

Epreuve 9
2025-10-11 - 16:40

Dames, 400m Libre

11 ans et plus
Liste résultats

Points: AQUA 2025

Rang			Age							Temps	Pts	
11 - 13 ans												
1.	TESSIER, Ellyanne		13	Cnq						4:50.79		
	50m:	32.39	32.39	150m:	1:45.34	37.07	250m:	3:00.61	37.71	350m:	4:15.58	37.91
	100m:	1:08.27	35.88	200m:	2:22.90	37.56	300m:	3:37.67	37.06	400m:	4:50.79	35.21
2.	VACHON, Julianne		12	Club de Natation Régional de I						4:52.60		
	50m:	31.77	31.77	150m:	1:44.54	37.45	250m:	3:00.22	38.13	350m:	4:15.21	37.61
	100m:	1:07.09	35.32	200m:	2:22.09	37.55	300m:	3:37.60	37.38	400m:	4:52.60	37.39
3.	BLAIS, Élizabéth		13	Club de Natation des Riverains						4:52.81		
	50m:	32.51	32.51	150m:	1:44.29	35.19	250m:	2:59.78	38.13	350m:	4:16.74	37.91
	100m:	1:09.10	36.59	200m:	2:21.65	37.36	300m:	3:38.83	39.05	400m:	4:52.81	36.07
4.	LABBÉ, Laurence		11	Nsh						4:56.51		
	50m:	33.40	33.40	150m:	1:49.20	38.02	250m:	3:05.28	38.22	350m:	4:21.36	37.68
	100m:	1:11.18	37.78	200m:	2:27.06	37.86	300m:	3:43.68	38.40	400m:	4:56.51	35.15
5.	TRUDEL, Léanne		13	Unik						5:05.84		
	50m:	34.38	34.38	150m:	1:51.29	38.63	250m:	3:09.09	38.75	350m:	4:27.71	39.31
	100m:	1:12.66	38.28	200m:	2:30.34	39.05	300m:	3:48.40	39.31	400m:	5:05.84	38.13
6.	SAVARD-FORGET, Rose		13	Nsh						5:06.40		
	50m:	35.04	35.04	150m:	1:51.59	38.43	250m:	3:10.27	39.72	350m:	4:29.06	39.44
	100m:	1:13.16	38.12	200m:	2:30.55	38.96	300m:	3:49.62	39.35	400m:	5:06.40	37.34
7.	MECTEAU, Abygaëlle		12	Club de Natation des Riverains						5:07.85		
	50m:	34.42	34.42	150m:	1:51.31	39.56	250m:	3:10.89	39.77	350m:	4:30.32	39.58
	100m:	1:11.75	37.33	200m:	2:31.12	39.81	300m:	3:50.74	39.85	400m:	5:07.85	37.53
8.	LABBÉ, Juliette		13	Nsh						5:15.31		
	50m:	35.04	35.04	150m:	1:55.83	40.80	250m:	3:16.31	40.00	350m:	4:37.36	39.38
	100m:	1:15.03	39.99	200m:	2:36.31	40.48	300m:	3:57.98	41.67	400m:	5:15.31	37.95
9.	TRACHY, Sophia		13	Club de Natation des Riverains						5:16.23		
	50m:	35.46	35.46	150m:	1:54.91	40.70	250m:	3:17.76	41.34	350m:	4:38.62	40.46
	100m:	1:14.21	38.75	200m:	2:36.42	41.51	300m:	3:58.16	40.40	400m:	5:16.23	37.61
10.	PRIVÉ, Sophie		13	Club de Natation des Riverains						5:18.17		
	50m:	35.27	35.27	150m:	1:55.56	41.01	250m:	3:17.43	41.13	350m:	4:39.55	40.51
	100m:	1:14.55	39.28	200m:	2:36.30	40.74	300m:	3:59.04	41.61	400m:	5:18.17	38.62
11.	LEBLOND, Chloé		13	Etm						5:18.29		
	50m:	35.40	35.40	150m:	1:55.24	40.44	250m:	3:17.41	41.29	350m:	4:39.47	41.34
	100m:	1:14.80	39.40	200m:	2:36.12	40.88	300m:	3:58.13	40.72	400m:	5:18.29	38.82
12.	LABBÉ, Mathilde		13	Nsh						5:21.56		
	50m:	35.99	35.99	150m:	1:56.55	40.14	250m:	3:18.33	41.50	350m:	4:41.47	41.93
	100m:	1:16.41	40.42	200m:	2:36.83	40.28	300m:	3:59.54	41.21	400m:	5:21.56	40.09
13.	PAQUET, Joanie		13	Unik						5:23.69		
	50m:	37.29	37.29	150m:	1:59.29	41.32	250m:	3:21.66	40.95	350m:	4:43.54	40.76
	100m:	1:17.97	40.68	200m:	2:40.71	41.42	300m:	4:02.78	41.12	400m:	5:23.69	40.15
14.	PASTUSAC, Adela		12	Club de Natation des Riverains						5:24.24		
	50m:	35.58	35.58	150m:	1:57.47	41.61	250m:	3:20.48	41.69	350m:	4:45.19	42.77
	100m:	1:15.86	40.28	200m:	2:38.79	41.32	300m:	4:02.42	41.94	400m:	5:24.24	39.05
15.	CÔTÉ, Alexie		12	Club Aquatique Charlesbourg						5:28.38		
	50m:	34.85	34.85	150m:	1:55.66	41.16	250m:	3:19.77	42.27	350m:	4:45.39	43.35
	100m:	1:14.50	39.65	200m:	2:37.50	41.84	300m:	4:02.04	42.27	400m:	5:28.38	42.99

