

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

Epreuve 24  
2025-03-30 - 9:13

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	PARISE, Zachary	PCSC	Toronto	2023-12-16
Quebec Provincial Age Group Records 16	3:49.39	FONSECA-FLOREZ, Simon	CAMO	Quebec City	2024-12-01
Quebec Provincial Age Group Records 15	3:56.42	FONSECA-FLOREZ, 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 - 12	4:13.54	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>4:16.57</b>	566	
	50m:	29.48	29.48	150m:	1:34.66	32.81	250m:	2:39.98	32.15	350m:	3:44.89	32.51
	100m:	1:01.85	32.37	200m:	2:07.83	33.17	300m:	3:12.38	32.40	400m:	4:16.57	31.68
2.	BISSADA, Brandon		13	Cdndg						<b>4:35.96</b>	454	
	50m:	30.10	30.10	150m:	1:40.47	35.40	250m:	2:52.34	36.09	350m:	4:02.70	34.61
	100m:	1:05.07	34.97	200m:	2:16.25	35.78	300m:	3:28.09	35.75	400m:	4:35.96	33.26
3.	MCDONALD, Jacob		13	Ddo						<b>4:37.04</b>	449	
	50m:	30.70	30.70	150m:	1:40.43	35.28	250m:	2:52.00	35.66	350m:	4:03.63	36.09
	100m:	1:05.15	34.45	200m:	2:16.34	35.91	300m:	3:27.54	35.54	400m:	4:37.04	33.41
4.	QI, Tianyu Tevin		12	Natation Gatineau						<b>4:45.81</b>	409	
	50m:	31.25	31.25	150m:	1:41.69	35.85	250m:	2:55.16	36.91	350m:	4:10.42	37.78
	100m:	1:05.84	34.59	200m:	2:18.25	36.56	300m:	3:32.64	37.48	400m:	4:45.81	35.39
5.	GOSSELIN, Manoé		13	Rouge et Or						<b>4:46.78</b>	405	
	50m:	31.65	31.65	150m:	1:43.74	36.52	250m:	2:57.44	37.17	350m:	4:11.99	37.09
	100m:	1:07.22	35.57	200m:	2:20.27	36.53	300m:	3:34.90	37.46	400m:	4:46.78	34.79
6.	LABRIE, Philippe		12	Elite						<b>4:48.99</b>	396	
	50m:	32.63	32.63	150m:	1:45.18	36.38	250m:	2:58.26	36.55	350m:	4:12.01	36.84
	100m:	1:08.80	36.17	200m:	2:21.71	36.53	300m:	3:35.17	36.91	400m:	4:48.99	36.98
7.	TROTIER, Charles		13	Ddo						<b>4:49.24</b>	395	
	50m:	34.18	34.18	150m:	1:47.06	36.07	250m:	3:00.10	36.97	350m:	4:13.40	36.71
	100m:	1:10.99	36.81	200m:	2:23.13	36.07	300m:	3:36.69	36.59	400m:	4:49.24	35.84
8.	CARON, Zachary		13	Sher						<b>4:49.26</b>	395	
	50m:	31.64	31.64	150m:	1:44.53	36.83	250m:	2:58.87	36.91	350m:	4:13.23	36.92
	100m:	1:07.70	36.06	200m:	2:21.96	37.43	300m:	3:36.31	37.44	400m:	4:49.26	36.03
9.	HERBERT, Liam		12	Bbf						<b>4:51.73</b>	385	
	50m:	31.92	31.92	150m:	1:46.22	37.87	250m:	3:02.12	37.49	350m:	4:16.93	37.23
	100m:	1:08.35	36.43	200m:	2:24.63	38.41	300m:	3:39.70	37.58	400m:	4:51.73	34.80
10.	BOUDREAU, Owen		13	Bbf						<b>4:53.58</b>	377	
	50m:	33.49	33.49	150m:	1:46.93	36.60	250m:	3:02.04	37.91	350m:	4:17.76	38.33
	100m:	1:10.33	36.84	200m:	2:24.13	37.20	300m:	3:39.43	37.39	400m:	4:53.58	35.82
11.	LÉVESQUE, Félix		13	Cac						<b>4:54.98</b>	372	
	50m:	31.68	31.68	150m:	1:45.03	37.10	250m:	3:01.25	38.34	350m:	4:18.70	39.17
	100m:	1:07.93	36.25	200m:	2:22.91	37.88	300m:	3:39.53	38.28	400m:	4:54.98	36.28

