



Coupe des maitres manche #3 Ouest
Montréal-Nord, 13-12-2025

Epreuve 1

Dames, 400m 4 nages

18 - 24 ans

2025-12-13 - 9:00

Liste résultats

Canadian Master Records	5:06.61	HELMSTAEDT, Karin	KBM	???	1991-01-01
Quebec Provincial Master Records	5:20.28	SHI, Anna	MUMS	Cote St-Luc	2023-04-14

Rang	Age						Soumis		Temps		Points	
1.	SHI, Anna			22	MUMS		5:30.00		5:34.12		7.00	
	50m:	33.45	33.45	150m:	1:57.04	44.11	250m:	3:26.68	47.59	350m:	4:56.97	41.67
	100m:	1:12.93	39.48	200m:	2:39.09	42.05	300m:	4:15.30	48.62	400m:	5:34.12	37.15

Epreuve 1

Dames, 400m 4 nages

25 - 29 ans

2025-12-13 - 9:00

Liste résultats

Canadian Master Records	5:02.47	BERTELINK, Cindy	EOMAC	???	2004-03-26
Quebec Provincial Master Records	5:23.80	BELANGER, Edith	TORP	Trois-Rivieres	2008-04-13

Rang	Age						Soumis		Temps		Points	
1.	ALAIN, Anne-Sophie						27	CALAC		NT	6:40.63	7.00
	50m:	45.43	45.43	150m:	2:32.44	53.53	250m:	4:16.47	51.46	350m:	5:56.17	47.34
	100m:	1:38.91	53.48	200m:	3:25.01	52.57	300m:	5:08.83	52.36	400m:	6:40.63	44.46

Epreuve 1

Messieurs, 400m 4 nages

25 - 29 ans

2025-12-13 - 9:00

Liste résultats

Canadian Master Records	4:30.74	COTE, Tristan	CMSC	Calgary	2023-05-28
Quebec Provincial Master Records	4:48.87	BOUCHARD, Kevin	OP	Quebec	2014-04-12

Rang	Age						Soumis		Temps		Points	
1.	SICILIANI, Zachary						26	MPC	5:20.00		5:24.54	7.00
	50m:	31.84	31.84	150m:	1:52.19	42.80	250m:	3:22.92	48.21	350m:	4:48.08	37.45
	100m:	1:09.39	37.55	200m:	2:34.71	42.52	300m:	4:10.63	47.71	400m:	5:24.54	36.46
2.	MIRON, Xavier						29	CNMN	6:02.27		6:08.42	5.00
	50m:	37.22	37.22	150m:			250m:	3:54.22	54.76	350m:	5:30.24	42.77
	100m:	1:21.37	44.15	200m:	2:59.46		300m:	4:47.47	53.25	400m:	6:08.42	38.18
3.	MISANDEAU, Adrien						26	MUMS	6:05.00		6:08.50	4.00
	50m:	36.29	36.29	150m:	2:14.39	52.62	250m:	3:53.61	48.76	350m:	5:30.41	44.88
	100m:	1:21.77	45.48	200m:	3:04.85	50.46	300m:	4:45.53	51.92	400m:	6:08.50	38.09

Epreuve 1

Dames, 400m 4 nages

30 - 34 ans

2025-12-13 - 9:00

Liste résultats

Canadian Master Records	5:09.02	BERTELINK, Cindy	EOMAC	???	2005-05-20
Quebec Provincial Master Records	5:17.61	THIBAULT, Nancy	MSFOY	Gatineau	2012-04-15

Rang							Age	Soumis		Temps		Points
1.	BASTIEN, Rose						33	CNMM	NT		7:32.75	7.00
	50m:	51.04	51.04	150m:	2:39.29	51.57	250m:	4:42.85	1:10.47	350m:	6:42.44	50.93
	100m:	1:47.72	56.68	200m:	3:32.38	53.09	300m:	5:51.51	1:08.66	400m:	7:32.75	50.31



