

Epreuve 23  
2025-03-30 - 8:30

Filles, 400m Libre

17 ans et moins  
Liste résultats

Quebec Provincial Senior Records	3:54.88	HARVEY, Mary-Sophie	CAMO	Budapest (HUN)	2024-12-10
Quebec Provincial Age Group Records 17	4:02.23	HARVEY, Mary-Sophie	NN	Toronto	2016-12-17
Quebec Provincial Age Group Records 16	4:10.22	HART, Lydia	PCSC	Toronto	2022-12-17
Quebec Provincial Age Group Records 15	4:15.42	JARDIN, Barbara	PPO	Montreal	2007-02-16
Quebec Provincial Age Group Records 14	4:18.26	HORNER, Stephanie	BBF	Halifax	2004-02-19
Quebec Provincial Age Group Records 13	4:19.44	HARVEY, Mary-Sophie	MEGO	Gatineau	2013-02-23
Quebec Provincial Age Group Records - 12	4:23.93	SHEWCHUCK, Stephanie	PCSC	???	1987-02-01

Points: AQUA 2024

Rang			Age					Temps	Pts
<b>13 ans et moins</b>									
1.	ST-AMOUR, Laurence		13	Elite				<b>4:42.83</b>	546
	50m:	31.65 31.65	150m:	1:42.38 35.58	250m:	2:54.55 35.75	350m:	4:06.99 36.10	
	100m:	1:06.80 35.15	200m:	2:18.80 36.42	300m:	3:30.89 36.34	400m:	4:42.83 35.84	
2.	MAXIMENCO, Sophia		13	Ddo				<b>4:47.73</b>	519
	50m:	32.81 32.81	150m:	1:46.07 36.62	250m:	2:58.97 35.70	350m:	4:11.88 35.93	
	100m:	1:09.45 36.64	200m:	2:23.27 37.20	300m:	3:35.95 36.98	400m:	4:47.73 35.85	
3.	BEAUCHAMP, Marie		11	Natation Gatineau				<b>5:02.41</b>	447
	50m:	33.70 33.70	150m:	1:51.07 39.01	250m:	3:09.40 39.14	350m:	4:27.51 38.65	
	100m:	1:12.06 38.36	200m:	2:30.26 39.19	300m:	3:48.86 39.46	400m:	5:02.41 34.90	
4.	MOSHUTZ, Laura		13	Club de natation Saint-Laurent				<b>5:03.28</b>	443
	50m:	33.76 33.76	150m:	1:51.09 39.25	250m:		350m:	4:29.08 38.96	
	100m:	1:11.84 38.08	200m:	2:31.15 40.06	300m:	3:50.12	400m:	5:03.28 34.20	
5.	COTE, Lili		12	Elite				<b>5:05.27</b>	434
	50m:	34.37 34.37	150m:	1:52.10 39.12	250m:	3:10.22 38.81	350m:	4:27.96 38.73	
	100m:	1:12.98 38.61	200m:	2:31.41 39.31	300m:	3:49.23 39.01	400m:	5:05.27 37.31	
6.	LAPRISE, Beatrice		13	LMRL Rivière-du-Loup				<b>5:06.27</b>	430
	50m:	34.62 34.62	150m:	1:51.79 38.03	250m:	3:10.04 39.54	350m:	4:30.28 40.06	
	100m:	1:13.76 39.14	200m:	2:30.50 38.71	300m:	3:50.22 40.18	400m:	5:06.27 35.99	
7.	LETENDRE, Elizabeth		13	Sher				<b>5:09.59</b>	417
	50m:	35.44 35.44	150m:	1:52.66 38.93	250m:	3:11.75 39.41	350m:	4:31.53 40.39	
	100m:	1:13.73 38.29	200m:	2:32.34 39.68	300m:	3:51.14 39.39	400m:	5:09.59 38.06	
8.	WATSON, Éléonore		12	Cote Saint-Luc Aquatics				<b>5:10.38</b>	413
	50m:	35.30 35.30	150m:	1:53.87 39.21	250m:	3:11.21 38.21	350m:	4:32.24 40.26	
	100m:	1:14.66 39.36	200m:	2:33.00 39.13	300m:	3:51.98 40.77	400m:	5:10.38 38.14	
9.	CHAN, Mina		12	Cdndg				<b>5:12.43</b>	405
	50m:	35.19 35.19	150m:	1:54.18 40.15	250m:	3:14.40 39.68	350m:	4:34.29 39.72	
	100m:	1:14.03 38.84	200m:	2:34.72 40.54	300m:	3:54.57 40.17	400m:	5:12.43 38.14	
10.	TANNY, Leora		13	Cote Saint-Luc Aquatics				<b>5:12.63</b>	404
	50m:	34.49 34.49	150m:	1:52.47 39.62	250m:	3:11.64 39.81	350m:	4:32.19 40.13	
	100m:	1:12.85 38.36	200m:	2:31.83 39.36	300m:	3:52.06 40.42	400m:	5:12.63 40.44	
11.	MARMOUZ, Siane		13	Dorval Swim Club				<b>5:13.82</b>	400
	50m:	35.81 35.81	150m:	1:55.18 39.98	250m:	3:15.16 40.11	350m:	4:34.72 39.56	
	100m:	1:15.20 39.39	200m:	2:35.05 39.87	300m:	3:55.16 40.00	400m:	5:13.82 39.10	