Epreuve 9, Filles, 400m Libre, 11 - 13 ans

Rang			Age						Temps	Pts		
16.	GRÉGOIRE, Jade		11	Cnq					5:28.72			
	50m:	37.77	37.77	150m:	2:01.80	42.39	250m:	3:26.01	41.80	350m:	4:48.64	41.13
	100m:	1:19.41	41.64	200m:	2:44.21	42.41	300m:	4:07.51	41.50	400m:	5:28.72	40.08
17.	TREMBLAY, Nellie		12	Club de Natation des Riverains					5:30.34			
	50m:	36.77	36.77	150m:	2:00.45	42.06	250m:	3:27.25	43.47	350m:	4:51.76	42.06
	100m:	1:18.39	41.62	200m:	2:43.78	43.33	300m:	4:09.70	42.45	400m:	5:30.34	38.58
18.	SOZIO, Gabrielle		12	LMRL Rivière-du-Loup					5:32.04			
	50m:	37.42	37.42	150m:	2:03.57	43.34	250m:	3:27.59	41.91	350m:	4:53.64	43.52
	100m:	1:20.23	42.81	200m:	2:45.68	42.11	300m:	4:10.12	42.53	400m:	5:32.04	38.40
19.	BÉLANGER, Laurence		12	Club Aquatique Charlesbourg					5:32.05			
	50m:	37.07	37.07	150m:	2:01.05	41.83	250m:	3:26.22	42.15	350m:	4:52.36	43.15
	100m:	1:19.22	42.15	200m:	2:44.07	43.02	300m:	4:09.21	42.99	400m:	5:32.05	39.69
20.	LAVOIE, Daphnée		13	Nsh					5:32.70			
	50m:	35.27	35.27	150m:	1:57.60	42.07	250m:	3:24.75	43.53	350m:	4:51.94	43.56
	100m:	1:15.53	40.26	200m:	2:41.22	43.62	300m:	4:08.38	43.63	400m:	5:32.70	40.76
21.	BROUSSEAU, Emy		12	LMRL Rivière-du-Loup					5:34.24			
	50m:	38.19	38.19	150m:	2:03.35	43.11	250m:	3:29.64	43.17	350m:	4:54.15	41.76
	100m:	1:20.24	42.05	200m:	2:46.47	43.12	300m:	4:12.39	42.75	400m:	5:34.24	40.09
22.	GIRARD, Élodie		13	Cnq					5:35.65			
	50m:	38.78	38.78	150m:	2:05.93	43.05	250m:	3:34.53	45.80	350m:	5:04.66	45.78
	100m:	1:22.88	44.10	200m:	2:48.73	42.80	300m:	4:18.88	44.35	400m:	5:35.65	30.99
23.	GUERRA DOUTRELOUX, Quetzalli		12	Club de Natation des Riverains					5:39.28			
	50m:	38.30	38.30	150m:	2:03.02	42.83	250m:	3:29.79	43.46	350m:	4:55.80	43.26
	100m:	1:20.19	41.89	200m:	2:46.33	43.31	300m:	4:12.54	42.75	400m:	5:39.28	43.48
24.	NGUYEN, Delphine		12	Rouge et Or					5:40.05			
	50m:	38.55	38.55	150m:	2:04.97	43.54	250m:	3:33.03	44.00	350m:	4:59.24	42.57
	100m:	1:21.43	42.88	200m:	2:49.03	44.06	300m:	4:16.67	43.64	400m:	5:40.05	40.81
25.	GINGRAS PARÉ, Charlotte		11	Cnq					5:40.92			
	50m:	40.62	40.62	150m:	2:08.66	44.13	250m:	3:35.43	42.61	350m:	4:59.17	41.17
	100m:	1:24.53	43.91	200m:	2:52.82	44.16	300m:	4:18.00	42.57	400m:	5:40.92	41.75
26.	LAJEUNESSE, Emilie		13	Club de Natation de Montmagny					5:44.50			
	50m:	39.93	39.93	150m:	2:10.71	45.54	250m:	3:39.63	44.18	350m:	5:06.08	43.04
	100m:	1:25.17	45.24	200m:	2:55.45	44.74	300m:	4:23.04	43.41	400m:	5:44.50	38.42
27.	PELLETIER, Eva		13	Club de Natation des Riverains					5:45.99			
	50m:	39.93	39.93	150m:	2:10.71	45.54	250m:	3:39.63	44.18	350m:	5:06.08	43.04
	100m:	1:25.17	45.24	200m:	2:55.45	44.74	300m:	4:23.04	43.41	400m:	5:45.99	39.91
28.	LATULIPPE, Mahée		12	Rouge et Or					5:49.42			
	50m:	38.78	38.78	150m:	2:05.93	43.05	250m:	3:34.53	45.80	350m:	5:04.66	45.78
	100m:	1:22.88	44.10	200m:	2:48.73	42.80	300m:	4:18.88	44.35	400m:	5:49.42	44.76
29.	CHABOT, Estelle		12	Club Aquatique Charlesbourg					5:49.48			
	50m:	41.09	41.09	150m:	2:12.91	46.61	250m:	3:43.75	44.58	350m:	5:12.67	43.72
	100m:	1:26.30	45.21	200m:	2:59.17	46.26	300m:	4:28.95	45.20	400m:	5:49.48	36.81
30.	COULOMBE, Mélya		12	Club de Natation des Riverains					5:55.99			
	50m:	40.70	40.70	150m:	2:11.83	46.25	250m:	3:43.78	45.86	350m:	5:16.27	45.27
	100m:	1:25.58	44.88	200m:	2:57.92	46.09	300m:	4:31.00	47.22	400m:	5:55.99	39.72
31.	BÉLANGER, Eve-Sophie		13	Club de Natation des Riverains					5:57.04			
	50m:	38.64	38.64	150m:	2:08.69	45.78	250m:	3:40.06	45.70	350m:	5:11.68	45.92
	100m:	1:22.91	44.27	200m:	2:54.36	45.67	300m:	4:25.76	45.70	400m:	5:57.04	45.36

