

Epreuve 14  
 2025-02-15 - 8:46

## Garçons, 400m Libre

 17 ans et moins  
 Liste résultats

Quebec Provincial Senior Records	3:46.21	SAUVÉ, Antoine	CAMO	Pointe-Claire	2024-12-07
Quebec Provincial Age Group Records 17	3:51.64	PARISÉ, Zachary	PCSC	Toronto	2023-12-16
Quebec Provincial Age Group Records 16	3:49.39	FONSECA, Simon	CAMO	Quebec City	2024-12-01
Quebec Provincial Age Group Records 15	3:56.42	FONSECA, Simon	CAMO	Toronto	2023-12-16
Quebec Provincial Age Group Records 14	4:00.88	CHEUNG, Adrian	PCSC	Pointe-Claire	2024-12-07
Quebec Provincial Age Group Records 13	4:03.83	LUPIEN, Yannick	CAGRA	???	1994-02-01
Quebec Provincial Age Group Records - 124	13:54	LUPIEN, Yannick	CAGRA	???	1993-02-01

Points: AQUA 2024

Rang			Age							Temps	Pts	
<b>13 ans et moins</b>												
1.	JASEM RADHE, Kinan		13	Natation Gatineau						<b>4:28.64</b>	493	
	50m:	29.56	29.56	150m:	1:36.82	33.95	250m:	2:45.58	34.16	350m:	3:55.02	34.68
	100m:	1:02.87	33.31	200m:	2:11.42	34.60	300m:	3:20.34	34.76	400m:	4:28.64	33.62
2.	BISSADA, Brandon		13	Cdndg						<b>4:40.19</b>	434	
	50m:	30.66	30.66	150m:	1:41.71	35.94	250m:	2:54.33	36.31	350m:	4:06.63	35.99
	100m:	1:05.77	35.11	200m:	2:18.02	36.31	300m:	3:30.64	36.31	400m:	4:40.19	33.56
3.	MCDONALD, Jacob		13	Ddo						<b>4:42.88</b>	422	
	50m:	31.34	31.34	150m:	1:42.94	36.35	250m:	2:55.35	36.25	350m:	4:07.65	36.26
	100m:	1:06.59	35.25	200m:	2:19.10	36.16	300m:	3:31.39	36.04	400m:	4:42.88	35.23
4.	CARON, Zachary		13	Sher						<b>4:45.90</b>	409	
	50m:	32.77	32.77	150m:	1:45.74	36.74	250m:	2:58.71	36.23	350m:	4:11.29	36.15
	100m:	1:09.00	36.23	200m:	2:22.48	36.74	300m:	3:35.14	36.43	400m:	4:45.90	34.61
5.	WILDI, Jake		13	Rouge et Or/Université Laval						<b>4:47.04</b>	404	
	50m:	32.85	32.85	150m:	1:45.54	36.63	250m:	2:59.73	37.39	350m:	4:13.04	36.32
	100m:	1:08.91	36.06	200m:	2:22.34	36.80	300m:	3:36.72	36.99	400m:	4:47.04	34.00
6.	ONESI, Liam		12	Ddo						<b>4:47.91</b>	400	
	50m:	33.01	33.01	150m:	1:45.89	37.04	250m:	3:00.16	36.93	350m:	4:13.78	36.53
	100m:	1:08.85	35.84	200m:	2:23.23	37.34	300m:	3:37.25	37.09	400m:	4:47.91	34.13
7.	LÉVESQUE, Félix		13	Club Aquatique Charlesbourg						<b>4:48.64</b>	397	
	50m:	31.34	31.34	150m:	1:44.42	37.17	250m:	2:58.29	37.09	350m:	4:12.77	37.13
	100m:	1:07.25	35.91	200m:	2:21.20	36.78	300m:	3:35.64	37.35	400m:	4:48.64	35.87
8.	DALI, Isaac		13	Mtl Nord Natation						<b>4:48.98</b>	396	
	50m:	32.10	32.10	150m:	1:44.21	36.04	250m:	2:58.43	37.27	350m:	4:12.70	37.41
	100m:	1:08.17	36.07	200m:	2:21.16	36.95	300m:	3:35.29	36.86	400m:	4:48.98	36.28
9.	SAYAH, Adam		13	Elite						<b>4:51.30</b>	386	
	50m:	33.76	33.76	150m:	1:47.23	37.18	250m:	3:00.58	37.18	350m:	4:15.32	37.61
	100m:	1:10.05	36.29	200m:	2:23.40	36.17	300m:	3:37.71	37.13	400m:	4:51.30	35.98
10.	POTEL, Logan		13	Ddo						<b>4:53.82</b>	376	
	50m:	33.84	33.84	150m:	1:48.36	37.41	250m:	3:03.62	37.51	350m:	4:18.33	37.32
	100m:	1:10.95	37.11	200m:	2:26.11	37.75	300m:	3:41.01	37.39	400m:	4:53.82	35.49
11.	TROTIER, Charles		13	Ddo						<b>4:53.86</b>	376	
	50m:	32.92	32.92	150m:	1:47.15	37.22	250m:	3:02.78	37.43	350m:	4:18.16	37.63
	100m:	1:09.93	37.01	200m:	2:25.35	38.20	300m:	3:40.53	37.75	400m:	4:53.86	35.70
12.	CARBERY, Tristan		13	Mégophias						<b>4:57.81</b>	362	
	50m:	33.66	33.66	150m:	1:48.70	37.51	250m:	3:04.61	37.52	350m:	4:20.46	37.89
	100m:	1:11.19	37.53	200m:	2:27.09	38.39	300m:	3:42.57	37.96	400m:	4:57.81	37.35
13.	BOUDREAU, Owen		13	Bbf						<b>4:57.97</b>	361	
	50m:	34.57	34.57	150m:	1:50.69	38.14	250m:	3:06.40	38.09	350m:	4:21.92	37.71
	100m:	1:12.55	37.98	200m:	2:28.31	37.62	300m:	3:44.21	37.81	400m:	4:57.97	36.05