Epreuve 23, Filles, 400m Libre, 13 ans et moins

Rang				Age					Temps	Pts
12.	DESCENT, Audrey			13	Bbf				<b>5:14.30</b>	398
	50m:	35.34	35.34	150m:	1:55.71	40.69	250m:	3:15.98	350m:	4:36.27
	100m:	1:15.02	39.68	200m:			300m:		400m:	5:14.30 38.03
13.	PIAGET, Ariane			12	Cdndg				<b>5:15.16</b>	395
	50m:	34.86	34.86	150m:	1:55.02	40.18	250m:	3:15.92 40.45	350m:	4:37.57 40.85
	100m:	1:14.84	39.98	200m:	2:35.47	40.45	300m:	3:56.72 40.80	400m:	5:15.16 37.59
14.	CÔTÉ, Emma			13	Cac				<b>5:15.50</b>	394
	50m:	35.15	35.15	150m:	1:54.80		250m:	3:16.40 40.86	350m:	4:37.21
	100m:			200m:	2:35.54	40.74	300m:		400m:	5:15.50 38.29
15.	HUNT, Alexa			13	Dorval Swim Club				<b>5:16.60</b>	389
	50m:	36.79	36.79	150m:	1:58.99	41.05	250m:	3:19.79 40.26	350m:	4:39.20 39.64
	100m:	1:17.94	41.15	200m:	2:39.53	40.54	300m:	3:59.56 39.77	400m:	5:16.60 37.40
16.	BOUCHARD, Sarah			13	Rouge et Or				<b>5:18.71</b>	382
	50m:	36.97	36.97	150m:			250m:	3:17.27 40.40	350m:	4:38.31 40.27
	100m:	1:16.50	39.53	200m:	2:36.87		300m:	3:58.04 40.77	400m:	5:18.71 40.40
17.	COROVINA, Elizaveta			13	Cote Saint-Luc Aquatics				<b>5:18.97</b>	381
	50m:	35.71	35.71	150m:	1:56.78	41.55	250m:	3:19.98 41.52	350m:	4:41.71 40.58
	100m:	1:15.23	39.52	200m:	2:38.46	41.68	300m:	4:01.13 41.15	400m:	5:18.97 37.26
18.	FORTIER, Lua			13	Bbf				<b>5:21.27</b>	373
	50m:	34.81	34.81	150m:	1:54.29	40.22	250m:	3:17.39 41.96	350m:	4:41.54 42.10
	100m:	1:14.07	39.26	200m:	2:35.43	41.14	300m:	3:59.44 42.05	400m:	5:21.27 39.73
19.	ESPOSITO, Sophie			12	Bbf				<b>5:21.66</b>	371
	50m:	36.02	36.02	150m:	1:57.59	41.11	250m:	3:20.48 41.34	350m:	4:42.15 41.12
	100m:	1:16.48	40.46	200m:	2:39.14	41.55	300m:	4:01.03 40.55	400m:	5:21.66 39.51
20.	VEILLETTE, Olivianne			12	Mégophias				<b>5:24.12</b>	363
	50m:	36.16	36.16	150m:	1:58.14	41.41	250m:	3:21.84 41.49	350m:	4:45.75 41.82
	100m:	1:16.73	40.57	200m:	2:40.35	42.21	300m:	4:03.93 42.09	400m:	5:24.12 38.37
21.	AVILA, Philippa			13	Dorval Swim Club				<b>5:24.89</b>	360
	50m:	35.98	35.98	150m:			250m:	3:21.31 41.73	350m:	4:44.97 40.94
	100m:	1:16.17	40.19	200m:	2:39.58		300m:	4:04.03 42.72	400m:	5:24.89 39.92
22.	RONG, Qia			13	Club de natation Saint-Laurent				<b>5:25.90</b>	357
	50m:	36.34	36.34	150m:	1:57.11	41.15	250m:	3:21.44 42.19	350m:	4:45.41 41.46
	100m:	1:15.96	39.62	200m:	2:39.25	42.14	300m:	4:03.95 42.51	400m:	5:25.90 40.49
23.	D'AMORE, Emilia			12	Cdndg				<b>5:26.14</b>	356
	50m:	36.67	36.67	150m:	1:59.04	41.87	250m:	3:23.60 42.81	350m:	4:47.41 41.63
	100m:	1:17.17	40.50	200m:	2:40.79	41.75	300m:	4:05.78 42.18	400m:	5:26.14 38.73
24.	TROTTIER, Anaïs			12	Sher				<b>5:27.01</b>	353
	50m:	37.03	37.03	150m:	1:59.18	41.90	250m:	3:23.94 42.31	350m:	4:47.93 41.35
	100m:	1:17.28	40.25	200m:	2:41.63	42.45	300m:	4:06.58 42.64	400m:	5:27.01 39.08
25.	CHEN, Skye			11	Natation Gatineau				<b>5:27.43</b>	352
	50m:	35.06	35.06	150m:	1:55.20	40.62	250m:	3:19.25 42.68	350m:	4:46.60 43.32
	100m:	1:14.58	39.52	200m:	2:36.57	41.37	300m:	4:03.28 44.03	400m:	5:27.43 40.83