Epreuve 9, Filles, 400m Libre, 11 - 13 ans

Rang				Age						Temps	Pts	
32.	ADEL, Nour			12	Etm						5:58.30	
	50m:	42.31	42.31	150m:	2:15.98	46.89	250m:	3:47.96	45.79	350m:	5:20.60	45.59
	100m:	1:29.09	46.78	200m:	3:02.17	46.19	300m:	4:35.01	47.05	400m:	5:58.30	37.70
33.	MIGNEAULT, Éliane			12	Nsh						5:59.32	
	50m:	37.42	37.42	150m:	2:03.57	43.34	250m:	3:27.59	41.91	350m:	4:53.64	43.52
	100m:	1:20.23	42.81	200m:	2:45.68	42.11	300m:	4:10.12	42.53	400m:	5:59.32	1:05.68
34.	SAMSON, Elody			13	Unik						5:59.64	
	50m:	37.28	37.28	150m:	2:01.43	42.51	250m:	3:27.50	43.21	350m:	4:53.08	42.79
	100m:	1:18.92	41.64	200m:	2:44.29	42.86	300m:	4:10.29	42.79	400m:	5:59.64	1:06.56
35.	PERREAULT, Constance			13	Unik						6:04.39	
	50m:	42.31	42.31	150m:	2:15.98	46.89	250m:	3:47.96	45.79	350m:	5:20.60	45.59
	100m:	1:29.09	46.78	200m:	3:02.17	46.19	300m:	4:35.01	47.05	400m:	6:04.39	43.79
36.	BLIER, Evelyne			13	LMRL Rivière-du-Loup						6:06.17	
	50m:	39.96	39.96	150m:	2:12.48	47.11	250m:	3:46.61	46.69	350m:	5:21.72	46.53
	100m:	1:25.37	45.41	200m:	2:59.92	47.44	300m:	4:35.19	48.58	400m:	6:06.17	44.45
37.	GRENIER, Alice			12	Unik						6:08.20	
	50m:	42.48	42.48	150m:	2:15.33	46.90	250m:	3:50.16	47.09	350m:	5:24.11	46.53
	100m:	1:28.43	45.95	200m:	3:03.07	47.74	300m:	4:37.58	47.42	400m:	6:08.20	44.09
38.	GENOIS, Alicia			12	Club de Natation des Riverains						6:12.79	
	50m:	43.40	43.40	150m:	2:19.12	48.80	250m:	3:55.46	48.03	350m:	5:30.04	47.65
	100m:	1:30.32	46.92	200m:	3:07.43	48.31	300m:	4:42.39	46.93	400m:	6:12.79	42.75
39.	BRISSON, Mary-Janne			11	Club de Natation des Riverains						6:22.15	
	50m:	41.78	41.78	150m:	2:18.38	49.26	250m:	3:58.30	50.16	350m:	5:34.80	46.67
	100m:	1:29.12	47.34	200m:	3:08.14	49.76	300m:	4:48.13	49.83	400m:	6:22.15	47.35
40.	MURCIA, Sofia			13	LMRL Rivière-du-Loup						6:22.89	
	50m:	40.78	40.78	150m:	2:16.15	49.03	250m:	3:55.46	49.73	350m:	5:35.32	49.91
	100m:	1:27.12	46.34	200m:	3:05.73	49.58	300m:	4:45.41	49.95	400m:	6:22.89	47.57
41.	LECLERC, Meghan			12	Etm						6:23.15	
	50m:	41.28	41.28	150m:	2:18.32	49.24	250m:	3:59.03	51.04	350m:	5:37.76	49.09
	100m:	1:29.08	47.80	200m:	3:07.99	49.67	300m:	4:48.67	49.64	400m:	6:23.15	45.39
42.	LAVIOLETTE, Alice			12	Club de Natation des Riverains						6:23.40	
	50m:	44.82	44.82	150m:	2:23.40	49.58	250m:	4:02.10	49.33	350m:	5:39.73	48.25
	100m:	1:33.82	49.00	200m:	3:12.77	49.37	300m:	4:51.48	49.38	400m:	6:23.40	43.67
43.	BROWNRIGG, Zoé			12	Club de Natation des Riverains						6:43.89	
	50m:	48.44	48.44	150m:	2:32.98	51.92	250m:	4:17.62	52.19	350m:	5:58.82	50.27
	100m:	1:41.06	52.62	200m:	3:25.43	52.45	300m:	5:08.55	50.93	400m:	6:43.89	45.07
44.	AUBÉ, Annabel			12	Club de Natation des Riverains						6:46.44	
	50m:	45.01	45.01	150m:	2:27.60	52.07	250m:	4:12.32	52.31	350m:	5:58.39	52.49
	100m:	1:35.53	50.52	200m:	3:20.01	52.41	300m:	5:05.90	53.58	400m:	6:46.44	48.05
45.	BOUTET-DUVAL, Ilyana			11	Etm						6:47.39	
	50m:	44.93	44.93	150m:	2:28.28	52.79	250m:	4:12.66	51.98	350m:	5:58.70	51.89
	100m:	1:35.49	50.56	200m:	3:20.68	52.40	300m:	5:06.81	54.15	400m:	6:47.39	48.69
46.	LABRECQUE, Laurie			13	Cnq						6:52.40	
	50m:	46.65	46.65	150m:	2:30.84	51.99	250m:	4:17.20	53.29	350m:	6:02.56	52.25
	100m:	1:38.85	52.20	200m:	3:23.91	53.07	300m:	5:10.31	53.11	400m:	6:52.40	49.84
47.	LACHANCE, Jasmine			12	Club de Natation des Riverains						6:58.04	
	50m:	45.52	45.52	150m:	2:35.27	54.81	250m:	4:23.22	54.33	350m:	6:11.16	53.24
	100m:	1:40.46	54.94	200m:	3:28.89	53.62	300m:	5:17.92	54.70	400m:	6:58.04	46.88