Epreuve 24, Garçons, 400m Libre, 13 ans et moins

Rang				Age						Temps	Pts	
12.	COLOOS, Justin			12	club aquatique st-eustache					<b>4:55.39</b>	370	
	50m:	32.72	32.72	150m:	1:46.83	37.67	250m:	3:02.70	38.21	350m:	4:19.19	38.12
	100m:	1:09.16	36.44	200m:	2:24.49	37.66	300m:	3:41.07	38.37	400m:	4:55.39	36.20
13.	WANG, Elijah Immanuel			13	Dorval Swim Club					<b>4:55.95</b>	368	
	50m:	32.80	32.80	150m:	1:47.12	37.56	250m:	3:03.28	38.10	350m:	4:20.00	38.17
	100m:	1:09.56	36.76	200m:	2:25.18	38.06	300m:	3:41.83	38.55	400m:	4:55.95	35.95
14.	CARBERY, Tristan			13	Mégophias					<b>4:55.98</b>	368	
	50m:			150m:	1:47.88		250m:	3:03.74	38.28	350m:	4:20.14	38.06
	100m:			200m:	2:25.46	37.58	300m:	3:42.08	38.34	400m:	4:55.98	35.84
15.	XUE, Eric			13	Ddo					<b>4:57.35</b>	363	
	50m:	32.65	32.65	150m:	1:47.61	37.99	250m:	3:05.20	38.21	350m:	4:21.36	37.72
	100m:	1:09.62	36.97	200m:	2:26.99	39.38	300m:	3:43.64	38.44	400m:	4:57.35	35.99
16.	KHOKAZ, Nathan			13	Natation Gatineau					<b>4:57.50</b>	363	
	50m:	33.11	33.11	150m:	1:47.58	37.86	250m:	3:04.10	38.25	350m:	4:20.32	37.98
	100m:	1:09.72	36.61	200m:	2:25.85	38.27	300m:	3:42.34	38.24	400m:	4:57.50	37.18
17.	LIN, Lucas			13	Ddo					<b>4:57.93</b>	361	
	50m:	32.91	32.91	150m:	1:47.74	38.01	250m:	3:04.57	38.44	350m:	4:21.55	38.01
	100m:	1:09.73	36.82	200m:	2:26.13	38.39	300m:	3:43.54	38.97	400m:	4:57.93	36.38
18.	DÉSILETS, Laurent			13	Sher					<b>4:59.10</b>	357	
	50m:	33.18	33.18	150m:	1:49.12	38.19	250m:	3:05.22	37.82	350m:	4:21.33	37.81
	100m:	1:10.93	37.75	200m:	2:27.40	38.28	300m:	3:43.52	38.30	400m:	4:59.10	37.77
19.	LAPARÉ-THIBAUT, Éliott			12	club aquatique st-eustache					<b>5:05.07</b>	336	
	50m:	33.93	33.93	150m:	1:49.99	38.80	250m:	3:08.40	39.64	350m:	4:26.84	38.87
	100m:	1:11.19	37.26	200m:	2:28.76	38.77	300m:	3:47.97	39.57	400m:	5:05.07	38.23
20.	HARVEY, Thomas			12	Natation Gatineau					<b>5:06.00</b>	333	
	50m:	31.15	31.15	150m:	1:44.23		250m:	3:03.21	40.30	350m:		
	100m:			200m:	2:22.91	38.68	300m:	3:44.42	41.21	400m:	5:06.00	
21.	GENNARELLI, Liam			11	Ddo					<b>5:06.76</b>	331	
	50m:	33.76	33.76	150m:	1:50.43	38.73	250m:	3:08.97	39.34	350m:	4:28.52	40.06
	100m:	1:11.70	37.94	200m:	2:29.63	39.20	300m:	3:48.46	39.49	400m:	5:06.76	38.24
22.	JOYAL BEAUMIER, Elliot			11	Elite					<b>5:08.82</b>	324	
	50m:	35.18	35.18	150m:	1:53.24	39.41	250m:	3:12.17	39.63	350m:	4:30.95	39.54
	100m:	1:13.83	38.65	200m:	2:32.54	39.30	300m:	3:51.41	39.24	400m:	5:08.82	37.87
23.	PACHEBAT, Gabriel			13	Natation Gatineau					<b>5:08.96</b>	324	
	50m:	34.03	34.03	150m:	1:52.42	39.29	250m:	3:11.63	39.10	350m:	4:31.07	39.77
	100m:	1:13.13	39.10	200m:	2:32.53	40.11	300m:	3:51.30	39.67	400m:	5:08.96	37.89
24.	DAOUD, Nicolas			12	Ddo					<b>5:09.05</b>	323	
	50m:	33.98	33.98	150m:	1:51.42	38.90	250m:	3:11.55	40.74	350m:	4:30.40	38.97
	100m:	1:12.52	38.54	200m:	2:30.81	39.39	300m:	3:51.43	39.88	400m:	5:09.05	38.65
25.	YANKOV, Daniel			13	Cdndg					<b>5:10.23</b>	320	
	50m:	33.33	33.33	150m:			250m:	3:13.95	39.85	350m:	4:33.54	39.73
	100m:			200m:	2:34.10		300m:	3:53.81	39.86	400m:	5:10.23	36.69