## Epreuve 14, Garçons, 400m Libre, 13 ans et moins

Rang					Age					Temps	Pts	
14.	COLOOS, Justin				12	club aquatique st-eustache				<b>4:58.17</b>	360	
	50m:	33.61	33.61	150m:	1:49.94	38.77	250m:	3:06.38	38.18	350m:	4:22.49	37.80
	100m:	1:11.17	37.56	200m:	2:28.20	38.26	300m:	3:44.69	38.31	400m:	4:58.17	35.68
15.	MAJEAU, Édouard				13	Sher				<b>5:00.34</b>	352	
	50m:	33.50	33.50	150m:	1:49.52	38.29	250m:	3:06.05	38.66	350m:	4:23.52	39.02
	100m:	1:11.23	37.73	200m:	2:27.39	37.87	300m:	3:44.50	38.45	400m:	5:00.34	36.82
16.	KHOKAZ, Nathan				13	Natation Gatineau				<b>5:00.64</b>	351	
	50m:	33.63	33.63	150m:	1:48.94	38.18	250m:	3:06.10	38.16	350m:	4:22.41	38.61
	100m:	1:10.76	37.13	200m:	2:27.94	39.00	300m:	3:43.80	37.70	400m:	5:00.64	38.23
17.	BIELIKOV, Mykhailo				12	Elite				<b>5:01.01</b>	350	
	50m:	32.99	32.99	150m:	1:48.84	38.54	250m:	3:06.32	38.54	350m:	4:23.84	38.67
	100m:	1:10.30	37.31	200m:	2:27.78	38.94	300m:	3:45.17	38.85	400m:	5:01.01	37.17
18.	LEBLANC, Jérémy				12	Mégophias				<b>5:01.65</b>	348	
	50m:	31.94	31.94	150m:	1:47.14	38.00	250m:	3:04.46	38.67	350m:	4:24.86	40.42
	100m:	1:09.14	37.20	200m:	2:25.79	38.65	300m:	3:44.44	39.98	400m:	5:01.65	36.79
19.	QI, Tianyu Tevin				12	Natation Gatineau				<b>5:03.29</b>	342	
	50m:	33.41	33.41	150m:	1:47.69	38.07	250m:	3:06.08	39.50	350m:	4:24.39	38.63
	100m:	1:09.62	36.21	200m:	2:26.58	38.89	300m:	3:45.76	39.68	400m:	5:03.29	38.90
20.	LAGHNEJ, Ali Mohamed				12	Ddo				<b>5:03.38</b>	342	
	50m:	33.68	33.68	150m:	1:50.23	38.93	250m:	3:07.99	39.05	350m:	4:25.37	38.46
	100m:	1:11.30	37.62	200m:	2:28.94	38.71	300m:	3:46.91	38.92	400m:	5:03.38	38.01
21.	GAUDREAU, Laurent				13	Les Dauphins de Rimouski				<b>5:03.53</b>	341	
	50m:	32.43	32.43	150m:	1:48.37	38.34	250m:	3:06.31	38.57	350m:	4:24.42	39.03
	100m:	1:10.03	37.60	200m:	2:27.74	39.37	300m:	3:45.39	39.08	400m:	5:03.53	39.11
22.	DÉSILETS, Laurent				13	Sher				<b>5:04.34</b>	339	
	50m:	33.97	33.97	150m:	1:49.18	38.17	250m:	3:07.75	39.35	350m:	4:26.81	39.54
	100m:	1:11.01	37.04	200m:	2:28.40	39.22	300m:	3:47.27	39.52	400m:	5:04.34	37.53
23.	LIN, Lucas				13	Ddo				<b>5:06.92</b>	330	
	50m:	33.39	33.39	150m:	1:50.33	39.06	250m:	3:09.44	39.95	350m:	4:28.43	39.43
	100m:	1:11.27	37.88	200m:	2:29.49	39.16	300m:	3:49.00	39.56	400m:	5:06.92	38.49
24.	WANG, Elijah Immanuel				13	Dorval Swim Club				<b>5:07.18</b>	329	
	50m:	34.67	34.67	150m:	1:51.49	38.97	250m:	3:09.83	39.28	350m:	4:28.95	39.80
	100m:	1:12.52	37.85	200m:	2:30.55	39.06	300m:	3:49.15	39.32	400m:	5:07.18	38.23
25.	PACHEBAT, Gabriel				13	Natation Gatineau				<b>5:08.78</b>	324	
	50m:	34.92	34.92	150m:	1:53.87	39.34	250m:	3:13.49	39.22	350m:	4:31.86	39.05
	100m:	1:14.53	39.61	200m:	2:34.27	40.40	300m:	3:52.81	39.32	400m:	5:08.78	36.92
26.	DRAGOVIC, Marko				13	Natation Gatineau				<b>5:10.41</b>	319	
	50m:	34.91	34.91	150m:	1:54.19	40.35	250m:	3:13.51	39.48	350m:	4:32.80	39.44
	100m:	1:13.84	38.93	200m:	2:34.03	39.84	300m:	3:53.36	39.85	400m:	5:10.41	37.61
27.	BEN-ABDALLAH, Adam				13	Club de natation Saint-Laurent				<b>5:10.88</b>	318	
	50m:	34.80	34.80	150m:	1:53.57	39.77	250m:	3:13.23	39.60	350m:	4:32.01	39.08
	100m:	1:13.80	39.00	200m:	2:33.63	40.06	300m:	3:52.93	39.70	400m:	5:10.88	38.87
28.	SESEN, Alinur				13	Cdndg				<b>5:11.56</b>	316	
	50m:	35.78	35.78	150m:	1:55.92	41.63	250m:	3:15.46	39.94	350m:	4:34.50	39.19
	100m:	1:14.29	38.51	200m:	2:35.52	39.60	300m:	3:55.31	39.85	400m:	5:11.56	37.06
29.	GALLO, Dante				13	Ddo				<b>5:12.30</b>	313	
	50m:	35.04	35.04	150m:	1:55.21	40.39	250m:	3:16.07	40.94	350m:	4:36.24	39.39
	100m:	1:14.82	39.78	200m:	2:35.13	39.92	300m:	3:56.85	40.78	400m:	5:12.30	36.06