Epreuve 9, Dames, 400m Libre

14 - 15 ans

1.	ABETTI, Douae	15	Cnq					4:27.86	
	50m: 31.31	31.31	150m: 1:38.63	33.88	250m: 2:46.34	33.81	350m: 3:54.56	34.03	
	100m: 1:04.75	33.44	200m: 2:12.53	33.90	300m: 3:20.53	34.19	400m: 4:27.86	33.30	
2.	PICHETTE, Alexandra	15	Cnq					4:34.54	
	50m: 30.75	30.75	150m: 1:38.89	34.31	250m: 2:48.67	35.05	350m: 3:59.52	35.43	
	100m: 1:04.58	33.83	200m: 2:13.62	34.73	300m: 3:24.09	35.42	400m: 4:34.54	35.02	
3.	CORNEAU, Élyza	15	Cnq					4:38.93	
	50m: 32.19	32.19	150m: 1:43.26	35.83	250m: 2:54.29	35.10	350m: 4:05.16	35.54	
	100m: 1:07.43	35.24	200m: 2:19.19	35.93	300m: 3:29.62	35.33	400m: 4:38.93	33.77	
4.	LAFRENIÈRE, Juliette	14	Cnq					4:39.53	
	50m: 32.69	32.69	150m: 1:44.22	36.00	250m: 2:55.73	35.51	350m: 4:05.96	35.01	
	100m: 1:08.22	35.53	200m: 2:20.22	36.00	300m: 3:30.95	35.22	400m: 4:39.53	33.57	
5.	HARVEY, Éllie	14	Cnq					4:44.74	
	50m: 32.82	32.82	150m: 1:44.43	36.16	250m: 2:56.50	36.11	350m: 4:09.19	36.39	
	100m: 1:08.27	35.45	200m: 2:20.39	35.96	300m: 3:32.80	36.30	400m: 4:44.74	35.55	
6.	LEMELIN, Émie	15	Cnq					4:44.92	
	50m: 31.61	31.61	150m: 1:40.99	35.35	250m: 2:53.18	36.39	350m: 4:08.20	37.84	
	100m: 1:05.64	34.03	200m: 2:16.79	35.80	300m: 3:30.36	37.18	400m: 4:44.92	36.72	
7.	SAMSON, Amélia	14	Club de Natation des Riverains					4:49.70	
	50m: 32.30	32.30	150m: 1:44.73	36.75	250m: 2:59.38	37.30	350m: 4:13.70	37.22	
	100m: 1:07.98	35.68	200m: 2:22.08	37.35	300m: 3:36.48	37.10	400m: 4:49.70	36.00	
8.	CHAMBERLAND, Zoé	14	Cnq					4:50.14	
	50m: 33.17	33.17	150m: 1:45.93	36.82	250m: 3:00.21	37.29	350m: 4:14.47	37.08	
	100m: 1:09.11	35.94	200m: 2:22.92	36.99	300m: 3:37.39	37.18	400m: 4:50.14	35.67	
9.	GAGNON, Héloïse	15	Cnq					4:50.38	
	50m: 32.29	32.29	150m: 1:45.49	37.16	250m: 3:00.35	37.19	350m: 4:15.09	37.17	
	100m: 1:08.33	36.04	200m: 2:23.16	37.67	300m: 3:37.92	37.57	400m: 4:50.38	35.29	
10.	BELISLE, Viviane	15	Cnq					4:54.24	
	50m: 33.72	33.72	150m: 1:47.34	36.96	250m: 3:02.07	37.42	350m: 4:17.05	37.19	
	100m: 1:10.38	36.66	200m: 2:24.65	37.31	300m: 3:39.86	37.79	400m: 4:54.24	37.19	
11.	SIMARD, Mélody	15	Club de Natation de Montmagny					4:58.88	
	50m: 33.27	33.27	150m: 1:48.70	38.14	250m: 3:07.16	39.24	350m: 4:22.88	38.08	
	100m: 1:10.56	37.29	200m: 2:27.92	39.22	300m: 3:44.80	37.64	400m: 4:58.88	36.00	
12.	MICHAUD, Roxane	15	LMRL Rivière-du-Loup					5:00.90	
	50m: 34.00	34.00	150m: 1:49.89	38.41	250m: 3:06.74	38.35	350m: 4:23.54	38.29	
	100m: 1:11.48	37.48	200m: 2:28.39	38.50	300m: 3:45.25	38.51	400m: 5:00.90	37.36	
13.	ROMDHANE, Yasmine	14	Nsh					5:01.85	
	50m: 34.59	34.59	150m: 1:50.66	38.02	250m: 3:07.09	38.55	350m: 4:23.76	38.22	
	100m: 1:12.64	38.05	200m: 2:28.54	37.88	300m: 3:45.54	38.45	400m: 5:01.85	38.09	
14.	MICHAUD, Aurelie	14	LMRL Rivière-du-Loup					5:02.64	
	50m: 35.53	35.53	150m: 1:52.42	38.76	250m: 3:10.45	38.74	350m: 4:26.94	37.85	
	100m: 1:13.66	38.13	200m: 2:31.71	39.29	300m: 3:49.09	38.64	400m: 5:02.64	35.70	
15.	JUTRAS, Naomie	15	Club de Natation des Riverains					5:05.84	
	50m: 33.53	33.53	150m: 1:50.53	39.20	250m: 3:09.52	39.41	350m: 4:28.11	39.40	
	100m: 1:11.33	37.80	200m: 2:30.11	39.58	300m: 3:48.71	39.19	400m: 5:05.84	37.73	
16.	LEMIEUX, Élodie	15	Club de Natation des Riverains					5:08.12	
	50m: 34.57	34.57	150m: 1:53.69	40.05	250m: 3:13.26	40.03	350m: 4:31.68	39.01	
	100m: 1:13.64	39.07	200m: 2:33.23	39.54	300m: 3:52.67	39.41	400m: 5:08.12	36.44	

