

Championnat québécois Speedo 2025
Québec, 14- - 18-5-2025

Event 11		Women, 400m Freestyle			Open
2025-05-16 - 16:47					Results Finals
Canadian Senior Records	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	2023-03-28
Canadian Age Group Records 15 - 17	3:56.08	MCINTOSH, Summer	UNCAN	Toronto	2023-03-28
Canadian Age Group Records 13 - 14	4:02.42	MCINTOSH, Summer	ESWIM	Tokyo (JPN)	2021-07-26
Canadian Age Group Records 11 - 12	4:20.68	MCINTOSH, Summer	ESWIM	Winnipeg	2019-08-10
Quebec Provincial Senior Records	4:07.45	HORNER, Stephanie	BBF	Beijing (CHN)	2008-08-10
Quebec Provincial Age Group Records 17	4:09.69	HARVEY, Mary-Sophie	NN	Austin (USA)	2017-01-13
Quebec Provincial Age Group Records 16	4:12.82	JARDIN, Barbara	CAMO	Quebec	2008-08-02
Quebec Provincial Age Group Records 15	4:15.09	JARDIN, Barbara	PPO	Montreal	2007-06-30
Quebec Provincial Age Group Records 14	4:22.18	HARVEY, Mary-Sophie	NN	Winnipeg	2014-07-27
Quebec Provincial Age Group Records 13	4:31.48	BIRCHENOUGH, Nancy	PCSC	???	1984-08-01
Quebec Provincial Age Group Records - 124	38.92	CHEBARAKA, Majda	CAMO	Calgary	2012-07-29

Points: AQUA 2025

Rank					Age					Time	Pts	score
13 years and younger												
1.	BACCUS, Bianca				13	PCSC				4:38.58	603	
	50m:	31.65	31.65	150m:	1:41.04	35.20	250m:	2:52.21	35.68	350m:	4:03.37	35.31
	100m:	1:05.84	34.19	200m:	2:16.53	35.49	300m:	3:28.06	35.85	400m:	4:38.58	35.21
2.	REGNIER, Lily Rose				12	MUST				4:44.72	565	
	50m:	31.93	31.93	150m:	1:43.86	36.91	250m:	2:57.29	36.30	350m:	4:10.76	36.63
	100m:	1:06.95	35.02	200m:	2:20.99	37.13	300m:	3:34.13	36.84	400m:	4:44.72	33.96
3.	FORTIER, Charlie-Rose				13	SHER				4:44.93	563	
	50m:	32.08	32.08	150m:	1:42.82	36.07	250m:	2:56.17	36.71	350m:	4:09.91	36.86
	100m:	1:06.75	34.67	200m:	2:19.46	36.64	300m:	3:33.05	36.88	400m:	4:44.93	35.02
4.	MAXIMENCO, Sophia				13	DDO				4:50.42	532	
	50m:	34.50	34.50	150m:	1:48.56	37.35	250m:	3:02.99	36.95	350m:	4:15.29	36.00
	100m:	1:11.21	36.71	200m:	2:26.04	37.48	300m:	3:39.29	36.30	400m:	4:50.42	35.13
5.	ST-AMOUR, Laurence				13	ELITE				4:50.94	529	
	50m:	33.18	33.18	150m:	1:46.84	37.31	250m:	3:00.98	36.68	350m:	4:15.71	36.99
	100m:	1:09.53	36.35	200m:	2:24.30	37.46	300m:	3:38.72	37.74	400m:	4:50.94	35.23
6.	FORTIN, Flavie				13	UL				4:51.13	528	
	50m:	32.94	32.94	150m:	1:45.98	36.71	250m:	3:00.51	37.21	350m:	4:15.60	37.43
	100m:	1:09.27	36.33	200m:	2:23.30	37.32	300m:	3:38.17	37.66	400m:	4:51.13	35.53
7.	MATHIEU, Lyvia				13	VELOX				4:52.35	521	
	50m:	32.39	32.39	150m:	1:46.67	38.00	250m:	3:02.22	37.53	350m:	4:16.87	36.60
	100m:	1:08.67	36.28	200m:	2:24.69	38.02	300m:	3:40.27	38.05	400m:	4:52.35	35.48
8.	HUANG, Vinciane				13	SAMAK				4:53.91	513	
	50m:	34.45	34.45	150m:	1:48.78	37.50	250m:	3:03.34	37.24	350m:	4:17.56	36.92
	100m:	1:11.28	36.83	200m:	2:26.10	37.32	300m:	3:40.64	37.30	400m:	4:53.91	36.35
9.	LONGCHAMPS, Kaina Wu				13	MUST				4:57.62	494	
	50m:	32.11	32.11	150m:	1:47.43	37.72	250m:	3:03.51	37.83	350m:	4:20.55	38.60
	100m:	1:09.71	37.60	200m:	2:25.68	38.25	300m:	3:41.95	38.44	400m:	4:57.62	37.07
10.	LEHAD, Milissa				13	CNMN				4:59.44	485	
	50m:	31.40	31.40	150m:	1:46.92	39.00	250m:	3:03.28	38.86	350m:	4:21.61	39.02
	100m:	1:07.92	36.52	200m:	2:24.42	37.50	300m:	3:42.59	39.31	400m:	4:59.44	37.83