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Epreuve 1, 400m 4 nages

Epreuve 1
2025-12-13 - 9:00

Messieurs, 400m 4 nages

30 - 34 ans
Liste résultats

Canadian Master Records	4:25.00	BEAVERS, Keith	KBM	???	2014-03-28
Quebec Provincial Master Records	4:44.52	BOUCHARD, Kevin	OP	Montreal	2016-04-17

Rang	Age					Soumis		Temps		Points		
1.	VAZQUEZ COBA, Jose Antonio					30	MUMS	5:35.00		5:51.22	7.00	
	50m:	34.58	34.58	150m:	2:01.76	46.69	250m:	3:37.76	50.03	350m:	5:11.88	42.93
	100m:	1:15.07	40.49	200m:	2:47.73	45.97	300m:	4:28.95	51.19	400m:	5:51.22	39.34
2.	RAMIREZ-ROMO, Sergio					33	CNMN	5:59.47		6:06.13	5.00	
	50m:	36.52	36.52	150m:	2:08.10	47.54	250m:	3:51.26	58.02	350m:	5:32.01	42.56
	100m:	1:20.56	44.04	200m:	2:53.24	45.14	300m:	4:49.45	58.19	400m:	6:06.13	34.12
forf.nd.	JENSEN, Daniel					34	MPC	forf.nd.				-

Epreuve 1
2025-12-13 - 9:00

Dames, 400m 4 nages

35 - 39 ans
Liste résultats

Canadian Master Records	5:09.04	BERTELINK, Cindy	EOMAC	Nepean	2013-05-17
Quebec Provincial Master Records	5:21.93	HAWORTH, Linda	MPC	Trois-Rivieres	2005-04-16

Rang	Age						Soumis		Temps		Points	
1.	COULOMBE, Samuelle						36	MACC	6:00.00	5:50.50	7.00	
	50m:	34.69	34.69	150m:	2:02.32	46.74	250m:	3:38.41	50.59	350m:	5:11.98	41.94
	100m:	1:15.58	40.89	200m:	2:47.82	45.50	300m:	4:30.04	51.63	400m:	5:50.50	38.52

Epreuve 1
2025-12-13 - 9:00

Messieurs, 400m 4 nages

35 - 39 ans
Liste résultats

Canadian Master Records	4:44.51	WELECHUK, Jeff	CMSC	Toronto	2009-05-15
Quebec Provincial Master Records	4:48.33	BOISVERT, Simon	MACC	Saskatoon	2025-05-18

Rang		Age	Soumis	Temps	Points
disq.	DESROSIERS_S14SB14SM14, Vinc	37	RED	7:53.85	-
GF - Il.10.2 N'a pas parcouru toute la distance / Did not complete the whole distance					

Epreuve 1
2025-12-13 - 9:00

Dames, 400m 4 nages

40 - 44 ans
Liste résultats

Canadian Master Records	5:08.31	BERTELINK, Cindy	EOMAC	???	2017-03-24
Quebec Provincial Master Records	5:22.55	PINCOTT, Cynthia	ENC	Montreal	2006-04-22

Rang	Age						Soumis		Temps		Points	
1.	BOUTHILLIER, Annie						40	DDO	6:08.86		6:08.03	7.00
	50m:	37.70	37.70	150m:	2:09.29	48.51	250m:	3:49.91	52.82	350m:	5:26.66	42.93
	100m:	1:20.78	43.08	200m:	2:57.09	47.80	300m:	4:43.73	53.82	400m:	6:08.03	41.37
2.	BOILEAU, Geneviève						43	R2P	6:22.35		6:14.73	5.00
	50m:	39.67	39.67	150m:	2:16.73	49.43	250m:	3:56.72	51.45	350m:	5:33.34	43.70
	100m:	1:27.30	47.63	200m:	3:05.27	48.54	300m:	4:49.64	52.92	400m:	6:14.73	41.39
3.	MATHIEU, Naïla						41	CNHR	7:23.60		6:41.08	4.00
	50m:	44.23	44.23	150m:	2:30.80	55.43	250m:	4:17.00	52.32	350m:	5:57.31	47.44
	100m:	1:35.37	51.14	200m:	3:24.68	53.88	300m:	5:09.87	52.87	400m:	6:41.08	43.77