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Rang			Age					Temps	Pts	
26.	MONETTE, Magalie		13	Bbf				<b>5:27.55</b>	352	
	50m:	36.67	36.67	150m:	2:00.12	42.84	250m: 3:25.09	42.59	350m: 4:48.85	42.18
	100m:	1:17.28	40.61	200m:	2:42.50	42.38	300m: 4:06.67	41.58	400m: 5:27.55	38.70
27.	FORTIN, Charlie		13	Cac				<b>5:28.89</b>	347	
	50m:	38.17	38.17	150m:	2:02.62	42.91	250m: 3:27.00	41.53	350m: 4:49.95	40.91
	100m:	1:19.71	41.54	200m:	2:45.47	42.85	300m: 4:09.04	42.04	400m: 5:28.89	38.94
28.	GHRIB, Kayla Maysun		12	Club de natation Saint-Laurent				<b>5:30.62</b>	342	
	50m:	37.61	37.61	150m:	2:01.36	42.19	250m: 3:26.28	42.21	350m: 4:50.71	41.79
	100m:	1:19.17	41.56	200m:	2:44.07	42.71	300m: 4:08.92	42.64	400m: 5:30.62	39.91
29.	HO, Chloe		13	Cdndg				<b>5:30.64</b>	342	
	50m:	36.07	36.07	150m:	1:59.90	42.65	250m: 3:25.37	42.54	350m: 4:50.47	42.23
	100m:	1:17.25	41.18	200m:	2:42.83	42.93	300m: 4:08.24	42.87	400m: 5:30.64	40.17
30.	ONORATI, Isabella		12	Ddo				<b>5:31.33</b>	340	
	50m:	36.64	36.64	150m:	1:59.32	41.63	250m: 3:23.84	42.63	350m: 4:48.49	43.06
	100m:	1:17.69	41.05	200m:	2:41.21	41.89	300m: 4:05.43	41.59	400m: 5:31.33	42.84
31.	CAMPEANU, Carina		12	Cote Saint-Luc Aquatics				<b>5:31.50</b>	339	
	50m:	36.79	36.79	150m:	2:00.80	42.46	250m: 3:24.68	41.48	350m: 4:49.32	42.13
	100m:	1:18.34	41.55	200m:	2:43.20	42.40	300m: 4:07.19	42.51	400m: 5:31.50	42.18
32.	SILES, Elena		12	Ddo				<b>5:32.66</b>	336	
	50m:	38.02	38.02	150m:	2:02.40	42.24	250m: 3:27.09	42.47	350m: 4:51.31	42.03
	100m:	1:20.16	42.14	200m:	2:44.62	42.22	300m: 4:09.28	42.19	400m: 5:32.66	41.35
33.	LAFRENIÈRE, Sandrienne		12	Natation Gatineau				<b>5:33.85</b>	332	
	50m:	38.56	38.56	150m:	2:02.17		250m:		350m: 4:53.79	43.56
	100m:			200m:	2:44.13	41.96	300m: 4:10.23		400m: 5:33.85	40.06
34.	LANOUILLE, Alice		12	Rouge et Or				<b>5:35.18</b>	328	
	50m:			150m:			250m: 3:29.27	43.03	350m:	
	100m:	1:19.77		200m:	2:46.24		300m: 4:11.85	42.58	400m: 5:35.18	
35.	SOUCY, Satyana		12	Mégophias				<b>5:35.78</b>	326	
	50m:	37.60	37.60	150m:	2:04.30	43.79	250m: 3:31.29	43.05	350m: 4:56.94	42.20
	100m:	1:20.51	42.91	200m:	2:48.24	43.94	300m: 4:14.74	43.45	400m: 5:35.78	38.84
36.	PELLETIER, Laurence		12	Mégophias				<b>5:36.60</b>	324	
	50m:	38.29	38.29	150m:	2:03.45	42.75	250m: 3:28.48	42.35	350m: 4:54.49	43.40
	100m:	1:20.70	42.41	200m:	2:46.13	42.68	300m: 4:11.09	42.61	400m: 5:36.60	42.11
37.	DION, Éliane		12	Mégophias				<b>5:36.92</b>	323	
	50m:	38.25	38.25	150m:	2:03.41	42.87	250m: 3:30.58	43.32	350m: 4:57.04	42.36
	100m:	1:20.54	42.29	200m:	2:47.26	43.85	300m: 4:14.68	44.10	400m: 5:36.92	39.88
38.	PATRUTIU, Anna		9	Natation Gatineau				<b>5:36.93</b>	323	
	50m:	36.66	36.66	150m:	2:00.96	42.94	250m: 3:28.88	44.39	350m: 4:55.03	42.98
	100m:	1:18.02	41.36	200m:	2:44.49	43.53	300m: 4:12.05	43.17	400m: 5:36.93	41.90
39.	AUBIN, Naomie		11	Sher				<b>5:37.80</b>	321	
	50m:			150m:			250m:		350m:	
	100m:	1:20.62		200m:			300m:		400m: 5:37.80	