Epreuve 9, Filles, 400m Libre, 14 - 15 ans

Rang				Age					Temps	Pts		
17.	SAYEGH, Jasmine			14	Rouge et Or				5:08.41			
	50m:	34.91	34.91	150m:	1:52.34	39.06	250m:	3:11.73	39.60	350m:	4:30.53	40.28
	100m:	1:13.28	38.37	200m:	2:32.13	39.79	300m:	3:50.25	38.52	400m:	5:08.41	37.88
18.	LESSARD, Rachel			14	Cnq				5:08.98			
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:08.98	
19.	GRÉGOIRE, Juliette			15	Cnq				5:11.73			
	50m:	35.27	35.27	150m:	1:54.26	39.98	250m:	3:14.26	40.17	350m:	4:34.06	39.33
	100m:	1:14.28	39.01	200m:	2:34.09	39.83	300m:	3:54.73	40.47	400m:	5:11.73	37.67
20.	LAPRISE, Beatrice			14	LMRL Rivière-du-Loup				5:11.99			
	50m:	35.12	35.12	150m:	1:52.44	38.86	250m:	3:12.05	40.24	350m:	4:33.21	40.61
	100m:	1:13.58	38.46	200m:	2:31.81	39.37	300m:	3:52.60	40.55	400m:	5:11.99	38.78
21.	SIROIS, Ophélie			14	Club de Natation Régional de I				5:12.11			
	50m:	34.21	34.21	150m:	1:53.13	39.92	250m:	3:14.50	40.87	350m:	4:33.91	39.54
	100m:	1:13.21	39.00	200m:	2:33.63	40.50	300m:	3:54.37	39.87	400m:	5:12.11	38.20
22.	HAMMOND, Clara			15	LMRL Rivière-du-Loup				5:12.15			
	50m:	35.02	35.02	150m:	1:53.26	39.51	250m:	3:12.47	39.55	350m:	4:32.30	40.04
	100m:	1:13.75	38.73	200m:	2:32.92	39.66	300m:	3:52.26	39.79	400m:	5:12.15	39.85
23.	TREMBLAY, Elisabeth			14	Club de Natation des Riverains				5:18.27			
	50m:	33.69	33.69	150m:	1:53.40	40.77	250m:	3:15.66	40.55	350m:	4:37.64	40.66
	100m:	1:12.63	38.94	200m:	2:35.11	41.71	300m:	3:56.98	41.32	400m:	5:18.27	40.63
24.	GOUDREAU, Marianne			14	Club Aquatique Charlesbourg				5:18.83			
	50m:	35.43	35.43	150m:	1:56.29	41.01	250m:	3:18.85	41.53	350m:	4:40.71	40.63
	100m:	1:15.28	39.85	200m:	2:37.32	41.03	300m:	4:00.08	41.23	400m:	5:18.83	38.12
25.	GERVAIS, Rosalie			15	Unik				5:18.97			
	50m:	36.21	36.21	150m:	1:56.60	40.49	250m:	3:18.75	41.13	350m:	4:39.86	40.20
	100m:	1:16.11	39.90	200m:	2:37.62	41.02	300m:	3:59.66	40.91	400m:	5:18.97	39.11
26.	CÔTÉ, Maxime			15	Club Aquatique Charlesbourg				5:20.93			
	50m:	34.58	34.58	150m:	1:55.04	41.18	250m:	3:18.23	41.80	350m:	4:40.91	41.09
	100m:	1:13.86	39.28	200m:	2:36.43	41.39	300m:	3:59.82	41.59	400m:	5:20.93	40.02
27.	LABONTÉ, Amélya			15	Club de Natation de Montmagny				5:21.29			
	50m:	36.01	36.01	150m:	1:57.88	41.78	250m:	3:20.76	41.39	350m:	4:42.82	40.86
	100m:	1:16.10	40.09	200m:	2:39.37	41.49	300m:	4:01.96	41.20	400m:	5:21.29	38.47
28.	GIGUÈRE, Eva			14	Club de Natation des Riverains				5:21.71			
	50m:	36.28	36.28	150m:	1:56.43	40.57	250m:	3:18.70	41.12	350m:	4:41.55	41.40
	100m:	1:15.86	39.58	200m:	2:37.58	41.15	300m:	4:00.15	41.45	400m:	5:21.71	40.16
29.	TOVAR QUINTANA, Andrea			14	Club Aquatique Charlesbourg				5:23.06			
	50m:	36.66	36.66	150m:	1:58.41	41.23	250m:	3:22.29	41.90	350m:	4:42.61	39.14
	100m:	1:17.18	40.52	200m:	2:40.39	41.98	300m:	4:03.47	41.18	400m:	5:23.06	40.45
30.	MELOATAM, Jade			15	LMRL Rivière-du-Loup				5:26.80			
	50m:	37.58	37.58	150m:	2:01.73	42.55	250m:	3:26.63	42.18	350m:	4:47.55	40.75
	100m:	1:19.18	41.60	200m:	2:44.45	42.72	300m:	4:06.80	40.17	400m:	5:26.80	39.25
31.	BOUDREAU, Clara			14	Club de Natation des Riverains				5:27.30			
	50m:	35.77	35.77	150m:	1:55.68	40.24	250m:	3:19.88	42.49	350m:	4:45.63	43.08
	100m:	1:15.44	39.67	200m:	2:37.39	41.71	300m:	4:02.55	42.67	400m:	5:27.30	41.67
32.	LESSARD, Ilana			14	Club de Natation Régional de I				5:29.80			
	50m:	37.05	37.05	150m:	1:59.03	41.38	250m:	3:23.81	42.37	350m:	4:49.24	42.49
	100m:	1:17.65	40.60	200m:	2:41.44	42.41	300m:	4:06.75	42.94	400m:	5:29.80	40.56

