

Event 223

Women, 400m Freestyle

13 years and older

2025-12-13 - 11:06

Results Prelim

Record Compétition / Meet Record 15 +	4:18.53	JEWELL, Karyn	CAN	Gatineau	2010-12-17
Record Compétition / Meet Record 13 - 14	4:27.69	HEWTON, Shaylyn C	CAN	Gatineau	2014-12-14
Record de piscine / Pool Record	4:07.87	MACLEAN, Brittany	CAN	Gatineau	2012-02-18

Points: AQUA Master 2024

Rank			Age			Time			Pts
13 - 14 years									
1.	PARADIS, Jolianne		14	NG		4:43.05			720 Q
	50m:	32.70 32.70	150m:	1:44.85 36.49	250m:	2:57.63 36.35	350m:	4:09.35 35.50	
	100m:	1:08.36 35.66	200m:	2:21.28 36.43	300m:	3:33.85 36.22	400m:	4:43.05 33.70	
2.	NOLAN, Amelia J		13	GO		4:46.55			694 Q
	50m:	32.69 32.69	150m:	1:45.42 36.48	250m:	2:58.72 36.64	350m:	4:11.57 36.23	
	100m:	1:08.94 36.25	200m:	2:22.08 36.66	300m:	3:35.34 36.62	400m:	4:46.55 34.98	
3.	KIM, Yunseo		14	NKB		4:46.91			691 Q
	50m:	32.04 32.04	150m:	1:44.11 36.14	250m:	2:57.28 36.68	350m:	4:10.93 36.90	
	100m:	1:07.97 35.93	200m:	2:20.60 36.49	300m:	3:34.03 36.75	400m:	4:46.91 35.98	
4.	FOURNIER, Ellie		14	NKB		4:56.10			629 Q
	50m:	32.86 32.86	150m:	1:45.53 36.63	250m:	3:00.48 37.35	350m:	4:18.22 39.16	
	100m:	1:08.90 36.04	200m:	2:23.13 37.60	300m:	3:39.06 38.58	400m:	4:56.10 37.88	
5.	MCKENNA, Ainsley		14	SWOTT		4:57.02			623 Q
	50m:	33.19 33.19	150m:	1:47.46 37.63	250m:	3:03.28 37.65	350m:	4:20.32 38.59	
	100m:	1:09.83 36.64	200m:	2:25.63 38.17	300m:	3:41.73 38.45	400m:	4:57.02 36.70	
6.	DEMOULIN, Mary		14	NG		5:01.33			596 Q
	50m:	33.57 33.57	150m:	1:50.47 38.71	250m:	3:08.21 38.71	350m:	4:25.68 38.69	
	100m:	1:11.76 38.19	200m:	2:29.50 39.03	300m:	3:46.99 38.78	400m:	5:01.33 35.65	
7.	ROBERTS, Liliana V		13	GSH		5:03.18			586 Q
	50m:	33.76 33.76	150m:	1:49.76 38.45	250m:	3:08.59 39.38	350m:	4:26.28 38.38	
	100m:	1:11.31 37.55	200m:	2:29.21 39.45	300m:	3:47.90 39.31	400m:	5:03.18 36.90	
8.	AN, Cathy		14	CALAC		5:04.56			578 Q
	50m:	33.59 33.59	150m:	1:49.70	250m:	3:08.71	350m:	4:27.21	
	100m:		200m:		300m:		400m:	5:04.56 37.35	
9.	GOW, Emma L		14	KBM		5:04.60			577 R
	50m:	33.91 33.91	150m:	1:49.05 38.27	250m:	3:07.96 39.53	350m:	4:26.73 39.51	
	100m:	1:10.78 36.87	200m:	2:28.43 39.38	300m:	3:47.22 39.26	400m:	5:04.60 37.87	
10.	HELMS, Hannah		14	NBYT		5:06.17			569 R
	50m:	33.16 33.16	150m:		250m:	3:07.76	350m:	5:06.30 1:19.01	
	100m:		200m:		300m:	3:47.29 39.53	400m:	5:06.17	
11.	SOGBEIN, Naomi		14	NBYT		5:06.21			568
	50m:	34.22 34.22	150m:	1:52.12 39.24	250m:	3:09.96 38.61	350m:	4:28.88 39.30	
	100m:	1:12.88 38.66	200m:	2:31.35 39.23	300m:	3:49.58 39.62	400m:	5:06.21 37.33	
12.	SAKR, Riham		13	SWOTT		5:07.08			563
	50m:		150m:	1:50.24 39.18	250m:	3:09.63 39.45	350m:	4:29.26 39.39	
	100m:	1:11.06	200m:	2:30.18 39.94	300m:	3:49.87 40.24	400m:	5:07.08 37.82	
13.	LAFRENIERE, Sandriane		13	NG		5:07.23			563
	50m:	35.60 35.60	150m:	1:53.76	250m:	3:11.98 38.96	350m:		
	100m:		200m:	2:33.02 39.26	300m:		400m:	5:07.23	