Epreuve 23, Filles, 400m Libre, 13 ans et moins

Rang					Age					Temps	Pts	
40.	GASCON, Louanne				13	Mégophias				<b>5:39.05</b>	317	
	50m:	36.08	36.08	150m:	250m:	3:29.47	350m:	4:58.39				
	100m:	1:17.88	41.80	200m:	300m:		400m:	5:39.05	40.66			
41.	MCKENNA, Margot				12	Dorval Swim Club				<b>5:40.62</b>	313	
	50m:	37.81	37.81	150m:	2:03.57	42.88	250m:	3:31.03	43.19	350m:	4:58.62	43.84
	100m:	1:20.69	42.88	200m:	2:47.84	44.27	300m:	4:14.78	43.75	400m:	5:40.62	42.00
42.	SPINA, Isabella				10	Club de natation Saint-Laurent				<b>5:41.15</b>	311	
	50m:	39.42	39.42	150m:	2:05.29	42.96	250m:	3:34.13	44.61	350m:	5:01.20	43.19
	100m:	1:22.33	42.91	200m:	2:49.52	44.23	300m:	4:18.01	43.88	400m:	5:41.15	39.95
43.	NAKAD, Jade				12	Club de natation Saint-Laurent				<b>5:42.53</b>	307	
	50m:	38.24	38.24	150m:	2:04.45	43.96	250m:	3:31.74	43.41	350m:	4:59.84	44.20
	100m:	1:20.49	42.25	200m:	2:48.33	43.88	300m:	4:15.64	43.90	400m:	5:42.53	42.69
44.	DESJARDINS, Eve-Marie				13	LMRL Rivière-du-Loup				<b>5:44.03</b>	303	
	50m:	38.62	38.62	150m:	2:07.56	45.59	250m:	3:35.39	43.68	350m:	5:02.99	43.48
	100m:	1:21.97	43.35	200m:	2:51.71	44.15	300m:	4:19.51	44.12	400m:	5:44.03	41.04
45.	EID, Nadine				12	Ddo				<b>5:46.76</b>	296	
	50m:			150m:	250m:		350m:					
	100m:	1:21.02		200m:	300m:		400m:	5:46.76				
46.	WYSE, Maya				12	Cote Saint-Luc Aquatics				<b>5:46.88</b>	296	
	50m:	37.43	37.43	150m:	2:06.97	44.92	250m:	3:36.36		350m:	5:04.80	43.79
	100m:	1:22.05	44.62	200m:			300m:	4:21.01	44.65	400m:	5:46.88	42.08
47.	FOUDALI, Rim Raha				13	Sher				<b>5:47.71</b>	294 *	
	50m:	37.56	37.56	150m:	2:04.05	43.63	250m:	3:32.56	44.35	350m:	5:03.48	45.54
	100m:	1:20.42	42.86	200m:	2:48.21	44.16	300m:	4:17.94	45.38	400m:	5:47.71	44.23
48.	AGUADO, Adéléa				12	Ddo				<b>5:51.00</b>	286	
	50m:	38.69	38.69	150m:	2:05.88	44.89	250m:	3:36.69	45.94	350m:	5:07.04	44.34
	100m:	1:20.99	42.30	200m:	2:50.75	44.87	300m:	4:22.70	46.01	400m:	5:51.00	43.96
49.	BROUSSEAU, Emy				11	LMRL Rivière-du-Loup				<b>5:51.46</b>	285	
	50m:	39.63	39.63	150m:	2:07.69	44.34	250m:	3:37.60	45.06	350m:	5:08.27	45.55
	100m:	1:23.35	43.72	200m:	2:52.54	44.85	300m:	4:22.72	45.12	400m:	5:51.46	43.19
50.	RANGO, Agathe				10	Elite				<b>5:56.70</b>	272	
	50m:	37.96	37.96	150m:	2:07.32	45.70	250m:	3:40.23	46.93	350m:	5:12.36	46.13
	100m:	1:21.62	43.66	200m:	2:53.30	45.98	300m:	4:26.23	46.00	400m:	5:56.70	44.34
51.	BROCHU, Tessa				12	Natation Gatineau				<b>5:58.00</b>	269	
	50m:	41.42	41.42	150m:	2:13.94	46.32	250m:	3:45.20	45.76	350m:	5:14.62	43.79
	100m:	1:27.62	46.20	200m:	2:59.44	45.50	300m:	4:30.83	45.63	400m:	5:58.00	43.38
52.	BERNARD, Flavie				11	Sher				<b>6:03.87</b>	256	
	50m:	37.46	37.46	150m:	2:10.19	47.67	250m:	3:44.85	47.29	350m:	5:19.55	47.30
	100m:	1:22.52	45.06	200m:	2:57.56	47.37	300m:	4:32.25	47.40	400m:	6:03.87	44.32
53.	GIROUARD, Ève				12	Natation Gatineau				<b>6:14.38</b>	235 *	
	50m:	39.01	39.01	150m:	2:14.63	48.61	250m:	3:52.15	48.45	350m:		
	100m:	1:26.02	47.01	200m:	3:03.70	49.07	300m:			400m:	6:14.38	