Epreuve 24, Garçons, 400m Libre, 13 ans et moins

Rang				Age					Temps	Pts		
26.	AGUENIS, Adam Liam			12	Natation Gatineau				<b>5:10.65</b>	318		
	50m:	34.76	34.76	150m:	1:53.01	39.62	250m:	3:12.37	39.82	350m:	4:32.00	39.68
	100m:	1:13.39	38.63	200m:	2:32.55	39.54	300m:	3:52.32	39.95	400m:	5:10.65	38.65
27.	SESEN, Alinur			13	Cdndg				<b>5:11.29</b>	316		
	50m:	36.35	36.35	150m:	1:55.08	39.90	250m:	3:15.23	39.75	350m:	4:34.83	38.73
	100m:	1:15.18	38.83	200m:	2:35.48	40.40	300m:	3:56.10	40.87	400m:	5:11.29	36.46
28.	RAKOTOHARISON, Kyan			13	Natation Gatineau				<b>5:15.31</b>	305		
	50m:	32.46	32.46	150m:	1:49.35	39.33	250m:	3:11.50	41.30	350m:	4:35.30	41.44
	100m:	1:10.02	37.56	200m:	2:30.20	40.85	300m:	3:53.86	42.36	400m:	5:15.31	40.01
29.	BIROLLEAU-SGARD, Sam			12	Natation Gatineau				<b>5:16.14</b>	302		
	50m:	35.41	35.41	150m:	1:54.47	40.05	250m:	3:15.12	39.92	350m:	4:36.11	40.38
	100m:	1:14.42	39.01	200m:	2:35.20	40.73	300m:	3:55.73	40.61	400m:	5:16.14	40.03
30.	GRENIER, Tristan			12	Natation Gatineau				<b>5:21.62</b>	287		
	50m:	37.39	37.39	150m:	1:57.87	40.29	250m:	3:19.25	40.58	350m:	4:42.22	41.38
	100m:	1:17.58	40.19	200m:	2:38.67	40.80	300m:	4:00.84	41.59	400m:	5:21.62	39.40
31.	ZENG, Jasper			13	Dorval Swim Club				<b>5:21.70</b>	287		
	50m:	36.69	36.69	150m:	1:56.91	40.69	250m:	3:19.35	40.52	350m:	4:42.41	41.75
	100m:	1:16.22	39.53	200m:	2:38.83	41.92	300m:	4:00.66	41.31	400m:	5:21.70	39.29
32.	ANGLEHART, Simon			11	Rouge et Or				<b>5:23.32</b>	282		
	50m:	37.40	37.40	150m:	1:59.81	41.73	250m:	3:22.19	40.79	350m:	4:45.00	41.37
	100m:	1:18.08	40.68	200m:	2:41.40	41.59	300m:	4:03.63	41.44	400m:	5:23.32	38.32
33.	LECLERC, Simon			13	Rouge et Or				<b>5:23.33</b>	282		
	50m:	34.83	34.83	150m:	1:57.11	41.78	250m:	3:20.37	41.67	350m:	4:43.01	41.62
	100m:	1:15.33	40.50	200m:	2:38.70	41.59	300m:	4:01.39	41.02	400m:	5:23.33	40.32
34.	BINET, Ethan			13	Bbf				<b>5:25.00</b>	278		
	50m:	34.24	34.24	150m:	1:53.23	40.32	250m:	3:17.85	42.88	350m:	4:42.95	42.33
	100m:	1:12.91	38.67	200m:	2:34.97	41.74	300m:	4:00.62	42.77	400m:	5:25.00	42.05
35.	TAJ, Youssef			12	Cdndg				<b>5:25.87</b>	276		
	50m:	35.68	35.68	150m:	1:57.89	42.03	250m:	3:22.62	42.68	350m:	4:47.59	41.85
	100m:	1:15.86	40.18	200m:	2:39.94	42.05	300m:	4:05.74	43.12	400m:	5:25.87	38.28
36.	RAZZARI, Giulio			12	Cdndg				<b>5:25.89</b>	276		
	50m:	35.85	35.85	150m:	1:58.35	41.85	250m:	3:22.47	42.60	350m:	4:47.16	41.61
	100m:	1:16.50	40.65	200m:	2:39.87	41.52	300m:	4:05.55	43.08	400m:	5:25.89	38.73
37.	TAJ, Younes			12	Cdndg				<b>5:26.08</b>	275		
	50m:	34.85	34.85	150m:	1:57.68	42.26	250m:	3:21.68	41.75	350m:	4:47.09	42.50
	100m:	1:15.42	40.57	200m:	2:39.93	42.25	300m:	4:04.59	42.91	400m:	5:26.08	38.99
38.	BARIL, Émerik			11	Elite				<b>5:26.21</b>	275		
	50m:	36.10	36.10	150m:	1:58.25	41.08	250m:	3:23.51	42.50	350m:	4:46.98	40.86
	100m:	1:17.17	41.07	200m:	2:41.01	42.76	300m:	4:06.12	42.61	400m:	5:26.21	39.23
39.	BINGNUO, Qian			13	Cdndg				<b>5:27.84</b>	271		
	50m:	33.43	33.43	150m:	1:54.77	41.97	250m:	3:20.46	42.83	350m:	4:46.68	43.83
	100m:	1:12.80	39.37	200m:	2:37.63	42.86	300m:	4:02.85	42.39	400m:	5:27.84	41.16