Championnat québécois Speedo 2025
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Event 11, Women, 400m Freestyle, Final

14 - 15 years

1. TURCOTTE, Annabelle	15	CNQ						4:25.22	699
50m: 29.94	29.94	150m: 1:36.61	33.73	250m: 2:44.43	33.99	350m: 3:52.55	33.82		
100m: 1:02.88	32.94	200m: 2:10.44	33.83	300m: 3:18.73	34.30	400m: 4:25.22	32.67		
2. LEFSRUD, Reilly	15	PCSC						4:31.00	655
50m: 30.22	30.22	150m: 1:37.56	34.10	250m: 2:46.98	34.77	350m: 3:56.87	34.82		
100m: 1:03.46	33.24	200m: 2:12.21	34.65	300m: 3:22.05	35.07	400m: 4:31.00	34.13		
3. BOILY, Claudia	15	PCSC						4:31.66	650
50m: 30.94	30.94	150m: 1:38.89	34.35	250m: 2:49.22	35.18	350m: 3:59.47	35.04		
100m: 1:04.54	33.60	200m: 2:14.04	35.15	300m: 3:24.43	35.21	400m: 4:31.66	32.19		
4. LABRIE, Eve	14	NN						4:32.16	646
50m: 30.97	30.97	150m: 1:39.05	34.29	250m: 2:49.07	34.95	350m: 3:58.75	34.53		
100m: 1:04.76	33.79	200m: 2:14.12	35.07	300m: 3:24.22	35.15	400m: 4:32.16	33.41		
5. DAGSAAN, Jadyn	15	PCSC						4:37.57	609
50m: 31.08	31.08	150m: 1:39.55	34.73	250m: 2:50.72	35.58	350m: 4:02.26	35.48		
100m: 1:04.82	33.74	200m: 2:15.14	35.59	300m: 3:26.78	36.06	400m: 4:37.57	35.31		
6. NICHOLSON-JODOIN, Clementine	14	PCSC						4:38.91	601
50m: 31.25	31.25	150m: 1:39.91	34.54	250m: 2:51.83	35.67	350m: 4:04.01	35.61		
100m: 1:05.37	34.12	200m: 2:16.16	36.25	300m: 3:28.40	36.57	400m: 4:38.91	34.90		
POMERLEAU, Mikaelle	15	PCSC						4:38.91	601
50m: 31.48	31.48	150m: 1:41.17	35.14	250m: 2:52.68	35.79	350m: 4:04.32	35.69		
100m: 1:06.03	34.55	200m: 2:16.89	35.72	300m: 3:28.63	35.95	400m: 4:38.91	34.59		
8. BROCHU, Aleni	14	NG						4:41.91	582
50m: 32.11	32.11	150m: 1:42.27	35.28	250m: 2:53.70	35.48	350m: 4:06.04	36.26		
100m: 1:06.99	34.88	200m: 2:18.22	35.95	300m: 3:29.78	36.08	400m: 4:41.91	35.87		
9. OUATTARA ROUSSEAU, Zahia	15	ELITE						4:42.24	580
50m: 31.79	31.79	150m: 1:42.73	35.70	250m: 2:54.67	35.95	350m: 4:07.04	36.02		
100m: 1:07.03	35.24	200m: 2:18.72	35.99	300m: 3:31.02	36.35	400m: 4:42.24	35.20		
10. AUGER, Sophie	14	PCSC						4:42.94	575
50m: 31.19	31.19	150m: 1:42.31	36.25	250m: 2:54.69	36.35	350m: 4:07.96	36.41		
100m: 1:06.06	34.87	200m: 2:18.34	36.03	300m: 3:31.55	36.86	400m: 4:42.94	34.98		