## Epreuve 14, Garçons, 400m Libre, 13 ans et moins

Rang					Age					Temps	Pts	
30.	MCKENZIE, Lucas				12	Cote Saint-Luc Aquatics				<b>5:12.95</b>	311	
	50m:	34.59	34.59	150m:	1:53.86	40.35	250m:	3:14.84	41.29	350m:	4:35.54	40.75
	100m:	1:13.51	38.92	200m:	2:33.55	39.69	300m:	3:54.79	39.95	400m:	5:12.95	37.41
31.	BIROLLEAU-SGARD, Sam				12	Natation Gatineau				<b>5:13.08</b>	311	
	50m:	36.36	36.36	150m:	1:56.62	40.31	250m:	3:16.95	39.62	350m:	4:36.08	39.53
	100m:	1:16.31	39.95	200m:	2:37.33	40.71	300m:	3:56.55	39.60	400m:	5:13.08	37.00
32.	DAOUD, Nicolas				12	Ddo				<b>5:16.50</b>	301	
	50m:	35.37	35.37	150m:	1:55.26	39.99	250m:	3:16.54	40.90	350m:	4:37.20	40.28
	100m:	1:15.27	39.90	200m:	2:35.64	40.38	300m:	3:56.92	40.38	400m:	5:16.50	39.30
33.	JOYAL BEAUMIER, Elliot				11	Elite				<b>5:17.27</b>	299	
	50m:	34.66	34.66	150m:	1:53.62	40.35	250m:	3:15.53	41.20	350m:	4:37.95	41.37
	100m:	1:13.27	38.61	200m:	2:34.33	40.71	300m:	3:56.58	41.05	400m:	5:17.27	39.32
34.	LAPARÉ-THIBAUT, Éliott				12	club aquatique st-eustache				<b>5:19.33</b>	293	
	50m:	35.35	35.35	150m:	1:56.23	40.66	250m:	3:18.04	41.24	350m:	4:40.79	41.32
	100m:	1:15.57	40.22	200m:	2:36.80	40.57	300m:	3:59.47	41.43	400m:	5:19.33	38.54
35.	BINET, Ethan				13	Bbf				<b>5:20.87</b>	289	
	50m:	34.55	34.55	150m:	1:54.47	40.83	250m:	3:17.27	41.09	350m:	4:41.65	42.46
	100m:	1:13.64	39.09	200m:	2:36.18	41.71	300m:	3:59.19	41.92	400m:	5:20.87	39.22
36.	YANKOV, Daniel				13	Cdndg				<b>5:21.32</b>	288	
	50m:	33.95	33.95	150m:	1:54.90	41.34	250m:	3:19.17	43.11	350m:	4:42.98	42.96
	100m:	1:13.56	39.61	200m:	2:36.06	41.16	300m:	4:00.02	40.85	400m:	5:21.32	38.34
37.	BARIL, Émerik				11	Elite				<b>5:22.92</b>	283	
	50m:	36.45	36.45	150m:	1:59.40	42.16	250m:	3:21.97	41.20	350m:	4:45.20	41.73
	100m:	1:17.24	40.79	200m:	2:40.77	41.37	300m:	4:03.47	41.50	400m:	5:22.92	37.72
38.	TAJ, Younes				12	Cdndg				<b>5:23.06</b>	283	
	50m:	36.43	36.43	150m:	1:57.93	41.08	250m:	3:19.33	41.19	350m:	4:43.18	41.85
	100m:	1:16.85	40.42	200m:	2:38.14	40.21	300m:	4:01.33	42.00	400m:	5:23.06	39.88
39.	TAJ, Youssef				12	Cdndg				<b>5:23.25</b>	283	
	50m:	35.54	35.54	150m:	1:57.24	41.74	250m:	3:19.89	41.07	350m:	4:43.72	41.84
	100m:	1:15.50	39.96	200m:	2:38.82	41.58	300m:	4:01.88	41.99	400m:	5:23.25	39.53
40.	BHANDIWAD, Samarth				13	Ddo				<b>5:23.64</b>	282	
	50m:	36.99	36.99	150m:	1:58.14	40.90	250m:	3:21.39	41.74	350m:	4:44.64	41.37
	100m:	1:17.24	40.25	200m:	2:39.65	41.51	300m:	4:03.27	41.88	400m:	5:23.64	39.00
41.	GRENIER, Tristan				12	Natation Gatineau				<b>5:24.71</b>	279	
	50m:	35.37	35.37	150m:	1:55.06	40.86	250m:	3:18.79	42.00	350m:	4:43.27	42.48
	100m:	1:14.20	38.83	200m:	2:36.79	41.73	300m:	4:00.79	42.00	400m:	5:24.71	41.44
42.	RAZZARI, Giulio				12	Cdndg				<b>5:24.90</b>	278	
	50m:	35.69	35.69	150m:	1:59.70	42.49	250m:	3:21.66	41.07	350m:	4:45.47	41.73
	100m:	1:17.21	41.52	200m:	2:40.59	40.89	300m:	4:03.74	42.08	400m:	5:24.90	39.43
43.	RAKOTOHARISON, Kyan				13	Natation Gatineau				<b>5:27.59</b>	271	
	50m:	35.39	35.39	150m:	1:55.91	41.37	250m:	3:20.81	42.75	350m:	4:47.60	42.93
	100m:	1:14.54	39.15	200m:	2:38.06	42.15	300m:	4:04.67	43.86	400m:	5:27.59	39.99
44.	GOULET, Nathaniel				12	Elite				<b>5:31.65</b>	262	
	50m:	35.48	35.48	150m:	1:58.04	42.10	250m:	3:23.76	42.80	350m:	4:50.04	43.11
	100m:	1:15.94	40.46	200m:	2:40.96	42.92	300m:	4:06.93	43.17	400m:	5:31.65	41.61
45.	ST-PIERRE, Noah				13	LMRL Rivière-du-Loup				<b>5:33.09</b>	258	
	50m:	36.28	36.28	150m:	1:58.49	40.51	250m:	3:24.26	42.79	350m:	4:51.99	42.93
	100m:	1:17.98	41.70	200m:	2:41.47	42.98	300m:	4:09.06	44.80	400m:	5:33.09	41.10