Epreuve 24, Garçons, 400m Libre, 13 ans et moins

Rang				Age					Temps	Pts		
40.	GOULET, Nathaniel			12	Elite				<b>5:29.04</b>	268		
	50m:	36.49	36.49	150m:	1:59.41	42.14	250m:	3:23.50	42.35	350m:	4:47.94	42.14
	100m:	1:17.27	40.78	200m:	2:41.15	41.74	300m:	4:05.80	42.30	400m:	5:29.04	41.10
41.	SERVIO, Aidan			12	Ddo				<b>5:29.63</b>	266		
	50m:	36.83	36.83	150m:	1:58.75	41.30	250m:	3:22.93	42.47	350m:	4:48.69	42.86
	100m:	1:17.45	40.62	200m:	2:40.46	41.71	300m:	4:05.83	42.90	400m:	5:29.63	40.94
42.	LECLERC, Louis			11	Rouge et Or				<b>5:29.80</b>	266		
	50m:	37.59	37.59	150m:	2:01.63	42.46	250m:	3:26.50	42.96	350m:	4:50.51	41.88
	100m:	1:19.17	41.58	200m:	2:43.54	41.91	300m:	4:08.63	42.13	400m:	5:29.80	39.29
43.	DEMERS, Gabriel			11	Club de natation Saint-Laurent				<b>5:31.28</b>	263		
	50m:	36.36	36.36	150m:	2:00.81	43.33	250m:	3:27.19	43.68	350m:	4:52.61	42.16
	100m:	1:17.48	41.12	200m:	2:43.51	42.70	300m:	4:10.45	43.26	400m:	5:31.28	38.67
44.	DUFOUR, Mikael			12	Bbf				<b>5:31.46</b>	262		
	50m:	35.09	35.09	150m:	1:58.51	42.23	250m:	3:24.74	42.92	350m:	4:51.91	43.59
	100m:	1:16.28	41.19	200m:	2:41.82	43.31	300m:	4:08.32	43.58	400m:	5:31.46	39.55
45.	WU, ZeHui			12	Cdndg				<b>5:33.21</b>	258		
	50m:	34.40	34.40	150m:			250m:			350m:	4:43.62	40.26
	100m:			200m:	2:37.16		300m:	4:03.36		400m:	5:33.21	49.59
46.	AMBROSONE, Karson			12	Bbf				<b>5:33.67</b>	257		
	50m:	36.72	36.72	150m:	2:00.02	42.61	250m:	3:25.31	42.49	350m:	4:51.98	43.09
	100m:	1:17.41	40.69	200m:	2:42.82	42.80	300m:	4:08.89	43.58	400m:	5:33.67	41.69
47.	ST-PIERRE, Noah			13	LMRL Rivière-du-Loup				<b>5:34.18</b>	256		
	50m:	37.91	37.91	150m:	2:03.64	43.55	250m:	3:30.33	42.62	350m:	4:54.63	
	100m:	1:20.09	42.18	200m:	2:47.71	44.07	300m:			400m:	5:34.18	39.55
48.	BOUKER, Emir			11	Rouge et Or				<b>5:37.06</b>	249		
	50m:	37.73	37.73	150m:	2:03.45	43.31	250m:			350m:	4:56.74	
	100m:	1:20.14	42.41	200m:	2:46.45	43.00	300m:			400m:	5:37.06	40.32
49.	MORRISON, Sebastian			12	Cote Saint-Luc Aquatics				<b>5:38.70</b>	246		
	50m:			150m:			250m:	3:29.74		350m:		
	100m:			200m:			300m:			400m:	5:38.70	
50.	LUO, Léo Ningmo			12	Cdndg				<b>5:41.17</b>	240		
	50m:	37.33	37.33	150m:			250m:			350m:	4:59.13	44.20
	100m:	1:19.86	42.53	200m:			300m:	4:14.93		400m:	5:41.17	42.04
51.	ZAVERDINOS, Lawrence			10	Club de natation Saint-Laurent				<b>5:46.14</b>	230		
	50m:	38.08	38.08	150m:	2:06.28	44.69	250m:	3:35.29	44.33	350m:	5:04.06	44.33
	100m:	1:21.59	43.51	200m:	2:50.96	44.68	300m:	4:19.73	44.44	400m:	5:46.14	42.08