Epreuve 23, Filles, 400m Libre

14 - 15 ans

1.	BLUMEL, Margaret		14	Club de natation Saint-Laurent	<b>4:38.25</b>	574
	50m: 31.05	31.05	150m: 1:40.97	35.27	250m: 2:51.71	35.14
	100m: 1:05.70	34.65	200m: 2:16.57	35.60	300m: 3:27.51	35.80
					350m: 4:03.20	35.69
					400m: 4:38.25	35.05
2.	BROCHU, Aleni		14	Natation Gatineau	<b>4:39.35</b>	567
	50m: 31.98	31.98	150m: 1:42.80	35.69	250m: 2:53.33	34.79
	100m: 1:07.11	35.13	200m: 2:18.54	35.74	300m: 3:28.66	35.33
					350m: 4:04.64	35.98
					400m: 4:39.35	34.71
3.	LABERGE, Élise		15	Rouge et Or	<b>4:44.45</b>	537
	50m: 31.86	31.86	150m: 1:43.31	36.25	250m: 2:55.86	36.36
	100m: 1:07.06	35.20	200m: 2:19.50	36.19	300m: 3:32.33	36.47
					350m: 4:08.80	36.47
					400m: 4:44.45	35.65
4.	MICHAUD, Roxane		15	LMRL Rivière-du-Loup	<b>4:47.00</b>	523
	50m: 33.28	33.28	150m: 1:46.03	36.56	250m: 3:00.10	37.14
	100m: 1:09.47	36.19	200m: 2:22.96	36.93	300m: 3:36.89	36.79
					350m: 4:13.29	36.40
					400m: 4:47.00	33.71
5.	CHEN, Michelle		14	Ddo	<b>4:47.77</b>	519
	50m:		150m: 1:42.11	36.11	250m: 2:56.04	37.20
	100m: 1:06.00		200m: 2:18.84	36.73	300m: 3:33.56	37.52
					350m: 4:10.79	37.23
					400m: 4:47.77	36.98
6.	DION, Chloe		14	Ddo	<b>4:48.80</b>	513
	50m:		150m: 1:46.48		250m: 2:59.23	36.34
	100m:		200m: 2:22.89	36.41	300m: 3:36.04	36.81
					350m:	
					400m: 4:48.80	
7.	MARCOUX, Livia		14	Natation Gatineau	<b>4:49.78</b>	508
	50m: 33.65	33.65	150m: 1:47.16	36.69	250m: 3:01.20	37.18
	100m: 1:10.47	36.82	200m: 2:24.02	36.86	300m: 3:37.62	36.42
					350m: 4:13.64	36.02
					400m: 4:49.78	36.14
8.	PEART, Kaya		15	Cdndg	<b>4:54.97</b>	482
	50m: 31.66	31.66	150m: 1:44.10	37.16	250m: 3:00.90	38.64
	100m: 1:06.94	35.28	200m: 2:22.26	38.16	300m: 3:39.58	38.68
					350m: 4:18.09	38.51
					400m: 4:54.97	36.88
9.	BÉRUBÉ, Alizée		15	club aquatique st-eustache	<b>4:55.36</b>	480
	50m: 32.55	32.55	150m: 1:46.31	37.85	250m: 3:02.35	37.63
	100m: 1:08.46	35.91	200m: 2:24.72	38.41	300m: 3:40.55	38.20
					350m: 4:18.41	37.86
					400m: 4:55.36	36.95
10.	BOUCHARD, Marie		15	Rouge et Or	<b>4:57.11</b>	471
	50m: 33.32	33.32	150m: 1:47.58	37.49	250m: 3:03.80	38.22
	100m: 1:10.09	36.77	200m: 2:25.58	38.00	300m: 3:42.11	38.31
					350m: 4:20.23	38.12
					400m: 4:57.11	36.88
11.	POIRIER, Maika		14	club aquatique st-eustache	<b>4:58.17</b>	466
	50m: 31.86	31.86	150m: 1:46.41	38.21	250m: 3:03.04	38.35
	100m: 1:08.20	36.34	200m: 2:24.69	38.28	300m: 3:41.31	38.27
					350m: 4:20.41	39.10
					400m: 4:58.17	37.76
12.	JACOB, Fanny		15	Mégophias	<b>5:01.10</b>	453
	50m: 32.81	32.81	150m: 1:47.69	38.36	250m: 3:05.78	39.47
	100m: 1:09.33	36.52	200m: 2:26.31	38.62	300m: 3:43.79	38.01
					350m: 4:23.52	39.73
					400m: 5:01.10	37.58
13.	HO, Kum Yiu Hebe		14	Cdndg	<b>5:02.31</b>	447
	50m: 32.72	32.72	150m: 1:47.26	38.09	250m: 3:05.41	39.49
	100m: 1:09.17	36.45	200m: 2:25.92	38.66	300m: 3:45.55	40.14
					350m: 4:25.07	39.52
					400m: 5:02.31	37.24
14.	LOISELLE, Camille		14	club aquatique st-eustache	<b>5:03.82</b>	441
	50m: 33.11	33.11	150m: 1:47.85	38.05	250m: 3:05.25	38.66
	100m: 1:09.80	36.69	200m: 2:26.59	38.74	300m: 3:44.61	39.36
					350m: 4:24.48	39.87
					400m: 5:03.82	39.34