Event 223, Girls, 400m Freestyle, Prelim, 13 - 14 years

Rank					Age					Time	Pts	
14.	WRIGHT, Zoe				14	GO				5:08.29	557	
	50m:	34.62	34.62	150m:	1:50.25	38.70	250m:	3:09.08	39.16	350m:	4:29.12	40.13
	100m:	1:11.55	36.93	200m:	2:29.92	39.67	300m:	3:48.99	39.91	400m:	5:08.29	39.17
15.	COWAN, Eloise E				14	GO				5:09.56	550	
	50m:	34.61	34.61	150m:	1:54.58	40.77	250m:	3:14.02	39.02	350m:	4:32.13	38.70
	100m:	1:13.81	39.20	200m:	2:35.00	40.42	300m:	3:53.43	39.41	400m:	5:09.56	37.43
16.	HARRIS, Morgan				13	KBM				5:10.82	543	
	50m:			150m:			250m:	3:14.40	39.80	350m:		
	100m:			200m:	2:34.60		300m:	3:54.38	39.98	400m:	5:10.82	
17.	SHIER, Kayla				13	GSH				5:12.20	536	
	50m:	33.36	33.36	150m:	1:50.95	39.73	250m:	3:11.56	40.29	350m:	4:33.34	40.52
	100m:	1:11.22	37.86	200m:	2:31.27	40.32	300m:	3:52.82	41.26	400m:	5:12.20	38.86
18.	GHOLIPOUR, Maneli				13	MST				5:12.98	532	
	50m:	33.92	33.92	150m:	1:50.48	39.25	250m:	3:11.55	40.28	350m:	4:32.99	40.69
	100m:	1:11.23	37.31	200m:	2:31.27	40.79	300m:	3:52.30	40.75	400m:	5:12.98	39.99
19.	DIOTTE, Gabrielle T				13	GO				5:15.91	517	
	50m:	37.01	37.01	150m:	1:57.65	40.80	250m:	3:18.28	40.35	350m:	4:37.72	39.83
	100m:	1:16.85	39.84	200m:	2:37.93	40.28	300m:	3:57.89	39.61	400m:	5:15.91	38.19
20.	BOWLES, Katherine				13	SWOTT				5:16.87	513	
	50m:	36.55	36.55	150m:	1:56.96	40.46	250m:	3:17.35	40.37	350m:	4:38.47	40.33
	100m:	1:16.50	39.95	200m:	2:36.98	40.02	300m:	3:58.14	40.79	400m:	5:16.87	38.40
21.	ZORRO, Laura-Marie				14	MINA				5:17.51	510	