Epreuve 24, Garçons, 400m Libre

14 - 15 ans

1.	MENARD, Thomas			14	LMRL Rivière-du-Loup				<b>4:22.81</b>	526		
	50m:			150m:	250m:	2:43.11		350m:				
	100m:			200m:	300m:			400m:	4:22.81			
2.	EZZINA, Skander			15	club aquatique st-eustache				<b>4:23.10</b>	525		
	50m:	29.45	29.45	150m:	1:36.12	33.64	250m:	350m:	3:49.99	33.29		
	100m:	1:02.48	33.03	200m:	2:09.98	33.86	300m:	3:16.70	4:23.10	33.11		
3.	THIFALT, Charles			14	Elite				<b>4:23.51</b>	522		
	50m:	29.99	29.99	150m:	1:36.02	33.19	250m:	2:43.31	33.52	350m:	3:51.24	33.87
	100m:	1:02.83	32.84	200m:	2:09.79	33.77	300m:	3:17.37	34.06	400m:	4:23.51	32.27
4.	SMALLEY, Kieran			14	Cdnrdg				<b>4:27.11</b>	501		
	50m:	30.28	30.28	150m:	1:39.19	34.76	250m:	2:47.51	33.79	350m:	3:54.49	33.24
	100m:	1:04.43	34.15	200m:	2:13.72	34.53	300m:	3:21.25	33.74	400m:	4:27.11	32.62
5.	ZHANG, Yanbin			14	Club de natation Saint-Laurent				<b>4:27.40</b>	500		
	50m:	30.71	30.71	150m:	1:38.56	34.10	250m:			350m:	3:54.68	
	100m:	1:04.46	33.75	200m:	2:12.48	33.92	300m:			400m:	4:27.40	32.72
6.	COOK, Ronan			14	Ddo				<b>4:28.57</b>	493		
	50m:	30.49	30.49	150m:	1:39.03	34.49	250m:	2:46.82	33.19	350m:	3:55.01	34.84
	100m:	1:04.54	34.05	200m:	2:13.63	34.60	300m:	3:20.17	33.35	400m:	4:28.57	33.56
7.	BELL, Justin			14	Cote Saint-Luc Aquatics				<b>4:29.75</b>	487		
	50m:	30.57	30.57	150m:	1:38.36	34.40	250m:	2:48.16	35.79	350m:	3:56.35	34.05
	100m:	1:03.96	33.39	200m:	2:12.37	34.01	300m:	3:22.30	34.14	400m:	4:29.75	33.40
8.	ASMAR, Damian			15	club aquatique st-eustache				<b>4:32.27</b>	473		
	50m:	30.12	30.12	150m:			250m:			350m:		
	100m:	1:03.35	33.23	200m:	2:12.10		300m:	3:21.98		400m:	4:32.27	
9.	DORVAL, Henri-Louis			15	Rouge et Or				<b>4:32.34</b>	473		
	50m:	29.90	29.90	150m:	1:38.30	34.56	250m:	2:48.67	35.26	350m:	3:58.52	34.85
	100m:	1:03.74	33.84	200m:	2:13.41	35.11	300m:	3:23.67	35.00	400m:	4:32.34	33.82
10.	LINDSAY, Benjamin			14	Ddo				<b>4:33.72</b>	466		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:33.72	
11.	CHEN, Michael			14	Ddo				<b>4:34.34</b>	463		
	50m:	30.48	30.48	150m:	1:39.33	34.93	250m:	2:49.79	35.38	350m:	4:00.98	35.46
	100m:	1:04.40	33.92	200m:	2:14.41	35.08	300m:	3:25.52	35.73	400m:	4:34.34	33.36
12.	SIMARD, Isaac			15	Mtl Nord Natation				<b>4:35.50</b>	457		
	50m:	30.17	30.17	150m:	1:40.22	35.60	250m:	2:51.26	35.09	350m:	4:01.93	35.38
	100m:	1:04.62	34.45	200m:	2:16.17	35.95	300m:	3:26.55	35.29	400m:	4:35.50	33.57
13.	GAGNON, Charles			15	Rouge et Or				<b>4:37.73</b>	446		
	50m:	30.00	30.00	150m:	1:39.43	35.44	250m:	2:50.27	35.37	350m:	4:02.49	36.23
	100m:	1:03.99	33.99	200m:	2:14.90	35.47	300m:	3:26.26	35.99	400m:	4:37.73	35.24
14.	ROUMANOS, Roy			14	Sher				<b>4:38.89</b>	440		
	50m:			150m:	1:40.53		250m:	2:51.80	35.80	350m:	4:03.59	
	100m:			200m:	2:16.00	35.47	300m:			400m:	4:38.89	35.30