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Epreuve 1, Dames, 400m 4 nages, 40 - 44 ans

Rang	Age	Soumis	Temps	Points
4. LAYTON, Kimberly	43 DDO	7:51.46	7:37.32	3.00
50m: 50.81 50.81	150m: 2:50.89 59.38	250m: 4:52.44 1:02.42	350m: 6:48.87	51.73
100m: 1:51.51 1:00.70	200m: 3:50.02 59.13	300m: 5:57.14 1:04.70	400m: 7:37.32	48.45
forf.nd. HURTUBISE, Emily	40 DDO	forf.nd.		-

Epreuve 1 Messieurs, 400m 4 nages 40 - 44 ans
2025-12-13 - 9:00 Liste résultats

Canadian Master Records	4:45.78	WELECHUK, Jeff	CMSC	Kelowna	2012-05-18
Quebec Provincial Master Records	4:51.41	BOUCHARD, Kevin	CNDA	Drummondville	2025-04-25

Rang	Age	Soumis	Temps	Points
1. WONG, Frederick	42 DDO	5:13.89	5:11.89	7.00
50m: 32.49 32.49	150m: 1:52.80 42.47	250m: 3:19.09 43.63	350m: 4:38.56	37.26
100m: 1:10.33 37.84	200m: 2:35.46 42.66	300m: 4:01.30 42.21	400m: 5:11.89	33.33
2. BUCKLEY, Kevin	43 BRO	6:00.00	6:08.20	5.00
50m: 36.85 36.85	150m: 2:14.07 49.88	250m: 3:53.54 50.81	350m: 5:27.38	42.76
100m: 1:24.19 47.34	200m: 3:02.73 48.66	300m: 4:44.62 51.08	400m: 6:08.20	40.82

Epreuve 1 Dames, 400m 4 nages 45 - 49 ans
2025-12-13 - 9:00 Liste résultats

Canadian Master Records	5:19.13	MARSHALL, Lynn	CARMA	???	2005-01-01
Quebec Provincial Master Records	5:22.08	THIBAUT, Nancy	NSH	Windsor	2024-05-26

Rang	Age	Soumis	Temps	Points
1. TANGUAY, Véronique	49 CNMN	6:25.00	6:27.28	7.00
50m: 38.97 38.97	150m: 2:18.51 51.47	250m: 4:05.58 56.37	350m: 5:45.58	43.33
100m: 1:27.04 48.07	200m: 3:09.21 50.70	300m: 5:02.25 56.67	400m: 6:27.28	41.70
2. LAROUCHE, Sandra	45 CNHR	6:40.04	6:31.48	5.00
50m: 39.58 39.58	150m: 2:20.47 52.03	250m: 4:04.14 53.15	350m: 5:46.78	48.76
100m: 1:28.44 48.86	200m: 3:10.99 50.52	300m: 4:58.02 53.88	400m: 6:31.48	44.70

Epreuve 1 Messieurs, 400m 4 nages 45 - 49 ans
2025-12-13 - 9:00 Liste résultats

Canadian Master Records	4:43.36	STREPPEL, Greg	CMAV	Montreal	2015-05-18
Quebec Provincial Master Records	5:07.91	DESCHÊNES, Gilles	CMDG	Ottawa	2009-03-20