	50m:	36.31	36.31	150m:	1:56.01	40.50	250m:	3:17.29	40.73	350m:	4:38.02	40.23
	100m:	1:15.51	39.20	200m:	2:36.56	40.55	300m:	3:57.79	40.50	400m:	5:17.51	39.49
22.	ROZEK, Talia				14	GO				5:18.59	505	
	50m:	36.58	36.58	150m:	1:58.72	41.37	250m:	3:21.18	40.86	350m:	4:41.38	39.53
	100m:	1:17.35	40.77	200m:	2:40.32	41.60	300m:	4:01.85	40.67	400m:	5:18.59	37.21
23.	SUN, Vera				14	NKB				5:18.99	503	
	50m:	34.76	34.76	150m:	1:54.94	40.51	250m:	3:16.04	40.44	350m:	4:38.25	40.64
	100m:	1:14.43	39.67	200m:	2:35.60	40.66	300m:	3:57.61	41.57	400m:	5:18.99	40.74
24.	PENNELL, Julia				13	EBSC				5:20.07	498	
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:20.07	
25.	MCKERLICH, Rebecca				14	UCRO				5:21.37	492	
	50m:	35.96	35.96	150m:	1:56.76	40.86	250m:	3:19.17	41.20	350m:	4:41.78	40.92
	100m:	1:15.90	39.94	200m:	2:37.97	41.21	300m:	4:00.86	41.69	400m:	5:21.37	39.59
26.	YEUNG, Kiana				13	MST				5:21.46	491	
	50m:	34.14	34.14	150m:	1:54.31	40.84	250m:	3:17.18	41.52	350m:	4:40.25	41.52
	100m:	1:13.47	39.33	200m:	2:35.66	41.35	300m:	3:58.73	41.55	400m:	5:21.46	41.21
27.	ZHANG, Kyna				14	NKB				5:21.72	490	
	50m:	35.95	35.95	150m:	1:56.08	40.67	250m:	3:18.47	41.06	350m:	4:41.28	41.50
	100m:	1:15.41	39.46	200m:	2:37.41	41.33	300m:	3:59.78	41.31	400m:	5:21.72	40.44
28.	CONLIN, Charlie				13	GSH				5:24.81	476	
	50m:	35.73	35.73	150m:	1:57.19	41.29	250m:	3:19.72	41.32	350m:	4:43.23	41.84
	100m:	1:15.90	40.17	200m:	2:38.40	41.21	300m:	4:01.39	41.67	400m:	5:24.81	41.58

