
24.	DUBOIS, Anne-Sophie			14	Club de Natation Régional de la Beauce					5:49.08	290	
	50m:	38.95	38.95	150m:	2:07.20	44.06	250m:	3:37.29	45.51	350m:	5:07.33	44.79
	100m:	1:23.14	44.19	200m:	2:51.78	44.58	300m:	4:22.54	45.25	400m:	5:49.08	41.75
25.	BOUCHARD, Victoria			14	Rouge et Or/Université Laval					5:49.46	289	
	50m:	37.38	37.38	150m:	2:03.44	43.77	250m:	3:31.49	44.28	350m:	4:59.31	43.84
	100m:	1:19.67	42.29	200m:	2:47.21	43.77	300m:	4:15.47	43.98	400m:	5:49.46	50.15
26.	LÉGER, Maïté			14	Cac					5:52.05	283	
	50m:	38.84	38.84	150m:	2:07.25	44.55	250m:	3:37.31	44.86	350m:	5:08.31	45.21
	100m:	1:22.70	43.86	200m:	2:52.45	45.20	300m:	4:23.10	45.79	400m:	5:52.05	43.74
27.	TANGUAY, Maude			13	Club de Natation Régional de la Beauce					5:52.10	283	
	50m:	36.83	36.83	150m:			250m:			350m:	5:08.12	
	100m:	1:19.26	42.43	200m:	3:35.52		300m:			400m:	5:52.10	43.98
28.	BOLDUC, Maïla			13	Club de Natation des Equinoxes					5:53.38	280	
	50m:	38.85	38.85	150m:	2:09.46	45.78	250m:	3:41.47	45.19	350m:	5:11.79	44.07
	100m:	1:23.68	44.83	200m:	2:56.28	46.82	300m:	4:27.72	46.25	400m:	5:53.38	41.59
29.	SMITH, Raphaëlle			14	Riverains					5:55.35	275	
	50m:	38.92	38.92	150m:	2:10.98	45.91	250m:	3:43.03	45.40	350m:	5:13.25	44.87
	100m:	1:25.07	46.15	200m:	2:57.63	46.65	300m:	4:28.38	45.35	400m:	5:55.35	42.10
30.	GROLEAU, Olivia			14	C.N. Region de Quebec					5:59.61	266	
	50m:	39.24	39.24	150m:	2:11.77	46.56	250m:	3:45.18	47.00	350m:	5:17.02	46.31
	100m:	1:25.21	45.97	200m:	2:58.18	46.41	300m:	4:30.71	45.53	400m:	5:59.61	42.59
31.	GIGUÈRE, Eva			13	Riverains					6:01.29	262	
	50m:	41.42	41.42	150m:	2:14.90	46.78	250m:	3:46.99	46.20	350m:	5:17.29	44.98
	100m:	1:28.12	46.70	200m:	3:00.79	45.89	300m:	4:32.31	45.32	400m:	6:01.29	44.00
32.	HOULE, Emy-Rose			14	Club de Natation des Equinoxes					6:02.37	260	
	50m:	40.20	40.20	150m:	2:11.80	46.64	250m:	3:46.62	46.66	350m:	5:18.88	46.02
	100m:	1:25.16	44.96	200m:	2:59.96	48.16	300m:	4:32.86	46.24	400m:	6:02.37	43.49