Epreuve 23, Filles, 400m Libre, 14 - 15 ans

Rang				Age						Temps	Pts	
15.	FRECHETTE, Ashlyn			14	Ddo					<b>5:04.19</b>	439	
	50m:	33.38	33.38	150m:	1:48.33	37.85	250m:	3:06.12	39.00	350m:	4:25.48	39.41
	100m:	1:10.48	37.10	200m:	2:27.12	38.79	300m:	3:46.07	39.95	400m:	5:04.19	38.71
16.	SLIJEPCEVIC, Natalija			14	Dorval Swim Club					<b>5:04.62</b>	437	
	50m:	35.40	35.40	150m:	1:52.33	38.08	250m:	3:10.14	39.02	350m:	4:27.55	38.94
	100m:	1:14.25	38.85	200m:	2:31.12	38.79	300m:	3:48.61	38.47	400m:	5:04.62	37.07
17.	DESCENT, Daphné			14	Bbf					<b>5:05.43</b>	434	
	50m:	33.42	33.42	150m:	1:48.60	37.79	250m:	3:07.21	39.57	350m:	4:27.58	40.15
	100m:	1:10.81	37.39	200m:	2:27.64	39.04	300m:	3:47.43	40.22	400m:	5:05.43	37.85
18.	KALLI, Stella			14	Ddo					<b>5:06.90</b>	428	
	50m:	33.31	33.31	150m:	1:50.46	38.81	250m:	3:09.30	39.33	350m:	4:28.38	39.09
	100m:	1:11.65	38.34	200m:	2:29.97	39.51	300m:	3:49.29	39.99	400m:	5:06.90	38.52
19.	BELLE-ISLE, Emilie			14	Cac					<b>5:07.21</b>	426	
	50m:	34.36	34.36	150m:	1:50.01	38.46	250m:	3:08.12	39.26	350m:	4:28.71	40.44
	100m:	1:11.55	37.19	200m:	2:28.86	38.85	300m:	3:48.27	40.15	400m:	5:07.21	38.50
20.	CHEVALIER, Eva			14	Cac					<b>5:08.94</b>	419	
	50m:	34.90	34.90	150m:	1:51.65	38.61	250m:	3:10.52	38.86	350m:	4:30.41	39.65
	100m:	1:13.04	38.14	200m:	2:31.66	40.01	300m:	3:50.76	40.24	400m:	5:08.94	38.53
21.	CONVIÉ, Lucy			14	Cote Saint-Luc Aquatics					<b>5:10.56</b>	413	
	50m:	33.87	33.87	150m:	1:52.02	40.30	250m:	3:12.79	39.98	350m:	4:32.36	39.33
	100m:	1:11.72	37.85	200m:	2:32.81	40.79	300m:	3:53.03	40.24	400m:	5:10.56	38.20
22.	PÉLISSIER, Anna Simone			14	Cac					<b>5:11.14</b>	410	
	50m:	36.03	36.03	150m:	1:54.18	39.11	250m:	3:12.98	39.39	350m:	4:33.03	39.76
	100m:	1:15.07	39.04	200m:	2:33.59	39.41	300m:	3:53.27	40.29	400m:	5:11.14	38.11
23.	PARADIS, Jolianne			14	Natation Gatineau					<b>5:11.58</b>	409	
	50m:	34.97	34.97	150m:	1:53.57	40.00	250m:	3:14.08	40.22	350m:	4:33.49	39.75
	100m:	1:13.57	38.60	200m:	2:33.86	40.29	300m:	3:53.74	39.66	400m:	5:11.58	38.09
24.	PELLETIER, Saskia			15	Natation Gatineau					<b>5:11.63</b>	408	
	50m:	33.35	33.35	150m:	1:51.02	39.66	250m:	3:10.98	40.47	350m:	4:32.68	40.77
	100m:	1:11.36	38.01	200m:	2:30.51	39.49	300m:	3:51.91	40.93	400m:	5:11.63	38.95
25.	CHUPRUN, Annika			14	Bbf					<b>5:12.26</b>	406	
	50m:	34.50	34.50	150m:	1:52.35	39.22	250m:	3:12.73	40.41	350m:	4:33.17	40.50
	100m:	1:13.13	38.63	200m:	2:32.32	39.97	300m:	3:52.67	39.94	400m:	5:12.26	39.09
26.	LEBLOND, Daphnée			15	Mtl Nord Natation					<b>5:13.47</b>	401	
	50m:	35.52	35.52	150m:	1:56.67	40.75	250m:	3:16.76	39.86	350m:	4:36.28	39.43
	100m:	1:15.92	40.40	200m:	2:36.90	40.23	300m:	3:56.85	40.09	400m:	5:13.47	37.19
27.	SMITH, Dillan			15	Dorval Swim Club					<b>5:13.95</b>	399	
	50m:	35.20	35.20	150m:	1:54.05	39.92	250m:	3:12.75	39.00	350m:	4:34.26	40.40
	100m:	1:14.13	38.93	200m:	2:33.75	39.70	300m:	3:53.86	41.11	400m:	5:13.95	39.69
28.	ROAN, Chloe			14	Cdndg					<b>5:14.66</b>	397	
	50m:	34.02	34.02	150m:	1:53.34	40.20	250m:	3:15.18	40.81	350m:	4:36.70	40.76
	100m:	1:13.14	39.12	200m:	2:34.37	41.03	300m:	3:55.94	40.76	400m:	5:14.66	37.96