Event 223, Girls, 400m Freestyle, Prelim, 13 - 14 years

Rank			Age						Time	Pts
29.	VENNE, Catherine		14	GO					5:25.98	471
	50m:	36.61 36.61	150m:		250m:	3:21.39 42.58	350m:	4:46.90 42.67		
	100m:	1:16.46 39.85	200m:	2:38.81	300m:	4:04.23 42.84	400m:	5:25.98 39.08		
30.	VAN GURP, Juliette		14	NKB					5:26.13	470
	50m:	35.51 35.51	150m:	1:56.10 41.02	250m:	3:19.67 41.00	350m:	4:44.18 42.29		
	100m:	1:15.08 39.57	200m:	2:38.67 42.57	300m:	4:01.89 42.22	400m:	5:26.13 41.95		
31.	LEUSCHEN, Violet		13	NKB					5:31.37	448
	50m:	37.68 37.68	150m:	2:01.48 41.72	250m:	3:26.79 42.63	350m:	4:50.59 41.89		
	100m:	1:19.76 42.08	200m:	2:44.16 42.68	300m:	4:08.70 41.91	400m:	5:31.37 40.78		
32.	DUFFEY, Quinn		13	SWOTT					5:33.29	441
	50m:		150m:	2:01.96 43.04	250m:	3:28.52 43.08	350m:	4:53.88 42.63		
	100m:	1:18.92	200m:	2:45.44 43.48	300m:	4:11.25 42.73	400m:	5:33.29 39.41		
33.	PILLAY, Katie		14	NKB					5:35.27	433
	50m:	34.92 34.92	150m:		250m:	3:23.49	350m:	4:53.05		
	100m:	1:14.57 39.65	200m:		300m:		400m:	5:35.27 42.22		
34.	PEEVER, Avery		13	NBYT					5:36.39	429
	50m:	39.28 39.28	150m:	2:06.02 43.38	250m:	3:30.27 41.00	350m:	4:54.88 43.14		
	100m:	1:22.64 43.36	200m:	2:49.27 43.25	300m:	4:11.74 41.47	400m:	5:36.39 41.51		
35.	MCCAULEY, Evelyn G		13	GO					5:40.26	414
	50m:	38.37 38.37	150m:	2:04.91 44.32	250m:	3:33.56 44.39	350m:	5:00.67 43.13		
	100m:	1:20.59 42.22	200m:	2:49.17 44.26	300m:	4:17.54 43.98	400m:	5:40.26 39.59		
36.	ANIAGU, Chidumebi J		14	CPWD					5:45.98	394
	50m:	38.21 38.21	150m:		250m:		350m:			
	100m:	1:20.67 42.46	200m:	2:49.17	300m:		400m:	5:45.98		
37.	KELLY, Clementine		14	SWOTT					5:46.64	392
	50m:	1:21.97 1:21.97	150m:		250m:	3:37.41	350m:	5:05.21 42.47		
	100m:		200m:		300m:	4:22.74 45.33	400m:	5:46.64 41.43		
38.	FENWICK, Alysa		14	GSH					5:46.89	391
	50m:	39.09 39.09	150m:	2:07.63 44.57	250m:	3:36.43 44.56	350m:	5:04.93 44.74		
	100m:	1:23.06 43.97	200m:	2:51.87 44.24	300m:	4:20.19 43.76	400m:	5:46.89 41.96		
39.	ALLINA, Adelaide		13	SWOTT					5:56.88	359
	50m:	37.85 37.85	150m:	2:05.00 44.92	250m:	3:36.28 45.85	350m:	5:10.17 47.46		
	100m:	1:20.08 42.23	200m:	2:50.43 45.43	300m:	4:22.71 46.43	400m:	5:56.88 46.71		
DNS	BROCHU, Tessa		13	NG						
DNS	RAFTER, Sadie		13	SWOTT						
DNS	RASOULIS, Evangelia		13	GO						
WDR	LEBLANC, Naomie		13	NG						

15 years and older

1.	FORESTIER, Gabrielle		17	NKB					4:35.25	783	Q
	50m:	31.16 31.16	150m:	1:39.57 34.68	250m:	2:49.68 35.27	350m:	4:00.45 35.65			
	100m:	1:04.89 33.73	200m:	2:14.41 34.84	300m:	3:24.80 35.12	400m:	4:35.25 34.80			
2.	NOORDHOF, Ava		16	GO					4:37.47	764	Q
	50m:	31.71 31.71	150m:	1:40.89 34.83	250m:	2:52.13 35.67	350m:	4:03.04 35.29			
	100m:	1:06.06 34.35	200m:	2:16.46 35.57	300m:	3:27.75 35.62	400m:	4:37.47 34.43			