Epreuve 9, Filles, 400m Libre, 14 - 15 ans

Rang				Age						Temps	Pts	
33.	RENAUD, Émilie			14	Club de Natation des Riverains					5:33.46		
	50m:	37.28	37.28	150m:	2:01.43	42.51	250m:	3:27.50	43.21	350m:	4:53.08	42.79
	100m:	1:18.92	41.64	200m:	2:44.29	42.86	300m:	4:10.29	42.79	400m:	5:33.46	40.38
34.	LAFOREST, Jeanne			14	LMRL Rivière-du-Loup					5:34.66		
	50m:	38.04	38.04	150m:	2:04.62	43.53	250m:	3:30.26	42.69	350m:	4:55.37	42.41
	100m:	1:21.09	43.05	200m:	2:47.57	42.95	300m:	4:12.96	42.70	400m:	5:34.66	39.29
35.	GROLEAU, Olivia			14	Rouge et Or					5:36.92		
	50m:	38.15	38.15	150m:	2:04.49	43.31	250m:	3:31.10	43.45	350m:	4:56.41	42.95
	100m:	1:21.18	43.03	200m:	2:47.65	43.16	300m:	4:13.46	42.36	400m:	5:36.92	40.51
36.	TREMBLAY, Maëlys			15	Club Aquatique Charlesbourg					5:37.42		
	50m:	36.85	36.85	150m:	2:01.98	43.21	250m:	3:29.62	44.06	350m:	4:56.05	42.91
	100m:	1:18.77	41.92	200m:	2:45.56	43.58	300m:	4:13.14	43.52	400m:	5:37.42	41.37
37.	DUBOIS, Anne-Sophie			15	Club de Natation Régional de I					5:37.65		
	50m:	35.69	35.69	150m:	1:59.01	42.46	250m:	3:26.76	43.94	350m:	4:55.01	44.47
	100m:	1:16.55	40.86	200m:	2:42.82	43.81	300m:	4:10.54	43.78	400m:	5:37.65	42.64
38.	PICHETTE, Mina Matilda			14	Cnq					5:39.04		
	50m:	40.62	40.62	150m:	2:08.66	44.13	250m:	3:35.43	42.61	350m:	4:59.17	41.17
	100m:	1:24.53	43.91	200m:	2:52.82	44.16	300m:	4:18.00	42.57	400m:	5:39.04	39.87
39.	COUTURE, Daphney			14	Club de Natation des Riverains					5:45.73		
	50m:	37.07	37.07	150m:	2:01.05	41.83	250m:	3:26.22	42.15	350m:	4:52.36	43.15
	100m:	1:19.22	42.15	200m:	2:44.07	43.02	300m:	4:09.21	42.99	400m:	5:45.73	53.37
40.	JEAN, Melodie			14	LMRL Rivière-du-Loup					5:48.64		
	50m:	40.84	40.84	150m:	2:08.14	43.79	250m:	3:36.92	44.38	350m:	5:04.83	44.03
	100m:	1:24.35	43.51	200m:	2:52.54	44.40	300m:	4:20.80	43.88	400m:	5:48.64	43.81
41.	FORTIN_S10SB9SM10, Elisabeth			15	Rouge et Or					5:49.60		
	50m:	40.84	40.84	150m:	2:08.14	43.79	250m:	3:36.92	44.38	350m:	5:04.83	44.03
	100m:	1:24.35	43.51	200m:	2:52.54	44.40	300m:	4:20.80	43.88	400m:	5:49.60	44.77
42.	MARTIN, Alyson			14	Nsh					5:54.77		
	50m:	42.48	42.48	150m:	2:15.33	46.90	250m:	3:50.16	47.09	350m:	5:24.11	46.53
	100m:	1:28.43	45.95	200m:	3:03.07	47.74	300m:	4:37.58	47.42	400m:	5:54.77	30.66
43.	VASILE, Clara			14	Nsh					6:00.36		
	50m:	43.19	43.19	150m:	2:14.41	45.36	250m:	3:45.13	44.69	350m:	5:15.68	45.39
	100m:	1:29.05	45.86	200m:	3:00.44	46.03	300m:	4:30.29	45.16	400m:	6:00.36	44.68
44.	JACQUES, Mathilde			14	Club de Natation Régional de I					6:15.18		
	50m:	40.67	40.67	150m:	2:12.99	46.84	250m:	3:49.23	48.39	350m:	5:27.16	49.35
	100m:	1:26.15	45.48	200m:	3:00.84	47.85	300m:	4:37.81	48.58	400m:	6:15.18	48.02
45.	CANAC-MARQUIS_S8SB7SM8, Alexie			14	Rouge et Or					8:05.39		
	50m:	54.16	54.16	150m:	3:00.17	1:03.11	250m:	5:05.51	1:01.94	350m:	7:07.27	1:00.56
	100m:	1:57.06	1:02.90	200m:	4:03.57	1:03.40	300m:	6:06.71	1:01.20	400m:	8:05.39	58.12