Epreuve 1, Filles, 400m Libre, 13 - 14 ans

Rang				Age						Temps	Pts	
33.	RENAUD, Émilie			13	Riverains					6:02.46	259	
	50m:	40.08	40.08	150m:	2:12.53	46.99	250m:	3:45.85	46.60	350m:	5:19.12	46.45
	100m:	1:25.54	45.46	200m:	2:59.25	46.72	300m:	4:32.67	46.82	400m:	6:02.46	43.34
34.	PICHETTE, Mina Matilda			13	C.N. Region de Quebec					6:03.33	258	
	50m:	40.53	40.53	150m:	2:14.76	47.59	250m:	3:49.16	47.58	350m:	5:20.85	45.28
	100m:	1:27.17	46.64	200m:	3:01.58	46.82	300m:	4:35.57	46.41	400m:	6:03.33	42.48
35.	MORIN, Camille			14	Nsh					6:05.53	253	
	50m:	39.00	39.00	150m:	2:11.83	47.47	250m:	3:46.39	47.64	350m:	5:20.51	46.87
	100m:	1:24.36	45.36	200m:	2:58.75	46.92	300m:	4:33.64	47.25	400m:	6:05.53	45.02
36.	LIZOTTE, Chloé			13	C.N. Region de Quebec					6:09.12	246	
	50m:	40.19	40.19	150m:	2:14.33	47.95	250m:	3:50.50	48.64	350m:	5:25.37	46.88
	100m:	1:26.38	46.19	200m:	3:01.86	47.53	300m:	4:38.49	47.99	400m:	6:09.12	43.75
37.	GIGUÈRE, Kenya			13	Club de Natation Régional de la Beauce					6:09.59	245	
	50m:	41.45	41.45	150m:	2:17.41	47.85	250m:	3:51.60	46.78	350m:	5:26.09	46.44
	100m:	1:29.56	48.11	200m:	3:04.82	47.41	300m:	4:39.65	48.05	400m:	6:09.59	43.50
38.	BÉDARD, Roxanne			14	Club de Natation des Equinoxes					6:16.00	232	
	50m:	39.64	39.64	150m:	2:15.24	48.69	250m:	3:53.98	49.23	350m:	5:31.13	48.26
	100m:	1:26.55	46.91	200m:	3:04.75	49.51	300m:	4:42.87	48.89	400m:	6:16.00	44.87
39.	COUTURE, Daphney			13	Riverains					6:18.46	228	
	50m:	41.10	41.10	150m:	2:18.11	49.30	250m:	3:57.99	49.54	350m:	5:33.47	47.73
	100m:	1:28.81	47.71	200m:	3:08.45	50.34	300m:	4:45.74	47.75	400m:	6:18.46	44.99
40.	BOISVERT, Karlee-Rose			14	Rouge et Or/Université Laval					6:33.55	203	
	50m:	43.88	43.88	150m:	2:22.15	49.88	250m:	4:02.17	50.40	350m:	5:43.81	51.30
	100m:	1:32.27	48.39	200m:	3:11.77	49.62	300m:	4:52.51	50.34	400m:	6:33.55	49.74
41.	JACQUES, Mathilde			13	Club de Natation Régional de la Beauce					6:39.49	194	
	50m:	42.32	42.32	150m:	2:20.08	48.78	250m:	4:03.22	52.02	350m:		
	100m:	1:31.30	48.98	200m:	3:11.20	51.12	300m:	5:48.99	1:45.77	400m:	6:39.49	

15 - 16 ans

1.	ABETTI, Douae			15	C.N. Region de Quebec					4:43.01	545	
	50m:	31.92	31.92	150m:	1:41.57	35.31	250m:	2:52.96	35.79	350m:	4:06.05	36.71
	100m:	1:06.26	34.34	200m:	2:17.17	35.60	300m:	3:29.34	36.38	400m:	4:43.01	36.96
2.	LACOSTE, Florence			16	Nsh					4:48.38	515	
	50m:	32.13	32.13	150m:	1:45.66	37.25	250m:	2:59.11	36.86	350m:	4:12.92	36.68
	100m:	1:08.41	36.28	200m:	2:22.25	36.59	300m:	3:36.24	37.13	400m:	4:48.38	35.46
3.	AUDET, Marjorie			15	C.N. Region de Quebec					4:50.55	504	
	50m:	32.98	32.98	150m:	1:45.58	36.31	250m:	2:59.56	37.12	350m:	4:14.56	37.44
	100m:	1:09.27	36.29	200m:	2:22.44	36.86	300m:	3:37.12	37.56	400m:	4:50.55	35.99
4.	HARVEY, Clara			16	C.N. Region de Quebec					4:50.71	503	
	50m:	31.51	31.51	150m:	1:43.75	36.74	250m:	2:58.80	37.60	350m:	4:14.21	37.86
	100m:	1:07.01	35.50	200m:	2:21.20	37.45	300m:	3:36.35	37.55	400m:	4:50.71	36.50
5.	TROTIER, Alycia			15	C.N. Region de Quebec					4:51.93	497	
	50m:	33.00	33.00	150m:	1:45.98	36.91	250m:	3:00.98	37.61	350m:	4:16.04	37.67
	100m:	1:09.07	36.07	200m:	2:23.37	37.39	300m:	3:38.37	37.39	400m:	4:51.93	35.89
6.	GAGNON-BOULAY, Emma			15	Rouge et Or/Université Laval					5:01.37	452	
	50m:	35.45	35.45	150m:	1:53.29	39.08	250m:	3:10.14	38.31	350m:	4:25.46	37.36
	100m:	1:14.21	38.76	200m:	2:31.83	38.54	300m:	3:48.10	37.96	400m:	5:01.37	35.91