Rang	Age	Soumis	Temps	Points
1. JAMIESON, Bryan	47 MACC	5:15.55	5:11.31	7.00
50m: 30.76 30.76	150m: 1:49.52 42.17	250m: 3:14.53 44.41	350m: 4:37.83	38.14
100m: 1:07.35 36.59	200m: 2:30.12 40.60	300m: 3:59.69 45.16	400m: 5:11.31	33.48
2. ASCARGORTA, Damien	45 MACC	5:20.00	5:21.24	5.00
50m: 36.44 36.44	150m: 1:59.15 42.17	250m: 3:23.60 43.07	350m: 4:45.23	37.49
100m: 1:16.98 40.54	200m: 2:40.53 41.38	300m: 4:07.74 44.14	400m: 5:21.24	36.01
3. FILION, Guillaume	46 MACC	5:24.00	5:27.54	4.00
50m: 34.58 34.58	150m: 1:59.23 43.73	250m: 3:25.77 43.43	350m:	
100m: 1:15.50 40.92	200m: 2:42.34 43.11	300m: 4:11.27 45.50	400m: 5:27.54	



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Epreuve 1, 400m 4 nages

Epreuve 1 Dames, 400m 4 nages 50 - 54 ans
2025-12-13 - 9:00 Liste résultats

Canadian Master Records	5:14.65	MARSHALL, Lynn	CARMA	???	2011-01-09
Quebec Provincial Master Records	5:34.04	LOWENSTEYN, Ilka	CSLA	Montreal	2015-05-18

Rang	Age	Soumis	Temps	Points
forf.déc. PLOUFFE, Marisol	52 VELOX	forf.déc.		-

Epreuve 1 Messieurs, 400m 4 nages 50 - 54 ans
2025-12-13 - 9:00 Liste résultats

Canadian Master Records	4:48.84	STREPPEL, Greg	SOM	Montreal	2019-05-24
Quebec Provincial Master Records	5:09.33	GIROUX, Martin	MPC	Montreal	2019-05-26

Rang	Age	Soumis	Temps	Points
1. MERCURE, Stéphane	50 STL	5:35.00	5:50.19	7.00
50m: 32.51 32.51	150m: 1:57.83 47.12	250m: 3:31.97 47.78	350m: 5:08.38	45.17
100m: 1:10.71 38.20	200m: 2:44.19 46.36	300m: 4:23.21 51.24	400m: 5:50.19	41.81
2. LAMONTAGNE-LACASSE, Martin	52 CNMM	NT	6:35.06	5.00
50m: 44.44 44.44	150m: 2:29.35 54.64	250m: 4:16.22 55.54	350m: 5:53.68	42.60
100m: 1:34.71 50.27	200m: 3:20.68 51.33	300m: 5:11.08 54.86	400m: 6:35.06	41.38

Epreuve 1 Dames, 400m 4 nages 55 - 59 ans
2025-12-13 - 9:00 Liste résultats

Canadian Master Records	5:23.08	MARSHALL, Lynn	CARMA	???	2016-04-02
Quebec Provincial Master Records	5:40.45	LOWENSTEYN, Ilka	CSLA	Sherbrooke	2022-04-22

Rang	Age	Soumis	Temps	Points
1. CHAPDELAINE, Josée	58 CNMN	6:30.00	6:36.49	7.00
50m: 43.65 43.65	150m: 2:27.79 52.46	250m: 4:13.46 54.17	350m: 5:52.64	44.06
100m: 1:35.33 51.68	200m: 3:19.29 51.50	300m: 5:08.58 55.12	400m: 6:36.49	43.85
2. FRANK, Emily	58 DDO	7:00.20	6:42.37	5.00
50m: 43.27 43.27	150m: 2:27.93 53.28	250m: 4:16.39 56.94	350m: 5:59.69	44.21
100m: 1:34.65 51.38	200m: 3:19.45 51.52	300m: 5:15.48 59.09	400m: 6:42.37	42.68
3. LISA, Sona	55 DDO	7:40.10	7:39.54	4.00
50m: 54.86 54.86	150m: 2:57.24 1:01.78	250m: 4:58.28 1:00.05	350m: 6:50.80	51.89
100m: 1:55.46 1:00.60	200m: 3:58.23 1:00.99	300m: 5:58.91 1:00.63	400m: 7:39.54	48.74
4. RODRIGUEZ, Alma	59 MPC	9:47.76	8:48.41	3.00
50m: 59.93 59.93	150m: 3:21.83 1:09.68	250m: 5:39.59 1:09.88	350m:	
100m: 2:12.15 1:12.22	200m: 4:29.71 1:07.88	300m: 6:51.69 1:12.10	400m: 8:48.41	