Event 223, Women, 400m Freestyle, Prelim, 15 years and older

Rank			Age						Time	Pts	
3.	DUBUC, Gabrielle		17	MINA					4:39.41	748	Q
	50m:	32.91 32.91	150m:	1:43.50 35.54	250m:	2:54.49 35.36	350m:	4:05.25 35.22			
	100m:	1:07.96 35.05	200m:	2:19.13 35.63	300m:	3:30.03 35.54	400m:	4:39.41 34.16			
4.	MCINTOSH, Grace		16	GO					4:43.57	716	Q
	50m:		150m:	1:44.51 36.19	250m:		350m:	4:08.99 36.04			
	100m:	1:08.32	200m:	2:20.78 36.27	300m:	3:32.95	400m:	4:43.57 34.58			
5.	JODOIN, Olivia		17	GO					4:44.70	707	Q
	50m:	32.47 32.47	150m:	1:43.91 35.87	250m:	2:56.79 36.59	350m:	4:09.53 36.12			
	100m:	1:08.04 35.57	200m:	2:20.20 36.29	300m:	3:33.41 36.62	400m:	4:44.70 35.17			
6.	HASIUK, Julianna		17	MST					4:46.40	695	Q
	50m:	33.01 33.01	150m:		250m:	2:57.26 36.21	350m:	4:10.94 36.98			
	100m:	1:08.68 35.67	200m:	2:21.05	300m:	3:33.96 36.70	400m:	4:46.40 35.46			
7.	SERSON, Olivia		18	EBSC					4:47.50	687	Q
	50m:	32.30 32.30	150m:	1:44.42 36.46	250m:	2:58.17 36.83	350m:	4:12.09 36.85			
	100m:	1:07.96 35.66	200m:	2:21.34 36.92	300m:	3:35.24 37.07	400m:	4:47.50 35.41			
8.	LIVINGSTON, Emmanuelle		17	GO					4:49.14	675	Q
	50m:	32.87 32.87	150m:	1:45.27 36.50	250m:	2:59.00 36.73	350m:	4:12.60 36.90			
	100m:	1:08.77 35.90	200m:	2:22.27 37.00	300m:	3:35.70 36.70	400m:	4:49.14 36.54			
9.	TIMPSON, Evangelina E		16	KBM					4:49.29	674	R
	50m:	32.70 32.70	150m:	1:46.65 37.18	250m:	3:01.59 37.55	350m:	4:14.88 36.33			
	100m:	1:09.47 36.77	200m:	2:24.04 37.39	300m:	3:38.55 36.96	400m:	4:49.29 34.41			
10.	KINSELLA, Maia		16	TMSC					4:50.48	666	R
	50m:	33.22 33.22	150m:	1:46.30 36.64	250m:		350m:				
	100m:	1:09.66 36.44	200m:		300m:		400m:	4:50.48			
11.	LICARI, Danica		15	NKB					4:50.87	663	
	50m:		150m:		250m:		350m:				
	100m:		200m:		300m:		400m:	4:50.87			
12.	SWARTZ, Rachael		16	EBSC					4:52.19	654	
	50m:	33.37 33.37	150m:	1:46.49	250m:		350m:				
	100m:		200m:		300m:		400m:	4:52.19			
13.	MATTHEWS-DICKSON, Kaitlyn		15	SWOTT					4:53.71	644	
	50m:	32.99 32.99	150m:	1:46.09 36.75	250m:	3:01.18 37.72	350m:	4:16.98 37.81			
	100m:	1:09.34 36.35	200m:	2:23.46 37.37	300m:	3:39.17 37.99	400m:	4:53.71 36.73			
14.	MENDIETA-SWEET, Justice T		16	KBM					4:58.13	616	
	50m:	34.20 34.20	150m:		250m:		350m:	4:22.42			
	100m:	1:11.36 37.16	200m:		300m:		400m:	4:58.13 35.71			
15.	BOUDREAU-LAVOIE, Charlotte		15	GO					4:58.79	612	
	50m:	33.98 33.98	150m:	1:49.31 38.03	250m:	3:05.12 37.97	350m:	4:21.31 38.14			
	100m:	1:11.28 37.30	200m:	2:27.15 37.84	300m:	3:43.17 38.05	400m:	4:58.79 37.48			
16.	KEITH, Surina		15	GO					5:01.77	594	
	50m:	33.32 33.32	150m:	1:47.10 37.72	250m:	3:04.93 38.74	350m:	4:24.24 39.85			
	100m:	1:09.38 36.06	200m:	2:26.19 39.09	300m:	3:44.39 39.46	400m:	5:01.77 37.53			
17.	ZANIEWSKI, Sarah		17	NKB					5:02.62	589	
	50m:	33.89 33.89	150m:	1:49.37 38.61	250m:	3:06.22	350m:				
	100m:	1:10.76 36.87	200m:		300m:	3:44.64 38.42	400m:	5:02.62			