Epreuve 1, Filles, 400m Libre, 15 - 16 ans

Rang					Age					Temps	Pts	
7.	DESSUREAULT, Laurie				16	C.N. Region de Quebec				5:07.94	423	
	50m:	34.66	34.66	150m:	1:51.97	39.00	250m:	3:10.42	38.98	350m:	4:28.91	39.23
	100m:	1:12.97	38.31	200m:	2:31.44	39.47	300m:	3:49.68	39.26	400m:	5:07.94	39.03
8.	BOUCHARD, Marie				15	Rouge et Or/Université Laval				5:09.81	416	
	50m:	35.06	35.06	150m:	1:52.82	39.53	250m:	3:11.78	39.37	350m:	4:31.40	39.92
	100m:	1:13.29	38.23	200m:	2:32.41	39.59	300m:	3:51.48	39.70	400m:	5:09.81	38.41
9.	HARVEY, Léa				15	C.N. Region de Quebec				5:11.26	410	
	50m:	33.96	33.96	150m:	1:52.55	39.74	250m:	3:11.94	39.75	350m:	4:32.16	40.16
	100m:	1:12.81	38.85	200m:	2:32.19	39.64	300m:	3:52.00	40.06	400m:	5:11.26	39.10
10.	GAGNON, Estelle				15	Club de Natation de Montmagny				5:12.84	404	
	50m:	34.94	34.94	150m:	1:55.01	40.21	250m:	3:15.21	40.05	350m:	4:33.87	39.46
	100m:	1:14.80	39.86	200m:	2:35.16	40.15	300m:	3:54.41	39.20	400m:	5:12.84	38.97
11.	ROY, Fanny				16	Rouge et Or/Université Laval				5:14.03	399	
	50m:	34.64	34.64	150m:	1:55.10	40.67	250m:	3:15.25	39.70	350m:	4:35.27	39.97
	100m:	1:14.43	39.79	200m:	2:35.55	40.45	300m:	3:55.30	40.05	400m:	5:14.03	38.76
12.	LÉTOURNEAU, Élise				16	Riverains				5:14.79	396	
	50m:	35.60	35.60	150m:	1:55.87	40.36	250m:	3:16.78	40.28	350m:	4:37.12	39.61
	100m:	1:15.51	39.91	200m:	2:36.50	40.63	300m:	3:57.51	40.73	400m:	5:14.79	37.67
13.	LAJEUNESSE, Éliane				15	Club de Natation de Montmagny				5:15.29	394	
	50m:	35.41	35.41	150m:	1:58.12	41.94	250m:	3:21.11	41.39	350m:	4:39.72	38.77
	100m:	1:16.18	40.77	200m:	2:39.72	41.60	300m:	4:00.95	39.84	400m:	5:15.29	35.57
14.	GENDRON, Constance				15	Club de Natation de Montmagny				5:16.46	390	
	50m:	35.75	35.75	150m:	1:55.85	40.51	250m:	3:17.75	40.76	350m:	4:38.11	40.04
	100m:	1:15.34	39.59	200m:	2:36.99	41.14	300m:	3:58.07	40.32	400m:	5:16.46	38.35
15.	FORTIN, Olivia				15	Club de Natation des Equinoxes				5:18.48	383	
	50m:	35.18	35.18	150m:	1:56.14	40.87	250m:	3:17.71	41.17	350m:	4:39.24	40.48
	100m:	1:15.27	40.09	200m:	2:36.54	40.40	300m:	3:58.76	41.05	400m:	5:18.48	39.24
16.	MORINVILLE, Clara				16	C.N. Region de Quebec				5:20.26	376	
	50m:	35.86	35.86	150m:	1:55.94	40.58	250m:	3:18.03	41.07	350m:	4:40.26	41.03
	100m:	1:15.36	39.50	200m:	2:36.96	41.02	300m:	3:59.23	41.20	400m:	5:20.26	40.00
17.	LAFLAMME, Émy				15	Club de Natation Régional de la Beauce				5:27.14	353	
	50m:	35.31	35.31	150m:	1:57.07	41.64	250m:	3:22.06	42.43	350m:	4:46.40	42.26
	100m:	1:15.43	40.12	200m:	2:39.63	42.56	300m:	4:04.14	42.08	400m:	5:27.14	40.74
18.	MORIN, Raphaelle				15	Rouge et Or/Université Laval				5:32.81	335	
	50m:	36.56	36.56	150m:	2:00.82	42.80	250m:	3:27.05	42.84	350m:	4:52.94	43.00
	100m:	1:18.02	41.46	200m:	2:44.21	43.39	300m:	4:09.94	42.89	400m:	5:32.81	39.87
19.	DUTIL, Simone				15	Club de Natation Régional de la Beauce				5:35.10	328	
	50m:	38.25	38.25	150m:	2:03.16	42.70	250m:	3:28.86	42.75	350m:	4:53.60	42.20
	100m:	1:20.46	42.21	200m:	2:46.11	42.95	300m:	4:11.40	42.54	400m:	5:35.10	41.50