16 - 17 ans

1.	TURCOTTE, Annabelle			16	Cnq					4:26.55		
	50m:	30.76	30.76	150m:	1:37.39	33.31	250m:	2:44.31	33.55	350m:	3:52.86	34.26
	100m:	1:04.08	33.32	200m:	2:10.76	33.37	300m:	3:18.60	34.29	400m:	4:26.55	33.69
2.	GUY, Roxane			17	Cnq					4:29.95		
	50m:	32.22	32.22	150m:	1:40.71	34.32	250m:	2:49.02	33.69	350m:	3:56.46	33.76
	100m:	1:06.39	34.17	200m:	2:15.33	34.62	300m:	3:22.70	33.68	400m:	4:29.95	33.49

Epreuve 9, Filles, 400m Libre, 16 - 17 ans

Rang				Age						Temps	Pts	
3.	DUMAS, Annabelle			17	Cnq						4:42.61	
	50m:	32.26	32.26	150m:	1:44.14	36.27	250m:	2:55.83	35.85	350m:	4:07.74	35.79
	100m:	1:07.87	35.61	200m:	2:19.98	35.84	300m:	3:31.95	36.12	400m:	4:42.61	34.87
4.	LABERGE, Élise			16	Rouge et Or						4:43.80	
	50m:	32.18	32.18	150m:	1:43.36	36.25	250m:	2:55.93	36.22	350m:	4:08.27	35.93
	100m:	1:07.11	34.93	200m:	2:19.71	36.35	300m:	3:32.34	36.41	400m:	4:43.80	35.53
5.	LACOSTE, Florence			17	Nsh						4:44.12	
	50m:	32.00	32.00	150m:	1:44.34	36.35	250m:	2:57.15	36.38	350m:	4:09.12	35.70
	100m:	1:07.99	35.99	200m:	2:20.77	36.43	300m:	3:33.42	36.27	400m:	4:44.12	35.00
6.	SHINK, Laurie			16	Cnq						4:47.78	
	50m:	32.07	32.07	150m:	1:43.37	36.19	250m:	2:56.61	36.60	350m:	4:10.88	37.27
	100m:	1:07.18	35.11	200m:	2:20.01	36.64	300m:	3:33.61	37.00	400m:	4:47.78	36.90
7.	HARVEY, Clara			17	Cnq						4:58.96	
	50m:	32.36	32.36	150m:	1:45.80	37.77	250m:	3:03.30	39.06	350m:	4:22.36	39.51
	100m:	1:08.03	35.67	200m:	2:24.24	38.44	300m:	3:42.85	39.55	400m:	4:58.96	36.60
8.	GAGNON, Estelle			16	Club de Natation de Montmagny						5:00.01	
	50m:	32.97	32.97	150m:	1:48.69	38.52	250m:	3:06.73	39.04	350m:	4:23.19	38.00
	100m:	1:10.17	37.20	200m:	2:27.69	39.00	300m:	3:45.19	38.46	400m:	5:00.01	36.82
9.	BOUCHARD, Marie			16	Rouge et Or						5:01.91	
	50m:	34.44	34.44	150m:	1:51.04	38.75	250m:	3:08.38	38.49	350m:	4:24.78	38.13
	100m:	1:12.29	37.85	200m:	2:29.89	38.85	300m:	3:46.65	38.27	400m:	5:01.91	37.13
10.	HARVEY, Léa			16	Cnq						5:01.92	
	50m:	32.89	32.89	150m:	1:47.62	37.91	250m:	3:05.47	38.88	350m:	4:24.29	39.24
	100m:	1:09.71	36.82	200m:	2:26.59	38.97	300m:	3:45.05	39.58	400m:	5:01.92	37.63
11.	FALARDEAU_S10SB9SM10, Mathilde			17	Cnq						5:03.06	
	50m:	35.05	35.05	150m:	1:51.96	38.81	250m:	3:09.30	38.35	350m:	4:26.22	38.27
	100m:	1:13.15	38.10	200m:	2:30.95	38.99	300m:	3:47.95	38.65	400m:	5:03.06	36.84
12.	TANGUAY, Jade			16	Club de Natation Régional de I						5:05.53	
	50m:	34.78	34.78	150m:	1:51.55	38.66	250m:	3:09.82	38.92	350m:	4:27.94	39.04
	100m:	1:12.89	38.11	200m:	2:30.90	39.35	300m:	3:48.90	39.08	400m:	5:05.53	37.59
13.	TROTIER, Alycia			16	Cnq						5:12.94	
	50m:	35.03	35.03	150m:	1:53.46	40.02	250m:	3:14.59	40.38	350m:	4:34.37	39.60
	100m:	1:13.44	38.41	200m:	2:34.21	40.75	300m:	3:54.77	40.18	400m:	5:12.94	38.57
14.	THÉRIALT, Marie-Pier			17	Nsh						5:13.17	
	50m:	35.03	35.03	150m:	1:53.48	39.35	250m:	3:12.91	39.91	350m:	4:33.90	40.51
	100m:	1:14.13	39.10	200m:	2:33.00	39.52	300m:	3:53.39	40.48	400m:	5:13.17	39.27
15.	DULAC, Julia			16	Club de Natation Régional de I						5:14.50	
	50m:	35.00	35.00	150m:	1:54.59	40.58	250m:	3:15.53	40.77	350m:	4:36.11	40.18
	100m:	1:14.01	39.01	200m:	2:34.76	40.17	300m:	3:55.93	40.40	400m:	5:14.50	38.39
16.	FORTIN, Olivia			16	Etm						5:21.02	
	50m:	35.31	35.31	150m:	1:57.62	41.49	250m:	3:20.16	41.33	350m:	4:41.76	40.79
	100m:	1:16.13	40.82	200m:	2:38.83	41.21	300m:	4:00.97	40.81	400m:	5:21.02	39.26
17.	VANIER, Malya			16	Unik						5:44.74	
	50m:	38.14	38.14	150m:	2:04.98	43.95	250m:	3:34.90	44.52	350m:	5:02.70	44.03
	100m:	1:21.03	42.89	200m:	2:50.38	45.40	300m:	4:18.67	43.77	400m:	5:44.74	42.04
18.	BÉLANGER_S7SB7SM7, Arielle			16	Rouge et Or						7:11.70	
	50m:	49.10	49.10	150m:	2:36.91	54.00	250m:	4:28.21	56.15	350m:	6:19.38	55.60
	100m:	1:42.91	53.81	200m:	3:32.06	55.15	300m:	5:23.78	55.57	400m:	7:11.70	52.32