Epreuve 23, Filles, 400m Libre, 14 - 15 ans

Rang				Age						Temps	Pts	
29.	SAYEGH, Jasmine			14	Rouge et Or					<b>5:14.76</b>	396	
	50m:	35.89	35.89	150m:	1:55.66	40.25	250m:	3:16.34	40.53	350m:	4:36.76	40.43
	100m:	1:15.41	39.52	200m:	2:35.81	40.15	300m:	3:56.33	39.99	400m:	5:14.76	38.00
30.	MELOATAM, Jade			14	LMRL Rivière-du-Loup					<b>5:15.33</b>	394	
	50m:	35.54	35.54	150m:	1:54.15	39.53	250m:	3:14.14	40.14	350m:	4:36.33	41.15
	100m:	1:14.62	39.08	200m:	2:34.00	39.85	300m:	3:55.18	41.04	400m:	5:15.33	39.00
31.	BRUNET, Tess			14	Cote Saint-Luc Aquatics					<b>5:16.71</b>	389	
	50m:	34.50	34.50	150m:	1:54.37	40.92	250m:	3:16.63	41.27	350m:	4:38.04	40.48
	100m:	1:13.45	38.95	200m:	2:35.36	40.99	300m:	3:57.56	40.93	400m:	5:16.71	38.67
32.	CÔTÉ, Maxime			15	Cac					<b>5:16.77</b>	389	
	50m:	35.59	35.59	150m:	1:55.88	40.77	250m:	3:16.36	40.80	350m:	4:37.36	40.03
	100m:	1:15.11	39.52	200m:	2:35.56	39.68	300m:	3:57.33	40.97	400m:	5:16.77	39.41
33.	POULIOT, Héloïse			14	Cac					<b>5:17.41</b>	386	
	50m:	35.95	35.95	150m:	1:56.43	40.36	250m:	3:17.52	40.14	350m:	4:39.29	40.70
	100m:	1:16.07	40.12	200m:	2:37.38	40.95	300m:	3:58.59	41.07	400m:	5:17.41	38.12
34.	FERLAND, Aurélie			14	Cac					<b>5:18.28</b>	383	
	50m:	35.74	35.74	150m:	1:56.21	40.21	250m:	3:17.79	40.46	350m:	4:38.85	40.32
	100m:	1:16.00	40.26	200m:	2:37.33	41.12	300m:	3:58.53	40.74	400m:	5:18.28	39.43
35.	TANGUAY, Lou-Ann			15	club aquatique st-eustache					<b>5:19.23</b>	380	
	50m:	34.45	34.45	150m:	1:53.30	40.03	250m:	3:16.04	41.49	350m:	4:39.40	41.33
	100m:	1:13.27	38.82	200m:	2:34.55	41.25	300m:	3:58.07	42.03	400m:	5:19.23	39.83
36.	LEMARIE-MORRIS, Celia			14	Ddo					<b>5:21.73</b>	371	
	50m:	34.64	34.64	150m:	1:56.33	41.76	250m:	3:18.25	40.29	350m:	4:42.85	
	100m:	1:14.57	39.93	200m:	2:37.96	41.63	300m:			400m:	5:21.73	38.88
37.	MORIN, Raphaelle			15	Rouge et Or					<b>5:22.01</b>	370	
	50m:	35.04	35.04	150m:	1:56.03	40.96	250m:	3:19.67	42.03	350m:	4:42.12	41.03
	100m:	1:15.07	40.03	200m:	2:37.64	41.61	300m:	4:01.09	41.42	400m:	5:22.01	39.89
38.	CADARIO, Émilie			15	Nsh					<b>5:22.65</b>	368	
	50m:	35.67	35.67	150m:	1:56.68	40.86	250m:	3:19.51	40.97	350m:	4:42.79	42.32
	100m:	1:15.82	40.15	200m:	2:38.54	41.86	300m:	4:00.47	40.96	400m:	5:22.65	39.86
39.	BOMBARDIER, Cecile			14	Sher					<b>5:22.96</b>	367	
	50m:	34.84	34.84	150m:	1:57.07	42.00	250m:	3:20.67	41.53	350m:	4:43.75	41.77
	100m:	1:15.07	40.23	200m:	2:39.14	42.07	300m:	4:01.98	41.31	400m:	5:22.96	39.21
40.	ROWCLIFFE, Millasyn			15	Ddo					<b>5:23.40</b>	365	
	50m:	35.32	35.32	150m:	1:55.01	40.72	250m:	3:17.35	41.00	350m:	4:41.86	42.34
	100m:	1:14.29	38.97	200m:	2:36.35	41.34	300m:	3:59.52	42.17	400m:	5:23.40	41.54
41.	GOUDREAU, Marianne			14	Cac					<b>5:23.55</b>	365	
	50m:	35.18	35.18	150m:	1:56.33	41.37	250m:	3:20.29	42.30	350m:	4:44.23	42.26
	100m:	1:14.96	39.78	200m:	2:37.99	41.66	300m:	4:01.97	41.68	400m:	5:23.55	39.32
42.	PATEL, Anvita			14	Ddo					<b>5:24.01</b>	363	
	50m:	36.46	36.46	150m:	1:59.17	41.65	250m:	3:22.77	41.77	350m:	4:44.98	39.96
	100m:	1:17.52	41.06	200m:	2:41.00	41.83	300m:	4:05.02	42.25	400m:	5:24.01	39.03

Epreuve 23, Filles, 400m Libre, 14 - 15 ans

Rang				Age						Temps	Pts
43.	FRIGON, Millie-Rose			15	Natation Gatineau					<b>5:24.67</b>	361
	50m:	34.82	34.82	150m:	1:54.88	40.84	250m:	3:18.90	42.09	350m:	
	100m:	1:14.04	39.22	200m:	2:36.81	41.93	300m:	4:00.85	41.95	400m:	5:24.67
44.	TREMBLAY, Maëlys			14	Cac					<b>5:31.64</b>	339
	50m:	37.76	37.76	150m:	2:01.98	42.77	250m:	3:26.33	41.77	350m:	4:50.47
	100m:	1:19.21	41.45	200m:	2:44.56	42.58	300m:	4:09.08	42.75	400m:	5:31.64
45.	GIGUERE, Juliette			14	Cdndg					<b>5:32.09</b>	337
	50m:	36.41	36.41	150m:	1:59.73	42.47	250m:	3:24.89	42.21	350m:	4:51.32
	100m:	1:17.26	40.85	200m:	2:42.68	42.95	300m:	4:07.75	42.86	400m:	5:32.09
46.	TASSE, Megan			14	Cote Saint-Luc Aquatics					<b>5:40.79</b>	312 *
	50m:	37.90	37.90	150m:	2:03.60	43.23	250m:	3:30.64	43.37	350m:	4:58.72
	100m:	1:20.37	42.47	200m:	2:47.27	43.67	300m:	4:14.56	43.92	400m:	5:40.79
47.	CARON, Léonie			14	Sher					<b>5:52.32</b>	282 *
	50m:	37.73	37.73	150m:			250m:	3:35.73	45.69	350m:	
	100m:			200m:	2:50.04		300m:			400m:	5:52.32