17 ans et plus

1.	SHINK, Ariane				18	C.N. Region de Quebec				4:34.34	599	
	50m:	31.76	31.76	150m:	1:40.42	34.68	250m:	2:49.58	34.52	350m:	3:59.72	35.13
	100m:	1:05.74	33.98	200m:	2:15.06	34.64	300m:	3:24.59	35.01	400m:	4:34.34	34.62
2.	CHALIFOUR, Mathilde				19	Rouge et Or/Université Laval				4:37.23	580	
	50m:	31.78	31.78	150m:	1:41.38	34.84	250m:	2:51.84	35.33	350m:	4:02.63	35.33
	100m:	1:06.54	34.76	200m:	2:16.51	35.13	300m:	3:27.30	35.46	400m:	4:37.23	34.60

Epreuve 1, Dames, 400m Libre, 17 ans et plus

Rang					Age					Temps	Pts	
3.	PAUL, Florence				18	Rouge et Or/Université Laval				4:44.33	538	
	50m:	32.78	32.78	150m:	1:44.16	35.89	250m:	2:55.31	35.29	350m:	4:08.65	36.45
	100m:	1:08.27	35.49	200m:	2:20.02	35.86	300m:	3:32.20	36.89	400m:	4:44.33	35.68
4.	GIRARDIN, Naomie				18	Rouge et Or/Université Laval				4:53.11	491	
	50m:	33.34	33.34	150m:	1:46.58	36.90	250m:	3:01.88	37.91	350m:	4:17.12	37.59
	100m:	1:09.68	36.34	200m:	2:23.97	37.39	300m:	3:39.53	37.65	400m:	4:53.11	35.99
5.	SIMARD, Anne				18	Rouge et Or/Université Laval				4:57.51	469	
	50m:	31.37	31.37	150m:	1:44.68	37.72	250m:	3:02.22	38.48	350m:	4:19.86	38.91
	100m:	1:06.96	35.59	200m:	2:23.74	39.06	300m:	3:40.95	38.73	400m:	4:57.51	37.65
6.	LEPAGE, Ann-Sophie				21	Rouge et Or/Université Laval				5:04.34	438	
	50m:	34.19	34.19	150m:	1:49.91	37.91	250m:	3:07.74	39.19	350m:	4:26.55	39.37
	100m:	1:12.00	37.81	200m:	2:28.55	38.64	300m:	3:47.18	39.44	400m:	5:04.34	37.79
7.	SIROIS, Mathilde				17	Club de Natation Régional de la Beauce				5:12.24	406	
	50m:	34.90	34.90	150m:	1:54.23	39.83	250m:	3:13.92	39.81	350m:	4:34.15	40.21
	100m:	1:14.40	39.50	200m:	2:34.11	39.88	300m:	3:53.94	40.02	400m:	5:12.24	38.09
8.	MERCIER, Naura				17	Club de Natation Régional de la Beauce				5:19.27	380	
	50m:	1:12.76	1:12.76	150m:		250m:		350m:				
	100m:	2:33.31	1:20.55	200m:		300m:		400m:	5:19.27			
9.	VERREAULT, Melory				17	Rouge et Or/Université Laval				5:22.07	370	
	50m:	35.39	35.39	150m:	1:57.57	41.99	250m:	3:21.09	41.19	350m:	4:41.81	39.49
	100m:	1:15.58	40.19	200m:	2:39.90	42.33	300m:	4:02.32	41.23	400m:	5:22.07	40.26