

Epreuve 31

Filles, 400m 4 nages

17 ans et moins

2026-02-15 - 10:57

Liste résultats

Quebec Provincial Age Group Records 17	4:26.42	HARVEY, Mary-Sophie	NN	Toronto	2016-12-16
Quebec Provincial Age Group Records 16	4:43.26	HARVEY, Mary-Sophie	NN	Trois-Rivieres	2016-04-30
Quebec Provincial Age Group Records 15	4:45.29	HORNER, Stephanie	BBF	Trois-Rivieres	2005-02-27
Quebec Provincial Age Group Records 14	4:40.94	HARVEY, Mary-Sophie	MEGO	Tualatin Hills (USA)	2013-12-13
Quebec Provincial Age Group Records 13	4:50.54	BACCUS, Bianca	PCSC	Quebec	2025-11-28
Quebec Provincial Age Group Records - 124	4:57.89	HARVEY, Mary-Sophie	MEGO	Trois-Rivieres	2012-04-21
Canadian Age Group Records 15 - 17	4:21.49	MCINTOSH, Summer	UNCAN	Toronto	2022-10-29
Canadian Age Group Records 13 - 14	4:38.16	MCINTOSH, Summer	ESWIM	Toronto	2019-12-13
Canadian Age Group Records 11 - 12	4:47.00	TAGHAVI, Shima	HYACK	Toronto	2024-12-13

Coupe Québec standard A - 16: 5:12.48 / Coupe Québec standard B 17 +: 5:49.50

Points: AQUA 2025

Rang			Age					Temps	Pts
13 ans et moins									
1.	MARTIN, Alizé		13	Centre de Mauricie				5:28.67	469
	50m:	36.98	36.98	150m:	2:03.01	41.16	250m:	3:28.66	45.12
	100m:	1:21.85	44.87	200m:	2:43.54	40.53	300m:	4:15.44	46.78
							350m:	4:53.25	37.81
							400m:	5:28.67	35.42
2.	CARON, Mia-Jade		13	Club de Natation NATAQUI				5:43.16	412
	50m:	34.94	34.94	150m:	2:03.71	45.61	250m:	3:38.31	49.75
	100m:	1:18.10	43.16	200m:	2:48.56	44.85	300m:	4:29.16	50.85
							350m:	5:07.00	37.84
							400m:	5:43.16	36.16
3.	LABERGE, Kiara		13	Équipe de natation de Cowansvi				5:48.12	395
	50m:	37.00	37.00	150m:	2:05.77	43.97	250m:	3:37.86	48.25
	100m:	1:21.80	44.80	200m:	2:49.61	43.84	300m:	4:27.87	50.01
							350m:	5:08.55	40.68
							400m:	5:48.12	39.57
4.	TRUDEL, Léanne		13	Unik				5:50.28	387
	50m:	40.31	40.31	150m:	2:14.73	45.47	250m:	3:47.10	47.72
	100m:	1:29.26	48.95	200m:	2:59.38	44.65	300m:	4:35.67	48.57
							350m:	5:13.84	38.17
							400m:	5:50.28	36.44
5.	TURCOTTE, Noémie		12	É.N. St Lambert				5:55.44	371
	50m:	36.71	36.71	150m:	2:08.47	45.51	250m:	3:41.77	49.56
	100m:	1:22.96	46.25	200m:	2:52.21	43.74	300m:	4:32.29	50.52
							350m:	5:15.49	43.20
							400m:	5:55.44	39.95
6.	PAQUETTE, Élisabeth		11	Club Citadins de Vaudreuil				6:09.12	331
	50m:	43.37	43.37	150m:	2:22.52	47.89	250m:	4:00.74	53.39
	100m:	1:34.63	51.26	200m:	3:07.35	44.83	300m:	4:51.72	50.98
							350m:	5:33.98	42.26
							400m:	6:09.12	35.14
7.	RUEL, Arianah		13	Club de Natation Memphrémagog				6:09.26	331
	50m:	39.77	39.77	150m:	2:10.62	44.22	250m:	3:49.59	55.45
	100m:	1:26.40	46.63	200m:	2:54.14	43.52	300m:	4:44.30	54.71
							350m:	5:28.64	44.34
							400m:	6:09.26	40.62
8.	HUNG-FOURNIER, Ava		13	Barracudas de Gaspé				6:11.11	326
	50m:	38.77	38.77	150m:	2:16.70	50.81	250m:	3:54.69	49.18
	100m:	1:25.89	47.12	200m:	3:05.51	48.81	300m:	4:49.18	54.49
							350m:	5:33.05	43.87
							400m:	6:11.11	38.06
9.	BÉDARD, Flora		13	Club de Natation Régional de I				6:12.64	322
	50m:	39.67	39.67	150m:	2:14.79	47.28	250m:	3:55.08	54.55
	100m:	1:27.51	47.84	200m:	3:00.53	45.74	300m:	4:48.61	53.53
							350m:	5:32.19	43.58
							400m:	6:12.64	40.45
10.	RENAUD, Juliette		13	Équipe de natation de Cowansvi				6:12.73	322
	50m:	38.75	38.75	150m:	2:14.85	47.77	250m:	3:53.82	51.14
	100m:	1:27.08	48.33	200m:	3:02.68	47.83	300m:	4:46.61	52.79
							350m:	5:30.78	44.17
							400m:	6:12.73	41.95
11.	LEBEAU, Alexia		12	Club Natation Bois Francs				6:17.46	310
	50m:	42.36	42.36	150m:	2:18.77	47.35	250m:	3:58.94	53.33
	100m:	1:31.42	49.06	200m:	3:05.61	46.84	300m:	4:53.76	54.82
							350m:	5:36.18	42.42
							400m:	6:17.46	41.28
12.	BELEC, Milie		13	Club de Natation Juvaqua Alma				6:19.64	304
	50m:	43.79	43.79	150m:	2:28.07	50.64	250m:	4:06.19	47.81
	100m:	1:37.43	53.64	200m:	3:18.38	50.31	300m:	4:55.78	49.59
							350m:	5:39.25	43.47
							400m:	6:19.64	40.39