Event 223, Women, 400m Freestyle, Prelim, 15 years and older

Rank			Age							Time	Pts	
18.	OUMET, Arielle		16		GO					5:03.26	585	
	50m:	33.35	33.35	150m:	1:49.92	38.89	250m:	3:07.66	38.78	350m:	4:24.77	38.69
	100m:	1:11.03	37.68	200m:	2:28.88	38.96	300m:	3:46.08	38.42	400m:	5:03.26	38.49
19.	ACHOUR, Zoe		15		CARAT					5:03.53	583	
	50m:	33.27	33.27	150m:	1:48.21	38.14	250m:	3:06.31	39.18	350m:	4:25.98	39.80
	100m:	1:10.07	36.80	200m:	2:27.13	38.92	300m:	3:46.18	39.87	400m:	5:03.53	37.55
20.	RUNIONS, Grace A		15		KBM					5:10.81	543	
	50m:	35.53	35.53	150m:	1:54.25	39.93	250m:	3:13.90	39.49	350m:	4:33.09	39.55
	100m:	1:14.32	38.79	200m:	2:34.41	40.16	300m:	3:53.54	39.64	400m:	5:10.81	37.72
21.	MONEY-SMITH, Aleigha		16		NBYT					5:11.41	540	
	50m:	35.05	35.05	150m:	1:51.79	39.16	250m:	3:12.65	40.70	350m:	4:33.71	40.28
	100m:	1:12.63	37.58	200m:	2:31.95	40.16	300m:	3:53.43	40.78	400m:	5:11.41	37.70
22.	BLAIR, Sarah I		16		NBYT					5:13.75	528	
	50m:	34.66	34.66	150m:	1:52.68	39.48	250m:			350m:	4:34.06	40.63
	100m:	1:13.20	38.54	200m:	2:32.26	39.58	300m:	3:53.43		400m:	5:13.75	39.69
23.	BAILEY, Josephine		16		KBM					5:18.42	505	
	50m:	36.30	36.30	150m:	1:56.33	40.22	250m:	3:18.90	41.20	350m:	4:40.27	40.81
	100m:	1:16.11	39.81	200m:	2:37.70	41.37	300m:	3:59.46	40.56	400m:	5:18.42	38.15
24.	WANG, Claire T		15		KBM					5:19.99	498	
	50m:	35.23	35.23	150m:	1:55.28	41.11	250m:	3:17.75	41.45	350m:	4:40.83	41.33
	100m:	1:14.17	38.94	200m:	2:36.30	41.02	300m:	3:59.50	41.75	400m:	5:19.99	39.16
25.	LEVESQUE, Juliette		15		CARAT					5:21.35	492	
	50m:	35.13	35.13	150m:	1:55.99	40.93	250m:	3:18.73	41.57	350m:	4:41.05	41.15
	100m:	1:15.06	39.93	200m:	2:37.16	41.17	300m:	3:59.90	41.17	400m:	5:21.35	40.30
26.	CASSELMAN, Chloe		17		UCRO					5:26.73	468	
	50m:	36.83	36.83	150m:	1:58.50	41.61	250m:	3:21.84	42.02	350m:	4:45.82	42.05
	100m:	1:16.89	40.06	200m:	2:39.82	41.32	300m:	4:03.77	41.93	400m:	5:26.73	40.91
27.	KOUAME, Dasha M		15		GO					5:29.78	455	
	50m:	39.37	39.37	150m:	2:04.27	42.40	250m:	3:26.98	40.77	350m:	4:51.66	42.47
	100m:	1:21.87	42.50	200m:	2:46.21	41.94	300m:	4:09.19	42.21	400m:	5:29.78	38.12
DNS	SALIM, Mira		18		NG							
DNS	PROST, Phoebe J		15		KBM							