## Epreuve 14, Garçons, 400m Libre, 13 ans et moins

Rang					Age					Temps	Pts	
46.	LECLERC, Louis				11	Rouge et Or/Université Laval				<b>5:33.27</b>	258	
	50m:	38.17	38.17	150m:	2:03.49	42.54	250m:	3:29.59	42.89	350m:	4:50.56	38.93
	100m:	1:20.95	42.78	200m:	2:46.70	43.21	300m:	4:11.63	42.04	400m:	5:33.27	42.71
47.	ANGLEHART, Simon				11	Rouge et Or/Université Laval				<b>5:33.34</b>	258	
	50m:	38.44	38.44	150m:	2:02.57	42.25	250m:	3:27.36	42.63	350m:	4:53.42	42.25
	100m:	1:20.32	41.88	200m:	2:44.73	42.16	300m:	4:11.17	43.81	400m:	5:33.34	39.92
48.	RANGO, Benjamin				11	Elite				<b>5:34.14</b>	256	
	50m:	35.64	35.64	150m:	2:00.95	43.53	250m:	3:28.04	43.72	350m:	4:53.34	42.80
	100m:	1:17.42	41.78	200m:	2:44.32	43.37	300m:	4:10.54	42.50	400m:	5:34.14	40.80
49.	GENNARELLI, Liam				11	Ddo				<b>5:34.63</b>	255	
	50m:	36.44	36.44	150m:	2:01.75	42.70	250m:	3:28.20	43.30	350m:	4:54.97	43.30
	100m:	1:19.05	42.61	200m:	2:44.90	43.15	300m:	4:11.67	43.47	400m:	5:34.63	39.66
50.	SLATER, Noah				12	Ddo				<b>5:34.65</b>	255	
	50m:	36.07	36.07	150m:	2:02.59	44.05	250m:	3:29.13	43.39	350m:	4:55.11	42.43
	100m:	1:18.54	42.47	200m:	2:45.74	43.15	300m:	4:12.68	43.55	400m:	5:34.65	39.54
51.	DEMERS, Gabriel				10	Club de natation Saint-Laurent				<b>5:34.86</b>	254	
	50m:	36.56	36.56	150m:	2:01.71	43.22	250m:	3:28.31	42.60	350m:	4:54.46	42.88
	100m:	1:18.49	41.93	200m:	2:45.71	44.00	300m:	4:11.58	43.27	400m:	5:34.86	40.40
52.	DECHAMPLAIN, Élie				13	Les Dauphins de Rimouski				<b>5:36.49</b>	250	
	50m:	36.86	36.86	150m:	2:01.50	42.86	250m:	3:28.59	43.50	350m:	4:55.29	42.83
	100m:	1:18.64	41.78	200m:	2:45.09	43.59	300m:	4:12.46	43.87	400m:	5:36.49	41.20
53.	DUFOUR, Mikaël				12	Bbf				<b>5:37.12</b>	249	
	50m:	35.98	35.98	150m:	2:00.68	42.14	250m:	3:29.20	44.19	350m:	4:56.23	43.04
	100m:	1:18.54	42.56	200m:	2:45.01	44.33	300m:	4:13.19	43.99	400m:	5:37.12	40.89
54.	BOUKER, Emir				10	Rouge et Or/Université Laval				<b>5:37.48</b>	248	
	50m:	37.62	37.62	150m:	2:03.64	43.29	250m:	3:29.87	43.58	350m:	4:55.92	42.62
	100m:	1:20.35	42.73	200m:	2:46.29	42.65	300m:	4:13.30	43.43	400m:	5:37.48	41.56
55.	XUE, Eric				13	Ddo				<b>5:39.50</b>	244	
	50m:	38.92	38.92	150m:	2:06.29	44.27	250m:	3:34.56	43.11	350m:	4:58.99	42.37
	100m:	1:22.02	43.10	200m:	2:51.45	45.16	300m:	4:16.62	42.06	400m:	5:39.50	40.51
56.	SERVIO, Aidan				12	Ddo				<b>5:42.06</b>	238	
	50m:	37.67	37.67	150m:	2:03.00	43.42	250m:	3:30.70	44.24	350m:	4:59.68	44.23
	100m:	1:19.58	41.91	200m:	2:46.46	43.46	300m:	4:15.45	44.75	400m:	5:42.06	42.38
57.	MORRISON, Sebastian				12	Cote Saint-Luc Aquatics				<b>5:43.67</b>	235	
	50m:	37.88	37.88	150m:	2:05.29	43.94	250m:	3:34.35	44.53	350m:	5:03.46	44.54
	100m:	1:21.35	43.47	200m:	2:49.82	44.53	300m:	4:18.92	44.57	400m:	5:43.67	40.21
58.	SELAMI, Ahmed-Yacine				11	Mtl Nord Natation				<b>5:57.57</b>	209	
	50m:	38.98	38.98	150m:	2:10.46	46.90	250m:	3:45.19	47.90	350m:	5:17.26	46.07
	100m:	1:23.56	44.58	200m:	2:57.29	46.83	300m:	4:31.19	46.00	400m:	5:57.57	40.31

## 14 - 15 ans

1.	GUÉNETTE, Guillaume				15	Natation Gatineau				<b>4:18.55</b>	553	
	50m:	29.56	29.56	150m:	1:35.12	32.99	250m:	2:41.64	32.76	350m:	3:47.24	32.84
	100m:	1:02.13	32.57	200m:	2:08.88	33.76	300m:	3:14.40	32.76	400m:	4:18.55	31.31
2.	POMERLEAU, Justin				15	Rouge et Or/Université Laval				<b>4:21.20</b>	536	
	50m:	29.63	29.63	150m:	1:35.39	33.16	250m:	2:42.40	33.63	350m:	3:50.01	34.04
	100m:	1:02.23	32.60	200m:	2:08.77	33.38	300m:	3:15.97	33.57	400m:	4:21.20	31.19