16 - 17 years

1. BLANCHARD, Kamila	17	PCSC						4:28.78	671
50m: 30.73	30.73	150m: 1:38.41	34.20	250m: 2:47.03	34.07	350m: 3:55.89	34.26		
100m: 1:04.21	33.48	200m: 2:12.96	34.55	300m: 3:21.63	34.60	400m: 4:28.78	32.89		
2. ROBITAILLE, Florence	16	ELITE						4:31.48	651
50m: 30.72	30.72	150m: 1:39.14	34.69	250m: 2:49.39	35.01	350m: 3:58.30	34.42		
100m: 1:04.45	33.73	200m: 2:14.38	35.24	300m: 3:23.88	34.49	400m: 4:31.48	33.18		
3. NICHOLSON-JODOIN, Annie	16	PCSC						4:32.89	641
50m: 30.91	30.91	150m: 1:39.41	34.60	250m: 2:49.26	34.86	350m: 3:59.03	34.93		
100m: 1:04.81	33.90	200m: 2:14.40	34.99	300m: 3:24.10	34.84	400m: 4:32.89	33.86		
4. TURCOTTE, Juliette	17	CNQ						4:34.35	631
50m: 31.04	31.04	150m: 1:38.83	34.16	250m: 2:49.03	35.39	350m: 3:59.84	35.51		
100m: 1:04.67	33.63	200m: 2:13.64	34.81	300m: 3:24.33	35.30	400m: 4:34.35	34.51		
5. NUGENT, Lea	17	NN						4:34.68	629
50m: 31.36	31.36	150m: 1:40.92	34.93	250m: 2:51.07	34.82	350m: 4:00.76	34.86		
100m: 1:05.99	34.63	200m: 2:16.25	35.33	300m: 3:25.90	34.83	400m: 4:34.68	33.92		

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Event 11, Girls, 400m Freestyle, Final, 16 - 17 years

Rank				Age				Time	Pts	score
6.	LELIEVRE, Karelle			17	SAMAK			4:35.96	620	
	50m:	30.81	30.81	150m:	1:40.02	34.88	250m:	2:51.22	35.43	350m: 4:02.12 35.09
	100m:	1:05.14	34.33	200m:	2:15.79	35.77	300m:	3:27.03	35.81	400m: 4:35.96 33.84
7.	GORDON, Erika			16	PCSC			4:37.04	613	
	50m:	31.21	31.21	150m:	1:40.73	35.28	250m:	2:51.52	35.38	350m: 4:02.53 35.41
	100m:	1:05.45	34.24	200m:	2:16.14	35.41	300m:	3:27.12	35.60	400m: 4:37.04 34.51
8.	LAPIERRE, Justine			17	PCSC			4:37.21	612	
	50m:	31.85	31.85	150m:	1:42.04	35.21	250m:	2:52.53	35.02	350m: 4:03.09 35.00
	100m:	1:06.83	34.98	200m:	2:17.51	35.47	300m:	3:28.09	35.56	400m: 4:37.21 34.12
9.	BOYER, Mariane			16	NG			4:37.34	611	
	50m:	31.36	31.36	150m:	1:40.99	35.03	250m:	2:51.93	35.24	350m: 4:03.23 35.53
	100m:	1:05.96	34.60	200m:	2:16.69	35.70	300m:	3:27.70	35.77	400m: 4:37.34 34.11
10.	GONZALEZ, Daniella			16	CAMO			4:38.84	601	
	50m:	30.79	30.79	150m:	1:40.07	35.05	250m:	2:51.63	35.62	350m: 4:03.68 35.70
	100m:	1:05.02	34.23	200m:	2:16.01	35.94	300m:	3:27.98	36.35	400m: 4:38.84 35.16