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Epreuve 1, 400m 4 nages

Epreuve 1
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Messieurs, 400m 4 nages

55 - 59 ans
Liste résultats

Canadian Master Records	5:02.33	BRUNDAGE, Patrick	SOM	Quebec	2022-05-22
Quebec Provincial Master Records	5:13.28	GIROUX, Martin	MPC	Unionville	2025-04-27

Rang				Age				Soumis	Temps	Points
1.	CROTEAU, Andre			56	CNMT			6:42.48	6:33.60	7.00
	50m:	41.32	41.32	150m:	2:25.56	57.48	250m:	4:16.16	55.77	42.72
	100m:	1:28.08	46.76	200m:	3:20.39	54.83	300m:	5:11.62	55.46	39.26
2.	NEVEU, André			58	CAMO			7:45.12	8:07.77	5.00
	50m:	56.32	56.32	150m:	3:07.71	1:07.90	250m:	5:15.31	1:04.51	55.24
	100m:	1:59.81	1:03.49	200m:	4:10.80	1:03.09	300m:	6:20.39	1:05.08	52.14

Epreuve 1
2025-12-13 - 9:00

Dames, 400m 4 nages

60 - 64 ans
Liste résultats

Canadian Master Records	5:37.15	MARSHALL, Lynn	CARMA	Etobicoke	2022-03-27
Quebec Provincial Master Records	5:44.66	LOWENSTEYN, Ilka	CSLA	Pointe-Claire	2025-02-23

Rang				Age				Soumis	Temps	Points
1.	DUHAMEL, Marie			62	CNSH			7:30.00	7:39.66	7.00
	50m:	50.27	50.27	150m:	2:52.50	1:01.95	250m:	4:55.08	1:04.34	51.68
	100m:	1:50.55	1:00.28	200m:	3:50.74	58.24	300m:	5:59.28	1:04.20	48.70

Epreuve 1
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Messieurs, 400m 4 nages

60 - 64 ans
Liste résultats

Canadian Master Records	5:12.43	GUSHE, Len	SOM	Etobicoke	2023-05-07
Quebec Provincial Master Records	5:27.81	CONDE, Pablo	MACC	Unionville	2025-04-27

Rang				Age				Soumis	Temps	Points
1.	LÉVEILLÉ, Stéphan			60	MACC			6:44.80	6:39.36	7.00
	50m:	41.21	41.21	150m:	2:27.54	57.05	250m:	4:16.58	55.41	44.92
	100m:	1:30.49	49.28	200m:	3:21.17	53.63	300m:	5:11.54	54.96	42.90
2.	LAMBERT, Christopher			61	DDO			7:00.00	7:15.26	5.00
	50m:	48.00	48.00	150m:	2:41.49	1:00.12	250m:	4:42.12	1:02.30	46.62
	100m:	1:41.37	53.37	200m:	3:39.82	58.33	300m:	5:44.09	1:01.97	44.55

Epreuve 1
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Dames, 400m 4 nages

65 - 69 ans
Liste résultats

Canadian Master Records	6:49.48	PRONK, Bonnie L	CRKW	Duncan	2007-01-28
Quebec Provincial Master Records	7:14.88	KOHLER-WINTER, Petra	MPC	Pointe-Claire	2024-04-20