## Epreuve 14, Garçons, 400m Libre, 14 - 15 ans

Rang					Age					Temps	Pts	
3.	MENARD, Thomas				14	LMRL Rivière-du-Loup				<b>4:22.00</b>	531	
	50m:	29.71	29.71	150m:	1:35.24	33.20	250m:	2:42.20	33.68	350m:	3:49.88	33.94
	100m:	1:02.04	32.33	200m:	2:08.52	33.28	300m:	3:15.94	33.74	400m:	4:22.00	32.12
4.	EZZINA, Skander				15	club aquatique st-eustache				<b>4:22.68</b>	527	
	50m:	29.16	29.16	150m:	1:35.40	33.52	250m:	2:42.47	33.51	350m:	3:50.15	33.78
	100m:	1:01.88	32.72	200m:	2:08.96	33.56	300m:	3:16.37	33.90	400m:	4:22.68	32.53
5.	BEAUDOIN, Loic				14	Rouge et Or/Université Laval				<b>4:26.13</b>	507	
	50m:	29.89	29.89	150m:	1:36.40	33.48	250m:	2:44.53	34.37	350m:	3:53.33	34.30
	100m:	1:02.92	33.03	200m:	2:10.16	33.76	300m:	3:19.03	34.50	400m:	4:26.13	32.80
6.	THIFAUULT, Charles				14	Elite				<b>4:29.06</b>	490	
	50m:	30.41	30.41	150m:	1:37.92	34.12	250m:	2:46.73	34.04	350m:	3:55.78	34.36
	100m:	1:03.80	33.39	200m:	2:12.69	34.77	300m:	3:21.42	34.69	400m:	4:29.06	33.28
7.	ASMAR, Damian				15	club aquatique st-eustache				<b>4:30.87</b>	481	
	50m:	29.68	29.68	150m:	1:36.31	33.91	250m:	2:45.53	34.86	350m:	3:56.18	35.33
	100m:	1:02.40	32.72	200m:	2:10.67	34.36	300m:	3:20.85	35.32	400m:	4:30.87	34.69
8.	SMALLEY, Kieran				14	Cdndg				<b>4:31.43</b>	478	
	50m:	30.72	30.72	150m:	1:41.24	35.50	250m:	2:50.26	34.64	350m:	3:59.96	34.29
	100m:	1:05.74	35.02	200m:	2:15.62	34.38	300m:	3:25.67	35.41	400m:	4:31.43	31.47
9.	COOK, Ronan				14	Ddo				<b>4:31.76</b>	476	
	50m:	30.52	30.52	150m:	1:39.88	34.59	250m:	2:50.41	35.37	350m:	3:58.41	32.29
	100m:	1:05.29	34.77	200m:	2:15.04	35.16	300m:	3:26.12	35.71	400m:	4:31.76	33.35
10.	BOUKER, Salah-Fédy				15	Rouge et Or/Université Laval				<b>4:33.45</b>	467	
	50m:	30.64	30.64	150m:	1:39.08	34.37	250m:	2:49.03	34.92	350m:	3:59.66	35.27
	100m:	1:04.71	34.07	200m:	2:14.11	35.03	300m:	3:24.39	35.36	400m:	4:33.45	33.79
11.	LINDSAY, Benjamin				14	Ddo				<b>4:36.43</b>	452	
	50m:	30.86	30.86	150m:	1:40.84	35.49	250m:	2:52.19	35.84	350m:	4:03.21	35.40
	100m:	1:05.35	34.49	200m:	2:16.35	35.51	300m:	3:27.81	35.62	400m:	4:36.43	33.22
12.	ROUMANOS, Roy				14	Sher				<b>4:36.52</b>	452	
	50m:	30.87	30.87	150m:	1:39.98	34.93	250m:	2:50.52	35.44	350m:	4:01.87	35.58
	100m:	1:05.05	34.18	200m:	2:15.08	35.10	300m:	3:26.29	35.77	400m:	4:36.52	34.65
13.	LÉVESQUE, Vincent				15	Mégophias				<b>4:37.92</b>	445	
	50m:	30.46	30.46	150m:	1:40.05	35.13	250m:	2:50.65	35.42	350m:	4:02.93	36.20
	100m:	1:04.92	34.46	200m:	2:15.23	35.18	300m:	3:26.73	36.08	400m:	4:37.92	34.99
14.	NAGIRNEAC, Alex				15	Dorval Swim Club				<b>4:40.07</b>	435	
	50m:	31.64	31.64	150m:	1:41.77	35.32	250m:	2:54.43	36.74	350m:	4:05.51	35.54
	100m:	1:06.45	34.81	200m:	2:17.69	35.92	300m:	3:29.97	35.54	400m:	4:40.07	34.56
15.	BARCOMA, Rafael Jacob				15	Cdndg				<b>4:41.63</b>	428	
	50m:	31.59	31.59	150m:	1:42.08	35.65	250m:	2:54.49	36.51	350m:	4:07.20	36.05
	100m:	1:06.43	34.84	200m:	2:17.98	35.90	300m:	3:31.15	36.66	400m:	4:41.63	34.43
16.	WONG, Mahilo				14	Ddo				<b>4:42.08</b>	426	
	50m:	28.84	28.84	150m:	1:34.68	33.58	250m:	2:46.04	36.52	350m:	4:03.00	38.72
	100m:	1:01.10	32.26	200m:	2:09.52	34.84	300m:	3:24.28	38.24	400m:	4:42.08	39.08
17.	FAKIH, Mohamad				14	Cdndg				<b>4:44.54</b>	415	
	50m:	31.54	31.54	150m:	1:44.31	36.92	250m:	2:58.19	37.11	350m:	4:11.03	36.19
	100m:	1:07.39	35.85	200m:	2:21.08	36.77	300m:	3:34.84	36.65	400m:	4:44.54	33.51
18.	REZVANI, Artin				14	Natation Gatineau				<b>4:45.07</b>	412	
	50m:	31.50	31.50	150m:	1:42.95	36.38	250m:	2:55.33	35.44	350m:	4:08.79	36.97
	100m:	1:06.57	35.07	200m:	2:19.89	36.94	300m:	3:31.82	36.49	400m:	4:45.07	36.28