Epreuve 9, Dames, 400m Libre

18 ans et plus

1.	MICHAUD, Laurence	18	Cnq						4:18.81
	50m: 30.61 30.61	150m: 1:36.19 32.47	250m: 2:41.46 32.42	350m: 3:46.65 32.62					
	100m: 1:03.72 33.11	200m: 2:09.04 32.85	300m: 3:14.03 32.57	400m: 4:18.81 32.16					
2.	MALENFANT, Viviane	18	Cnq						4:28.10
	50m: 31.07 31.07	150m: 1:38.24 33.65	250m: 2:45.89 34.00	350m: 3:54.91 34.30					
	100m: 1:04.59 33.52	200m: 2:11.89 33.65	300m: 3:20.61 34.72	400m: 4:28.10 33.19					
3.	TURCOTTE, Juliette	18	Cnq						4:31.63
	50m: 31.21 31.21	150m: 1:39.02 34.13	250m: 2:48.09 34.44	350m: 3:57.19 34.59					
	100m: 1:04.89 33.68	200m: 2:13.65 34.63	300m: 3:22.60 34.51	400m: 4:31.63 34.44					
4.	SHINK, Ariane	18	Cnq						4:33.24
	50m: 31.89 31.89	150m: 1:40.17 34.22	250m: 2:48.85 34.16	350m: 3:58.57 34.76					
	100m: 1:05.95 34.06	200m: 2:14.69 34.52	300m: 3:23.81 34.96	400m: 4:33.24 34.67					
5.	BERTRAND, Marie	21	Nsh						4:39.52
	50m: 31.33 31.33	150m: 1:41.86 35.72	250m: 2:54.48 36.38	350m: 4:05.57 35.70					
	100m: 1:06.14 34.81	200m: 2:18.10 36.24	300m: 3:29.87 35.39	400m: 4:39.52 33.95					
6.	PAUL, Florence	19	Rouge et Or						4:43.44
	50m: 32.31 32.31	150m: 1:43.05 35.82	250m: 2:55.30 36.14	350m: 4:08.42 36.29					
	100m: 1:07.23 34.92	200m: 2:19.16 36.11	300m: 3:32.13 36.83	400m: 4:43.44 35.02					
7.	GAGNON, Amélie	18	Nsh						4:53.15
	50m: 33.29 33.29	150m: 1:46.92 36.93	250m: 3:01.87 37.35	350m: 4:17.38 37.50					
	100m: 1:09.99 36.70	200m: 2:24.52 37.60	300m: 3:39.88 38.01	400m: 4:53.15 35.77					
8.	THIBAULT, Coralie	19	Rouge et Or						5:04.22
	50m: 33.01 33.01	150m: 1:47.77 37.87	250m: 3:06.26 39.63	350m: 4:25.42 39.29					
	100m: 1:09.90 36.89	200m: 2:26.63 38.86	300m: 3:46.13 39.87	400m: 5:04.22 38.80					
9.	TRÉPANIÉ, Sara-Eve	19	Club Aquatique Charlesbourg						5:04.29
	50m: 32.61 32.61	150m: 1:48.29 38.70	250m: 3:06.86 39.36	350m: 4:26.28 39.64					
	100m: 1:09.59 36.98	200m: 2:27.50 39.21	300m: 3:46.64 39.78	400m: 5:04.29 38.01					
10.	ST-LOUIS, Sara-Ève	19	Nsh						5:26.53
	50m: 35.91 35.91	150m: 1:58.99 42.32	250m: 3:24.49 42.35	350m: 4:47.19 40.75					
	100m: 1:16.67 40.76	200m: 2:42.14 43.15	300m: 4:06.44 41.95	400m: 5:26.53 39.34					