Epreuve 24, Garçons, 400m Libre, 14 - 15 ans

Rang				Age					Temps	Pts		
15.	FOREST, Garik			14	Natation Gatineau				<b>4:40.12</b>	435		
	50m:	31.66	31.66	150m:	1:41.94	35.57	250m:	2:54.40	36.42	350m:	4:06.06	35.32
	100m:	1:06.37	34.71	200m:	2:17.98	36.04	300m:	3:30.74	36.34	400m:	4:40.12	34.06
16.	ONORATI, Matteo			15	Ddo				<b>4:41.02</b>	430		
	50m:	32.31	32.31	150m:	1:44.03		250m:	2:55.11	34.72	350m:	4:06.57	
	100m:			200m:	2:20.39	36.36	300m:			400m:	4:41.02	34.45
17.	GAO, Simon			14	Club de natation Saint-Laurent				<b>4:41.13</b>	430		
	50m:	31.37	31.37	150m:	1:41.53	35.69	250m:	2:53.50	36.07	350m:	4:06.06	36.34
	100m:	1:05.84	34.47	200m:	2:17.43	35.90	300m:	3:29.72	36.22	400m:	4:41.13	35.07
18.	FAKIH, Mohamad			14	Cdndg				<b>4:41.87</b>	426		
	50m:	31.31	31.31	150m:	1:42.72	36.11	250m:	2:56.35	36.96	350m:	4:08.18	35.58
	100m:	1:06.61	35.30	200m:	2:19.39	36.67	300m:	3:32.60	36.25	400m:	4:41.87	33.69
19.	LÉVESQUE, Vincent			15	Mégophias				<b>4:41.95</b>	426		
	50m:	30.29	30.29	150m:	1:40.15		250m:	2:52.16	36.14	350m:	4:05.61	36.32
	100m:			200m:	2:16.02	35.87	300m:	3:29.29	37.13	400m:	4:41.95	36.34
20.	SFESTAROF, Harald			15	Cote Saint-Luc Aquatics				<b>4:43.19</b>	421		
	50m:	32.11	32.11	150m:	1:43.32	36.19	250m:	2:55.42	35.98	350m:	4:08.64	36.50
	100m:	1:07.13	35.02	200m:	2:19.44	36.12	300m:	3:32.14	36.72	400m:	4:43.19	34.55
21.	TREMBLAY, Noah			14	Rouge et Or				<b>4:43.88</b>	417		
	50m:	31.88	31.88	150m:	1:43.25	35.79	250m:	2:56.02	36.56	350m:	4:08.77	36.32
	100m:	1:07.46	35.58	200m:	2:19.46	36.21	300m:	3:32.45	36.43	400m:	4:43.88	35.11
22.	CHANTLER, Max			14	Bbf				<b>4:44.33</b>	415		
	50m:	30.61	30.61	150m:	1:41.13	36.51	250m:	2:54.11	36.79	350m:	4:07.10	36.48
	100m:	1:04.62	34.01	200m:	2:17.32	36.19	300m:	3:30.62	36.51	400m:	4:44.33	37.23
23.	BARCOMA, Rafael Jacob			15	Cdndg				<b>4:44.63</b>	414		
	50m:	31.24	31.24	150m:	1:41.59	35.33	250m:	2:55.26	36.92	350m:	4:08.42	36.64
	100m:	1:06.26	35.02	200m:	2:18.34	36.75	300m:	3:31.78	36.52	400m:	4:44.63	36.21
24.	BLAIS, Malyk			15	Mégophias				<b>4:45.21</b>	412		
	50m:	32.07	32.07	150m:	1:44.87	36.70	250m:	2:57.42	36.30	350m:	4:10.34	35.86
	100m:	1:08.17	36.10	200m:	2:21.12	36.25	300m:	3:34.48	37.06	400m:	4:45.21	34.87
25.	BOUAKKAZ, Idris Iyed			15	Sher				<b>4:45.59</b>	410		
	50m:	31.06	31.06	150m:	1:43.97	36.60	250m:	2:57.53	36.36	350m:	4:10.22	36.37
	100m:	1:07.37	36.31	200m:	2:21.17	37.20	300m:	3:33.85	36.32	400m:	4:45.59	35.37
26.	WANG, Yannick Immanuel			14	Dorval Swim Club				<b>4:50.11</b>	391		
	50m:	32.79	32.79	150m:	1:46.57	37.66	250m:	3:00.82	37.26	350m:	4:15.63	37.03
	100m:	1:08.91	36.12	200m:	2:23.56	36.99	300m:	3:38.60	37.78	400m:	4:50.11	34.48
27.	ZWEIG, Harley			14	Ddo				<b>4:50.79</b>	388		
	50m:	32.92	32.92	150m:	1:46.02	37.09	250m:	3:00.54	37.49	350m:	4:14.76	37.17
	100m:	1:08.93	36.01	200m:	2:23.05	37.03	300m:	3:37.59	37.05	400m:	4:50.79	36.03
28.	ST-LAURENT, Elliot			14	Cac				<b>4:51.05</b>	387		
	50m:	32.60	32.60	150m:	1:45.85	37.58	250m:	3:00.88	37.71	350m:	4:15.16	36.99
	100m:	1:08.27	35.67	200m:	2:23.17	37.32	300m:	3:38.17	37.29	400m:	4:51.05	35.89