Rang							Age		Soumis		Temps		Points
1.	BOIVIN, Janine						65	CAMO		7:22.05		7:02.54	7.00
	nouveau record provincial?												
	50m:	45.08	45.08	150m:	2:30.50	50.87	250m:	4:20.77	1:01.01	350m:	6:14.09	51.70	
	100m:	1:39.63	54.55	200m:	3:19.76	49.26	300m:	5:22.39	1:01.62	400m:	7:02.54	48.45	
2.	HOULE, Anne-Marie						65	MPC		7:42.00		7:47.38	5.00
	50m:	55.91	55.91	150m:	2:59.10	58.95	250m:	4:58.45	1:02.62	350m:	6:54.64	55.96	
	100m:	2:00.15	1:04.24	200m:	3:55.83	56.73	300m:	5:58.68	1:00.23	400m:	7:47.38	52.74	



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Messieurs, 400m 4 nages

65 - 69 ans
Liste résultats

Canadian Master Records	5:42.34	RITCHIE, Andy	SOM	Etobicoke	2023-05-07
Quebec Provincial Master Records	5:46.81	GRABS, Detlev	MEGO	Pointe-Claire	2025-02-23

Rang	Age						Soumis		Temps		Points	
1.	GILBERT, Louis 66 CALAC						6:38.29		6:33.45		7.00	
	50m:	43.46	43.46	150m:	2:26.43	52.28	250m:	4:10.32	53.92	350m:	5:51.17	45.80
	100m:	1:34.15	50.69	200m:	3:16.40	49.97	300m:	5:05.37	55.05	400m:	6:33.45	42.28
2.	BOILY, Pierre 65 CNMT						7:29.33		7:08.55		5.00	
	50m:	45.24	45.24	150m:	2:40.17	58.03	250m:	4:35.00	1:00.01	350m:	6:22.72	48.40
	100m:	1:42.14	56.90	200m:	3:34.99	54.82	300m:	5:34.32	59.32	400m:	7:08.55	45.83
3.	AZLAG, Ayad 66 CNMN						11:45.83		10:42.33		4.00	
	50m:	1:13.35	1:13.35	150m:			250m:	7:42.84	1:42.80	350m:		
	100m:	2:52.37	1:39.02	200m:	6:00.04		300m:	9:27.55	1:44.71	400m:	10:42.33	

Epreuve 1
2025-12-13 - 9:00

Dames, 400m 4 nages

70 - 74 ans
Liste résultats

Canadian Master Records	7:19.12	OLIVER, Judith	NYG	???	2002-01-01
Quebec Provincial Master Records	8:26.19	BRAULT, Lucie	CAMO	Saskatoon	2025-05-18

Rang	Age						Soumis		Temps		Points	
1.	LETHIECQ, Monique						70	BRO		9:30.00	8:50.01	7.00
	50m:	1:02.72	1:02.72	150m:	3:24.40	1:10.29	250m:	5:46.01	1:08.12	350m:	7:54.73	59.48
	100m:	2:14.11	1:11.39	200m:	4:37.89	1:13.49	300m:	6:55.25	1:09.24	400m:	8:50.01	55.28

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2025-12-13 - 9:00

Dames, 400m 4 nages

75 - 79 ans
Liste résultats

Canadian Master Records	7:39.96	OLIVER, Judith	NYG	Winnipeg	2007-05-18
Quebec Provincial Master Records	9:36.80	WALDIE, Mae	MPC	Sainte-Foy	2010-04-18

Rang	Age						Soumis		Temps		Points	
1.	DESJARDINS, Gail						75	BRO		10:00.00	10:24.52	7.00
	50m:	1:19.29	1:19.29	150m:	4:09.39	1:18.08	250m:	6:53.90	1:26.97	350m:	9:23.63	1:03.44
	100m:	2:51.31	1:32.02	200m:	5:26.93	1:17.54	300m:	8:20.19	1:26.29	400m:	10:24.52	1:00.89