18 years and older

1.	TREMBLAY, Raphaelle			20	LMRL			4:24.68	703	
	50m:	30.86	30.86	150m:	1:37.95	33.89	250m:	2:45.27	33.39	350m: 3:52.20 33.50
	100m:	1:04.06	33.20	200m:	2:11.88	33.93	300m:	3:18.70	33.43	400m: 4:24.68 32.48
2.	VEZINA, Corinne			20	UL			4:26.66	687	
	50m:	31.07	31.07	150m:	1:38.69	34.40	250m:	2:46.61	34.03	350m: 3:54.02 33.63
	100m:	1:04.29	33.22	200m:	2:12.58	33.89	300m:	3:20.39	33.78	400m: 4:26.66 32.64
3.	MICHAUD, Laurence			18	CNQ			4:29.02	669	
	50m:	31.50	31.50	150m:	1:39.09	33.97	250m:	2:47.35	34.03	350m: 3:55.42 34.05
	100m:	1:05.12	33.62	200m:	2:13.32	34.23	300m:	3:21.37	34.02	400m: 4:29.02 33.60
4.	MICHAUD, Maelie			18	PCSC			4:30.06	662	
	50m:	30.43	30.43	150m:	1:38.41	34.16	250m:	2:47.45	34.48	350m: 3:57.23 34.89
	100m:	1:04.25	33.82	200m:	2:12.97	34.56	300m:	3:22.34	34.89	400m: 4:30.06 32.83
5.	GORDON, Lindsay			18	PCSC			4:32.43	644	
	50m:	30.70	30.70	150m:	1:38.11	33.78	250m:	2:47.61	34.92	350m: 3:58.07 35.01
	100m:	1:04.33	33.63	200m:	2:12.69	34.58	300m:	3:23.06	35.45	400m: 4:32.43 34.36
6.	PONTON, Emma			18	PCSC			4:33.31	638	
	50m:	30.97	30.97	150m:	1:39.35	34.13	250m:	2:49.83	35.38	350m: 4:00.06 34.73
	100m:	1:05.22	34.25	200m:	2:14.45	35.10	300m:	3:25.33	35.50	400m: 4:33.31 33.25
7.	MARQUIS, Jade			20	SAMAK			4:34.78	628	
	50m:	31.30	31.30	150m:	1:40.88	35.11	250m:	2:51.27	35.00	350m: 4:01.36 34.79
	100m:	1:05.77	34.47	200m:	2:16.27	35.39	300m:	3:26.57	35.30	400m: 4:34.78 33.42
8.	SHINK, Ariane			18	CNQ			4:35.27	625	
	50m:	32.30	32.30	150m:	1:41.52	35.03	250m:	2:51.67	34.84	350m: 4:02.04 34.81
	100m:	1:06.49	34.19	200m:	2:16.83	35.31	300m:	3:27.23	35.56	400m: 4:35.27 33.23
9.	MARIGAU, Maika			20	UDEM			4:36.29	618	
	50m:	32.37	32.37	150m:	1:42.31	35.18	250m:	2:52.63	35.37	350m: 4:02.57 34.94
	100m:	1:07.13	34.76	200m:	2:17.26	34.95	300m:	3:27.63	35.00	400m: 4:36.29 33.72
10.	BEASSE, Blanche			20	UDEM			4:40.64	590	
	50m:	31.83	31.83	150m:	1:42.27	35.30	250m:	2:54.23	35.78	350m: 4:05.69 35.58
	100m:	1:06.97	35.14	200m:	2:18.45	36.18	300m:	3:30.11	35.88	400m: 4:40.64 34.95