Epreuve 24, Garçons, 400m Libre, 14 - 15 ans

Rang			Age		Temps						Pts	
29.	GAUDREAU, Émile		14	Cac	<b>4:51.14</b>						387	
	50m:	32.10	32.10	150m:	1:43.88	36.59	250m:	2:58.36	37.20	350m:	4:14.54	38.02
	100m:	1:07.29	35.19	200m:	2:21.16	37.28	300m:	3:36.52	38.16	400m:	4:51.14	36.60
30.	DESROCHERS, Mathieu		14	Bbf	<b>4:51.24</b>						387	
	50m:	32.02	32.02	150m:	1:44.96	36.82	250m:	2:59.36	36.71	350m:	4:13.55	36.94
	100m:	1:08.14	36.12	200m:	2:22.65	37.69	300m:	3:36.61	37.25	400m:	4:51.24	37.69
31.	POTEL, Logan		14	Ddo	<b>4:51.29</b>						386	
	50m:	33.16	33.16	150m:	1:46.58	37.17	250m:	3:01.05	37.25	350m:	4:15.33	37.07
	100m:	1:09.41	36.25	200m:	2:23.80	37.22	300m:	3:38.26	37.21	400m:	4:51.29	35.96
32.	CONSTANTIN, Kristofer		14	Elite	<b>4:51.44</b>						386	
	50m:	33.92	33.92	150m:			250m:			350m:	4:15.98	36.95
	100m:	1:10.17	36.25	200m:	2:25.15		300m:	3:39.03		400m:	4:51.44	35.46
33.	KARKOUTI, Marcus-Xavier		14	Ddo	<b>4:52.09</b>						383	
	50m:	32.19	32.19	150m:	1:45.35	37.08	250m:	3:00.96	38.05	350m:	4:16.94	37.87
	100m:	1:08.27	36.08	200m:	2:22.91	37.56	300m:	3:39.07	38.11	400m:	4:52.09	35.15
34.	REZVANI, Artin		14	Natation Gatineau	<b>4:52.52</b>						382	
	50m:	31.70	31.70	150m:	1:44.52	36.86	250m:	2:58.54	36.85	350m:	4:14.76	38.70
	100m:	1:07.66	35.96	200m:	2:21.69	37.17	300m:	3:36.06	37.52	400m:	4:52.52	37.76
35.	MARTEL DE LÉRY, Gaël		14	Cote Saint-Luc Aquatics	<b>4:52.80</b>						380	
	50m:	31.86	31.86	150m:	1:45.56	37.20	250m:	3:01.02	38.22	350m:	4:16.21	37.56
	100m:	1:08.36	36.50	200m:	2:22.80	37.24	300m:	3:38.65	37.63	400m:	4:52.80	36.59
36.	AMBROSONE, London		14	Bbf	<b>4:57.58</b>						362	
	50m:	32.18	32.18	150m:	1:46.72	38.23	250m:	3:04.46	39.00	350m:	4:20.41	36.91
	100m:	1:08.49	36.31	200m:	2:25.46	38.74	300m:	3:43.50	39.04	400m:	4:57.58	37.17
37.	KAMGAING OLOMO, Gil Landry		15	Ddo	<b>5:00.72</b>						351	
	50m:	31.65	31.65	150m:			250m:	3:01.22		350m:		
	100m:			200m:			300m:	3:41.66	40.44	400m:	5:00.72	
38.	MERCIER, Adam		14	Cac	<b>5:00.78</b>						351	
	50m:	34.22	34.22	150m:	1:48.47	37.48	250m:			350m:	4:23.65	39.41
	100m:	1:10.99	36.77	200m:	2:26.76	38.29	300m:	3:44.24		400m:	5:00.78	37.13
39.	OUCHIHA, Adam		14	Natation Gatineau	<b>5:02.49</b>						345	
	50m:	32.41	32.41	150m:	1:48.58	38.98	250m:	3:06.62	39.26	350m:	4:25.14	38.72
	100m:	1:09.60	37.19	200m:	2:27.36	38.78	300m:	3:46.42	39.80	400m:	5:02.49	37.35
40.	LEBLOND, Alexis		14	Mtl Nord Natation	<b>5:05.57</b>						335	
	50m:	34.97	34.97	150m:	1:51.87	38.84	250m:	3:10.30	39.28	350m:	4:27.62	38.52
	100m:	1:13.03	38.06	200m:	2:31.02	39.15	300m:	3:49.10	38.80	400m:	5:05.57	37.95
41.	DRAGOVIC, Marko		14	Natation Gatineau	<b>5:06.65</b>						331	
	50m:	34.77	34.77	150m:	1:52.47	39.55	250m:	3:11.95	39.78	350m:	4:28.68	38.14
	100m:	1:12.92	38.15	200m:	2:32.17	39.70	300m:	3:50.54	38.59	400m:	5:06.65	37.97
42.	PINEAU, Charles		14	Cac	<b>5:08.31</b>						326	
	50m:	33.53	33.53	150m:	1:51.41	40.07	250m:	3:11.56	39.44	350m:	4:31.74	40.21
	100m:	1:11.34	37.81	200m:	2:32.12	40.71	300m:	3:51.53	39.97	400m:	5:08.31	36.57