## Epreuve 14, Garçons, 400m Libre, 14 - 15 ans

Rang				Age					Temps	Pts		
19.	SIMARD, Isaac			15	Mtl Nord Natation				<b>4:45.37</b>	411		
	50m:	31.14	31.14	150m:	1:44.19	36.77	250m:	2:57.99	37.02	350m:	4:10.63	36.16
	100m:	1:07.42	36.28	200m:	2:20.97	36.78	300m:	3:34.47	36.48	400m:	4:45.37	34.74
20.	BLAIS, Malyk			15	Mégophias				<b>4:45.62</b>	410		
	50m:	32.43	32.43	150m:	1:45.22	36.65	250m:	2:58.35	36.72	350m:	4:10.85	36.07
	100m:	1:08.57	36.14	200m:	2:21.63	36.41	300m:	3:34.78	36.43	400m:	4:45.62	34.77
21.	ONORATI, Matteo			15	Ddo				<b>4:47.63</b>	401		
	50m:	32.66	32.66	150m:	1:46.22	37.23	250m:	3:00.27	37.02	350m:	4:13.67	36.44
	100m:	1:08.99	36.33	200m:	2:23.25	37.03	300m:	3:37.23	36.96	400m:	4:47.63	33.96
22.	LANGLAIS, Liam			15	Club Aquatique Charlesbourg				<b>4:48.16</b>	399		
	50m:	32.32	32.32	150m:	1:44.67	36.48	250m:	2:58.77	37.00	350m:	4:12.43	36.31
	100m:	1:08.19	35.87	200m:	2:21.77	37.10	300m:	3:36.12	37.35	400m:	4:48.16	35.73
23.	CHIN, Jonah			14	Ddo				<b>4:48.19</b>	399		
	50m:	32.92	32.92	150m:	1:45.41	36.50	250m:	2:59.38	36.79	350m:	4:13.22	36.55
	100m:	1:08.91	35.99	200m:	2:22.59	37.18	300m:	3:36.67	37.29	400m:	4:48.19	34.97
24.	EL KASMI, Rhali Mohammed			15	Mtl Nord Natation				<b>4:50.80</b>	388		
	50m:	31.42	31.42	150m:	1:43.76	36.93	250m:	2:58.24	37.18	350m:	4:14.37	38.21
	100m:	1:06.83	35.41	200m:	2:21.06	37.30	300m:	3:36.16	37.92	400m:	4:50.80	36.43
25.	NGUYEN, Ky Huu			14	Club de natation Saint-Laurent				<b>4:51.11</b>	387		
	50m:	32.10	32.10	150m:	1:45.32	36.77	250m:	2:59.51	36.85	350m:	4:15.07	37.61
	100m:	1:08.55	36.45	200m:	2:22.66	37.34	300m:	3:37.46	37.95	400m:	4:51.11	36.04
26.	SFESTAROF, Harald			14	Cote Saint-Luc Aquatics				<b>4:51.39</b>	386		
	50m:	31.90	31.90	150m:	1:44.49	36.66	250m:	2:58.96	37.10	350m:	4:14.48	37.69
	100m:	1:07.83	35.93	200m:	2:21.86	37.37	300m:	3:36.79	37.83	400m:	4:51.39	36.91
27.	LANDRY, Félix-Antoine			14	Mégophias				<b>4:53.77</b>	377		
	50m:	33.13	33.13	150m:	1:47.61	37.89	250m:	3:03.63	38.25	350m:	4:18.56	37.89
	100m:	1:09.72	36.59	200m:	2:25.38	37.77	300m:	3:40.67	37.04	400m:	4:53.77	35.21
28.	WANG, Yannick Immanuel			14	Dorval Swim Club				<b>4:53.98</b>	376		
	50m:	33.72	33.72	150m:	1:48.07	37.28	250m:	3:04.45	38.61	350m:	4:20.84	37.57
	100m:	1:10.79	37.07	200m:	2:25.84	37.77	300m:	3:43.27	38.82	400m:	4:53.98	33.14
29.	DESLAURIERS, Vincent			15	Les Dauphins de Rimouski				<b>4:54.06</b>	376		
	50m:	33.54	33.54	150m:	1:48.58	38.00	250m:	3:03.84	37.64	350m:	4:18.24	37.06
	100m:	1:10.58	37.04	200m:	2:26.20	37.62	300m:	3:41.18	37.34	400m:	4:54.06	35.82
30.	DESROCHERS, Mathieu			14	Bbf				<b>4:54.14</b>	375		
	50m:	32.45	32.45	150m:	1:46.70	37.66	250m:	3:01.66	37.72	350m:	4:17.92	37.92
	100m:	1:09.04	36.59	200m:	2:23.94	37.24	300m:	3:40.00	38.34	400m:	4:54.14	36.22
31.	GAUDREAU, Émile			14	Club Aquatique Charlesbourg				<b>4:54.97</b>	372		
	50m:	33.09	33.09	150m:	1:45.98	36.89	250m:	3:01.68	38.20	350m:	4:18.51	38.10
	100m:	1:09.09	36.00	200m:	2:23.48	37.50	300m:	3:40.41	38.73	400m:	4:54.97	36.46
32.	DECHAMPLAIN, Joseph			15	Les Dauphins de Rimouski				<b>4:55.29</b>	371		
	50m:	32.89	32.89	150m:	1:47.45	37.63	250m:	3:02.97	37.77	350m:	4:18.58	37.61
	100m:	1:09.82	36.93	200m:	2:25.20	37.75	300m:	3:40.97	38.00	400m:	4:55.29	36.71
33.	WENAAS, Félix			15	Club de natation Saint-Laurent				<b>4:56.30</b>	367		
	50m:	30.19	30.19	150m:	1:41.01	35.99	250m:	2:57.66	38.37	350m:	4:16.04	39.26
	100m:	1:05.02	34.83	200m:	2:19.29	38.28	300m:	3:36.78	39.12	400m:	4:56.30	40.26
34.	MERCIER, Adam			14	Club Aquatique Charlesbourg				<b>4:58.46</b>	359		
	50m:	34.33	34.33	150m:	1:49.27	37.61	250m:	3:05.37	37.91	350m:	4:22.27	37.83
	100m:	1:11.66	37.33	200m:	2:27.46	38.19	300m:	3:44.44	39.07	400m:	4:58.46	36.19