16 - 17 ans

1.	TESSIER, Sophia			16	Natation Gatineau					<b>4:34.60</b>	597
	50m:	30.27	30.27	150m:	1:38.31	34.53	250m:	2:48.45	35.04	350m:	3:59.60
	100m:	1:03.78	33.51	200m:	2:13.41	35.10	300m:	3:23.97	35.52	400m:	4:34.60
2.	CHAUVETTE, Frédérique			17	club aquatique st-eustache					<b>4:43.45</b>	543
	50m:	30.75	30.75	150m:	1:40.97	35.65	250m:	2:53.82	36.29	350m:	
	100m:	1:05.32	34.57	200m:	2:17.53	36.56	300m:	4:07.13	1:13.31	400m:	4:43.45
3.	BERNARD, Mayia			17	Cac					<b>4:46.72</b>	524
	50m:	31.59	31.59	150m:	1:43.15	36.47	250m:	2:56.79	36.51	350m:	4:10.93
	100m:	1:06.68	35.09	200m:	2:20.28	37.13	300m:	3:34.26	37.47	400m:	4:46.72
4.	MILETTE-KÈGLE, Zaraève			16	Mégophias					<b>4:49.14</b>	511
	50m:	32.53	32.53	150m:	1:43.04	35.81	250m:	2:56.86	37.14	350m:	4:12.64
	100m:	1:07.23	34.70	200m:	2:19.72	36.68	300m:	3:34.39	37.53	400m:	4:49.14
5.	MACISAAC, Emily			16	Dorval Swim Club					<b>5:00.13</b>	457
	50m:	33.99	33.99	150m:	1:49.64	38.12	250m:	3:06.82	38.58	350m:	4:23.36
	100m:	1:11.52	37.53	200m:	2:28.24	38.60	300m:	3:45.44	38.62	400m:	5:00.13
6.	VICTOR, Abigail			16	Dorval Swim Club					<b>5:00.37</b>	456
	50m:	33.09	33.09	150m:	1:47.72	37.91	250m:	3:05.48	39.14	350m:	4:23.23
	100m:	1:09.81	36.72	200m:	2:26.34	38.62	300m:	3:44.32	38.84	400m:	5:00.37
7.	DUBÉ, Delphine			16	Mégophias					<b>5:01.82</b>	450
	50m:	31.40	31.40	150m:	1:46.17	38.61	250m:	3:05.13	39.41	350m:	4:23.49
	100m:	1:07.56	36.16	200m:	2:25.72	39.55	300m:	3:44.28	39.15	400m:	5:01.82
8.	COUTURE, Rosianne			16	club aquatique st-eustache					<b>5:04.98</b>	436
	50m:	33.61	33.61	150m:	1:48.49	38.11	250m:	3:06.45	39.02	350m:	4:25.85
	100m:	1:10.38	36.77	200m:	2:27.43	38.94	300m:	3:46.10	39.65	400m:	5:04.98



Coupe du Québec junior 2 - Groupe B  
Gatineau, 28- - 30-3-2025

Epreuve 23, Filles, 400m Libre, 16 - 17 ans

Rang				Age					Temps	Pts		
9.	AN, Vivian			16	Club de natation Saint-Laurent				<b>5:05.27</b>	434		
	50m:	33.58	33.58	150m:	1:48.61	38.13	250m:	3:06.59	39.06	350m:	4:26.13	39.74
	100m:	1:10.48	36.90	200m:	2:27.53	38.92	300m:	3:46.39	39.80	400m:	5:05.27	39.14
10.	DI MARIA, Jessica			17	Club de natation Saint-Laurent				<b>5:06.71</b>	428		
	50m:	33.33	33.33	150m:	1:49.88	38.79	250m:	3:08.19	39.42	350m:	4:27.34	39.28
	100m:	1:11.09	37.76	200m:	2:28.77	38.89	300m:	3:48.06	39.87	400m:	5:06.71	39.37
11.	DRAGOVIC, Mia			16	Natation Gatineau				<b>5:07.50</b>	425		
	50m:	33.90	33.90	150m:	1:49.88	38.65	250m:	3:09.52	39.75	350m:	4:29.06	39.41
	100m:	1:11.23	37.33	200m:	2:29.77	39.89	300m:	3:49.65	40.13	400m:	5:07.50	38.44
12.	BOLDUC, Carolane			16	club aquatique st-eustache				<b>5:12.04</b>	407		
	50m:	34.95	34.95	150m:	1:52.60	39.33	250m:	3:13.08	40.09	350m:	4:33.03	40.05
	100m:	1:13.27	38.32	200m:	2:32.99	40.39	300m:	3:52.98	39.90	400m:	5:12.04	39.01
13.	RANDLE, Mackenzie			16	Bbf				<b>5:12.80</b>	404		
	50m:	34.18	34.18	150m:			250m:	3:12.10	40.07	350m:		
	100m:	1:13.04	38.86	200m:	2:32.03		300m:			400m:	5:12.80	
14.	KIRDEIKIS, Anna			16	Dorval Swim Club				<b>5:13.98</b>	399		
	50m:	36.43	36.43	150m:			250m:	3:17.12	40.48	350m:	4:36.83	
	100m:			200m:	2:36.64		300m:			400m:	5:13.98	37.15
15.	PELLETIER, Kasha			16	Natation Gatineau				<b>5:14.59</b>	397		
	50m:	34.56	34.56	150m:	1:53.56	40.33	250m:	3:14.09	40.98	350m:	4:36.00	41.34
	100m:	1:13.23	38.67	200m:	2:33.11	39.55	300m:	3:54.66	40.57	400m:	5:14.59	38.59
16.	DE MARTIN, Abigail			17	Mtl Nord Natation				<b>5:19.47</b>	379 *		
	50m:	36.03	36.03	150m:	1:54.44	39.88	250m:	3:16.41	41.10	350m:	4:38.94	41.33
	100m:	1:14.56	38.53	200m:	2:35.31	40.87	300m:	3:57.61	41.20	400m:	5:19.47	40.53
17.	YANKOV, Karina			16	Cdndg				<b>5:28.46</b>	349 *		
	50m:	35.74	35.74	150m:			250m:	3:23.97		350m:	4:48.15	41.70
	100m:			200m:			300m:	4:06.45	42.48	400m:	5:28.46	40.31
18.	BEDARD, Marlee			17	Bbf				<b>5:30.46</b>	342 *		
	50m:	36.44	36.44	150m:	1:59.03	42.00	250m:	3:22.94	42.76	350m:	4:48.89	42.58
	100m:	1:17.03	40.59	200m:	2:40.18	41.15	300m:	4:06.31	43.37	400m:	5:30.46	41.57