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

Epreuve 24, Garçons, 400m Libre

16 - 17 ans

1.	GOYETTE, Antoine	16	Natation Gatineau	<b>4:21.80</b>	532
	50m: 29.38 29.38	150m: 1:35.76	33.49	250m: 2:41.91	32.78
	100m: 1:02.27 32.89	200m: 2:09.13	33.37	300m: 3:15.31	33.40
				350m: 3:48.90	33.59
				400m: 4:21.80	32.90
2.	MANCINI, Sascha	16	club aquatique st-eustache	<b>4:28.87</b>	491
	50m: 28.93 28.93	150m: 1:36.20	34.39	250m: 2:45.23	34.51
	100m: 1:01.81 32.88	200m: 2:10.72	34.52	300m: 3:19.70	34.47
				350m: 3:54.29	34.59
				400m: 4:28.87	34.58
3.	ELAISSI, Zacharya	17	Elite	<b>4:30.35</b>	483
	50m: 30.87 30.87	150m: 1:39.00	34.19	250m: 2:47.74	34.25
	100m: 1:04.81 33.94	200m: 2:13.49	34.49	300m: 3:21.86	34.12
				350m: 3:56.35	34.49
				400m: 4:30.35	34.00
4.	THERRIEN, Jessy	16	club aquatique st-eustache	<b>4:30.51</b>	483
	50m: 29.84 29.84	150m: 1:36.93	34.19	250m: 2:46.84	34.76
	100m: 1:02.74 32.90	200m: 2:12.08	35.15	300m: 3:22.46	35.62
				350m: 3:57.05	34.59
				400m: 4:30.51	33.46
5.	SONG, Davies Zhendi	17	Natation Gatineau	<b>4:33.71</b>	466
	50m: 30.55 30.55	150m: 1:38.85		250m:	
	100m:	2:48.09	1:09.24	300m: 3:23.43	
				350m: 3:58.64	35.21
				400m: 4:33.71	35.07
6.	BALDO, Kieran	16	Bbf	<b>4:34.43</b>	462
	50m: 31.22 31.22	150m: 1:41.28	34.81	250m: 2:52.31	35.13
	100m: 1:06.47 35.25	200m: 2:17.18	35.90	300m: 3:27.29	34.98
				350m: 4:01.76	34.47
				400m: 4:34.43	32.67
7.	BOUKER, Salah-Fédy	16	Rouge et Or	<b>4:34.44</b>	462
	50m: 30.27 30.27	150m: 1:38.39	34.48	250m: 2:48.91	35.05
	100m: 1:03.91 33.64	200m: 2:13.86	35.47	300m: 3:24.53	35.62
				350m: 3:59.96	35.43
				400m: 4:34.44	34.48
8.	LÉGER, Thomas	17	Rouge et Or	<b>4:34.66</b>	461
	50m: 30.22 30.22	150m: 1:39.05	35.18	250m: 2:49.85	35.47
	100m: 1:03.87 33.65	200m: 2:14.38	35.33	300m: 3:25.37	35.52
				350m: 4:00.79	35.42
				400m: 4:34.66	33.87
9.	FAKIH, Houssein	17	Cdndg	<b>4:39.26</b>	439
	50m: 30.39 30.39	150m: 1:40.11	35.32	250m: 2:53.65	36.92
	100m: 1:04.79 34.40	200m: 2:16.73	36.62	300m: 3:30.28	36.63
				350m: 4:06.20	35.92
				400m: 4:39.26	33.06
10.	ELIE, Caleb	16	Rouge et Or	<b>4:40.60</b>	432
	50m: 30.95 30.95	150m: 1:41.70	36.04	250m: 2:54.59	36.49
	100m: 1:05.66 34.71	200m: 2:18.10	36.40	300m: 3:31.05	36.46
				350m: 4:07.38	36.33
				400m: 4:40.60	33.22
11.	PICHÉ, Olivier	16	Rouge et Or	<b>4:41.80</b>	427
	50m: 31.17 31.17	150m: 1:41.96	35.80	250m: 2:54.81	
	100m: 1:06.16 34.99	200m:		300m:	
				350m: 4:07.64	
				400m: 4:41.80	34.16
12.	ZOTOV, Anton	16	club aquatique st-eustache	<b>4:45.18</b>	412
	50m: 30.90 30.90	150m:		250m:	
	100m:	2:19.77		300m:	
				350m: 4:09.59	
				400m: 4:45.18	35.59
13.	DUVIDOVICI, Mark	16	Elite	<b>4:48.27</b>	399
	50m: 31.84 31.84	150m: 1:44.76	37.52	250m: 2:58.72	36.87
	100m: 1:07.24 35.40	200m: 2:21.85	37.09	300m: 3:35.18	36.46
				350m: 4:11.77	36.59
				400m: 4:48.27	36.50
14.	PROPHÈTE, Adrien	17	Cdndg	<b>4:48.62</b>	397
	50m: 30.31 30.31	150m: 1:41.33	36.21	250m: 2:55.28	37.39
	100m: 1:05.12 34.81	200m: 2:17.89	36.56	300m: 3:33.09	37.81
				350m: 4:10.89	37.80
				400m: 4:48.62	37.73



Epreuve 24, Garçons, 400m Libre, 16 - 17 ans

Rang					Age					Temps	Pts	
15.	EL KASMI, Rhali Mohammed				16	Mtl Nord Natation				<b>4:51.59</b>	385	
	50m:	31.27	31.27	150m:	1:43.61	36.91	250m:	2:57.89	37.59	350m:	4:14.12	38.03
	100m:	1:06.70	35.43	200m:	2:20.30	36.69	300m:	3:36.09	38.20	400m:	4:51.59	37.47
16.	CARDINAL, EymERIC				16	Dorval Swim Club				<b>4:55.31</b>	371	
	50m:			150m:	1:46.23	36.43	250m:	3:01.46		350m:	4:18.43	
	100m:	1:09.80		200m:			300m:			400m:	4:55.31	36.88