## Epreuve 14, Garçons, 400m Libre, 14 - 15 ans

Rang				Age						Temps	Pts	
35.	ZWEIG, Harley			14	Ddo					<b>5:00.58</b>	352	
	50m:	32.69	32.69	150m:	1:46.82	37.72	250m:	3:04.55	38.99	350m:	4:22.35	38.54
	100m:	1:09.10	36.41	200m:	2:25.56	38.74	300m:	3:43.81	39.26	400m:	5:00.58	38.23
36.	TANG, Austin Haoning			15	Cdndg					<b>5:03.49</b>	342	
	50m:	32.54	32.54	150m:	1:49.01	38.96	250m:	3:07.66	39.00	350m:	4:25.97	38.87
	100m:	1:10.05	37.51	200m:	2:28.66	39.65	300m:	3:47.10	39.44	400m:	5:03.49	37.52
37.	PINEAU, Charles			14	Club Aquatique Charlesbourg					<b>5:03.82</b>	340	
	50m:	33.23	33.23	150m:	1:50.09	39.23	250m:	3:09.05	39.46	350m:	4:27.34	38.32
	100m:	1:10.86	37.63	200m:	2:29.59	39.50	300m:	3:49.02	39.97	400m:	5:03.82	36.48
38.	OUCHIHA, Adam			14	Natation Gatineau					<b>5:06.13</b>	333	
	50m:	33.61	33.61	150m:	1:51.30	39.51	250m:	3:10.29	39.35	350m:	4:28.34	39.41
	100m:	1:11.79	38.18	200m:	2:30.94	39.64	300m:	3:48.93	38.64	400m:	5:06.13	37.79
39.	ST-LAURENT, Elliot			14	Club Aquatique Charlesbourg					<b>5:07.40</b>	329	
	50m:	35.68	35.68	150m:	1:52.48	39.02	250m:	3:11.04	39.36	350m:	4:29.44	39.05
	100m:	1:13.46	37.78	200m:	2:31.68	39.20	300m:	3:50.39	39.35	400m:	5:07.40	37.96
40.	KARKOUTI, Marcus-Xavier			14	Ddo					<b>5:09.37</b>	322	
	50m:	34.35	34.35	150m:	1:53.02	39.47	250m:	3:14.26	41.03	350m:	4:31.58	38.59
	100m:	1:13.55	39.20	200m:	2:33.23	40.21	300m:	3:52.99	38.73	400m:	5:09.37	37.79
41.	LEBLOND, Alexis			14	Mtl Nord Natation					<b>5:25.65</b>	276	
	50m:	36.01	36.01	150m:	1:58.64	41.82	250m:	3:22.42	41.40	350m:	4:44.59	40.96
	100m:	1:16.82	40.81	200m:	2:41.02	42.38	300m:	4:03.63	41.21	400m:	5:25.65	41.06

## 16 - 17 ans

1.	BOLDUC, François			16	Les Dauphins de Rimouski					<b>4:20.95</b>	538	
	50m:	29.43	29.43	150m:	1:34.18	32.51	250m:	2:41.30	33.52	350m:	3:48.77	33.42
	100m:	1:01.67	32.24	200m:	2:07.78	33.60	300m:	3:15.35	34.05	400m:	4:20.95	32.18
2.	DONG, Jonathan			16	Ddo					<b>4:23.24</b>	524	
	50m:	28.93	28.93	150m:	1:34.17	33.37	250m:	2:41.53	33.68	350m:	3:49.45	34.29
	100m:	1:00.80	31.87	200m:	2:07.85	33.68	300m:	3:15.16	33.63	400m:	4:23.24	33.79
3.	HUNT, Liam			16	Dorval Swim Club					<b>4:24.11</b>	519	
	50m:	28.66	28.66	150m:	1:34.90	33.70	250m:	2:42.44	33.73	350m:	3:50.73	34.56
	100m:	1:01.20	32.54	200m:	2:08.71	33.81	300m:	3:16.17	33.73	400m:	4:24.11	33.38
4.	GOYETTE, Antoine			16	Natation Gatineau					<b>4:24.98</b>	513	
	50m:	29.45	29.45	150m:	1:35.70	33.34	250m:	2:42.76	33.65	350m:	3:51.54	34.36
	100m:	1:02.36	32.91	200m:	2:09.11	33.41	300m:	3:17.18	34.42	400m:	4:24.98	33.44
5.	SÉNÉCAL, Malyk			16	Natation Gatineau					<b>4:25.03</b>	513	
	50m:	29.92	29.92	150m:	1:36.05	33.46	250m:	2:44.17	34.19	350m:	3:51.99	33.72
	100m:	1:02.59	32.67	200m:	2:09.98	33.93	300m:	3:18.27	34.10	400m:	4:25.03	33.04
6.	SONG, Davies Zhendi			17	Natation Gatineau					<b>4:28.20</b>	495	
	50m:	29.50	29.50	150m:	1:36.83	34.12	250m:	2:45.94	34.84	350m:	3:55.21	34.74
	100m:	1:02.71	33.21	200m:	2:11.10	34.27	300m:	3:20.47	34.53	400m:	4:28.20	32.99
7.	ELAISSI, Zacharya			17	Elite					<b>4:29.90</b>	486	
	50m:	30.77	30.77	150m:	1:39.02	34.59	250m:	2:47.84	34.60	350m:	3:56.67	34.65
	100m:	1:04.43	33.66	200m:	2:13.24	34.22	300m:	3:22.02	34.18	400m:	4:29.90	33.23
8.	RUSCITO, Marcus			16	Cote Saint-Luc Aquatics					<b>4:29.98</b>	485	
	50m:	29.65	29.65	150m:	1:38.34	35.30	250m:	2:47.78	34.82	350m:	3:57.66	34.39
	100m:	1:03.04	33.39	200m:	2:12.96	34.62	300m:	3:23.27	35.49	400m:	4:29.98	32.32

## Epreuve 14, Garçons, 400m Libre, 16 - 17 ans

Rang				Age						Temps	Pts	
9.	WONG, Drazic			17	Ddo					<b>4:30.03</b>	485	
	50m:	28.98	28.98	150m:	1:36.08	34.52	250m:	2:45.52	34.69	350m:	3:55.78	35.18
	100m:	1:01.56	32.58	200m:	2:10.83	34.75	300m:	3:20.60	35.08	400m:	4:30.03	34.25
10.	AMARAL, Dylan			16	Club de natation Saint-Laurent					<b>4:32.11</b>	474	
	50m:	30.52	30.52	150m:	1:39.03	35.18	250m:	2:48.63	34.20	350m:	3:58.05	34.48
	100m:	1:03.85	33.33	200m:	2:14.43	35.40	300m:	3:23.57	34.94	400m:	4:32.11	34.06
11.	SLAMA, Seif			16	Rouge et Or/Université Laval					<b>4:37.62</b>	446	
	50m:	28.75	28.75	150m:	1:35.87	34.38	250m:	2:47.45	36.11	350m:	4:01.73	37.30
	100m:	1:01.49	32.74	200m:	2:11.34	35.47	300m:	3:24.43	36.98	400m:	4:37.62	35.89
12.	BOLDUC, Théo			16	Sher					<b>4:40.47</b>	433	
	50m:	31.41	31.41	150m:	1:41.41	35.80	250m:	2:53.42	36.10	350m:	4:05.96	35.94
	100m:	1:05.61	34.20	200m:	2:17.32	35.91	300m:	3:30.02	36.60	400m:	4:40.47	34.51
13.	BALDO, Kieran			16	Bbf					<b>4:41.11</b>	430	
	50m:	30.99	30.99	150m:	1:42.67	36.27	250m:	2:56.12	36.85	350m:	4:08.32	35.19
	100m:	1:06.40	35.41	200m:	2:19.27	36.60	300m:	3:33.13	37.01	400m:	4:41.11	32.79
14.	FAKIH, Houssein			17	Cdndg					<b>4:42.81</b>	422	
	50m:	30.91	30.91	150m:	1:41.62	36.03	250m:	2:56.05	37.74	350m:	4:09.83	36.61
	100m:	1:05.59	34.68	200m:	2:18.31	36.69	300m:	3:33.22	37.17	400m:	4:42.81	32.98
15.	DESJARDINS, Alexandre			16	Les Dauphins de Rimouski					<b>4:42.95</b>	422	
	50m:	30.77	30.77	150m:	1:42.38	36.30	250m:	2:55.28	36.42	350m:	4:08.11	36.17
	100m:	1:06.08	35.31	200m:	2:18.86	36.48	300m:	3:31.94	36.66	400m:	4:42.95	34.84
16.	CARDINAL, Eymeric			16	Dorval Swim Club					<b>4:44.25</b>	416	
	50m:	32.47	32.47	150m:	1:43.89	35.56	250m:	2:56.44	36.79	350m:	4:10.75	36.83
	100m:	1:08.33	35.86	200m:	2:19.65	35.76	300m:	3:33.92	37.48	400m:	4:44.25	33.50
17.	PROPHÈTE, Adrien			17	Cdndg					<b>4:46.70</b>	405	
	50m:	30.60	30.60	150m:	1:42.02	36.02	250m:	2:56.16	37.08	350m:	4:10.68	37.57
	100m:	1:06.00	35.40	200m:	2:19.08	37.06	300m:	3:33.11	36.95	400m:	4:46.70	36.02
18.	GAGNON, Vincent			16	Les Dauphins de Rimouski					<b>4:46.84</b>	405	
	50m:	30.68	30.68	150m:	1:41.82	36.32	250m:	2:55.98	37.07	350m:	4:11.56	37.47
	100m:	1:05.50	34.82	200m:	2:18.91	37.09	300m:	3:34.09	38.11	400m:	4:46.84	35.28
19.	PICHÉ, Olivier			16	Rouge et Or/Université Laval					<b>4:46.93</b>	404	
	50m:	31.50	31.50	150m:	1:44.32	37.07	250m:	2:58.31	36.95	350m:	4:12.14	36.43
	100m:	1:07.25	35.75	200m:	2:21.36	37.04	300m:	3:35.71	37.40	400m:	4:46.93	34.79
20.	ELIE, Caleb			16	Rouge et Or/Université Laval					<b>4:47.92</b>	400	
	50m:	31.95	31.95	150m:	1:43.88	36.56	250m:	2:58.31	37.09	350m:	4:12.94	37.23
	100m:	1:07.32	35.37	200m:	2:21.22	37.34	300m:	3:35.71	37.40	400m:	4:47.92	34.98
21.	ANISHIN, Mikhail			16	Cote Saint-Luc Aquatics					<b>4:49.46</b>	394	
	50m:	30.45	30.45	150m:	1:41.27	36.01	250m:	2:58.48	40.23	350m:	4:16.57	38.36
	100m:	1:05.26	34.81	200m:	2:18.25	36.98	300m:	3:38.21	39.73	400m:	4:49.46	32.89
22.	SNANE, Samy			16	Mtl Nord Natation					<b>4:52.68</b>	381	
	50m:	33.00	33.00	150m:	1:46.29	37.43	250m:	3:00.68	37.26	350m:	4:16.31	38.05
	100m:	1:08.86	35.86	200m:	2:23.42	37.13	300m:	3:38.26	37.58	400m:	4:52.68	36.37
23.	DUVIDOVICI, Mark			16	Elite					<b>5:02.43</b>	345	
	50m:	32.41	32.41	150m:	1:46.85	38.08	250m:	3:04.33	38.89	350m:	4:24.27	39.94
	100m:	1:08.77	36.36	200m:	2:25.44	38.59	300m:	3:44.33	40.00	400m:	5:02.43	38.16