Epreuve 31, Filles, 400m 4 nages, 13 ans et moins

Rang				Age					Temps	Pts		
13.	DESGROSEILLIERS, Eve			12	Club Aquatique du Roussillon				6:21.14	301		
	50m:	39.70	39.70	150m:	2:18.32	48.85	250m:	4:00.86	55.43	350m:	5:39.98	42.91
	100m:	1:29.47	49.77	200m:	3:05.43	47.11	300m:	4:57.07	56.21	400m:	6:21.14	41.16
14.	PAQUIN, Elizabeth			12	Équipe de natation de Cowansvi				6:21.58	300		
	50m:	41.68	41.68	150m:	2:20.46	47.81	250m:	4:03.49	57.30	350m:	5:41.96	42.00
	100m:	1:32.65	50.97	200m:	3:06.19	45.73	300m:	4:59.96	56.47	400m:	6:21.58	39.62
15.	GERVAIS, Juliette			11	Unik				6:26.47	288		
	50m:	41.42	41.42	150m:	2:24.64	50.47	250m:	4:07.34	55.15	350m:	5:45.76	43.68
	100m:	1:34.17	52.75	200m:	3:12.19	47.55	300m:	5:02.08	54.74	400m:	6:26.47	40.71
16.	BÉLAIR, Amélie			11	C. A. Régional De L'Abitibi-Te				6:33.75	273		
	50m:	45.08	45.08	150m:	2:30.12	47.22	250m:	4:15.28	58.69	350m:	5:55.10	43.03
	100m:	1:42.90	57.82	200m:	3:16.59	46.47	300m:	5:12.07	56.79	400m:	6:33.75	38.65
17.	LALANCETTE, Mégane			11	Club de natation Phoenix Sague				6:37.93	264		
	50m:	42.87	42.87	150m:	2:21.76	48.23	250m:	4:08.59	1:00.12	350m:	5:54.70	46.18
	100m:	1:33.53	50.66	200m:	3:08.47	46.71	300m:	5:08.52	59.93	400m:	6:37.93	43.23

14 - 15 ans

1.	MARCHAND, Gabrielle			14	Velox Natation				5:15.26	532		
	50m:	34.16	34.16	150m:	1:54.26	40.39	250m:	3:19.25		350m:	4:41.35	35.73
	100m:	1:13.87	39.71	200m:			300m:	4:05.62	46.37	400m:	5:15.26	33.91
2.	NAULT, Laurence			15	Club Natation Bois Francs				5:26.81	477		
	50m:	33.42	33.42	150m:	1:56.43	42.78	250m:	3:24.19	46.15	350m:	4:49.58	37.73
	100m:	1:13.65	40.23	200m:	2:38.04	41.61	300m:	4:11.85	47.66	400m:	5:26.81	37.23
3.	RIVARD, Mathilde			14	Club de natation Les Requins d				5:31.42	458		
	50m:	34.77	34.77	150m:	1:58.52	42.18	250m:	3:24.43	44.72	350m:	4:51.64	41.44
	100m:	1:16.34	41.57	200m:	2:39.71	41.19	300m:	4:10.20	45.77	400m:	5:31.42	39.78
4.	PLANTE, Élizabéth			15	Club de Natation Juvaqua Alma				5:34.35	446		
	50m:	35.72	35.72	150m:	2:02.28	41.63	250m:	3:32.44	48.26	350m:	4:58.79	36.70
	100m:	1:20.65	44.93	200m:	2:44.18	41.90	300m:	4:22.09	49.65	400m:	5:34.35	35.56
5.	HUBERT, Kelly			14	C. A. Régional De L'Abitibi-Te				5:37.05	435		
	50m:	33.77	33.77	150m:	2:00.93	44.11	250m:	3:31.98	49.34	350m:	4:59.89	37.28
	100m:	1:16.82	43.05	200m:	2:42.64	41.71	300m:	4:22.61	50.63	400m:	5:37.05	37.16
6.	CORRIVEAU-LEBLANC, Marion			14	Équipe de natation de Cowansvi				5:38.25	430		
	50m:	34.54	34.54	150m:	2:00.87	42.42	250m:	3:30.54	48.13	350m:	4:59.16	39.83
	100m:	1:18.45	43.91	200m:	2:42.41	41.54	300m:	4:19.33	48.79	400m:	5:38.25	39.09
7.	GERVAIS, Rosalie			15	Unik				5:43.09	412		
	50m:	37.46	37.46	150m:	2:08.84	45.34	250m:	3:38.95	46.18	350m:	5:05.84	40.13
	100m:	1:23.50	46.04	200m:	2:52.77	43.93	300m:	4:25.71	46.76	400m:	5:43.09	37.25
8.	GEMME, Raphaëlle			14	Velox Natation				5:43.50	411		
	50m:	36.54	36.54	150m:	2:06.09	45.53	250m:	3:36.29	45.90	350m:	5:04.74	40.88
	100m:	1:20.56	44.02	200m:	2:50.39	44.30	300m:	4:23.86	47.57	400m:	5:43.50	38.76
9.	AN, Cathy			14	Calac				5:44.33	408		
	50m:	36.75	36.75	150m:	2:03.03	43.23	250m:	3:35.78	49.89	350m:	5:06.02	39.43
	100m:	1:19.80	43.05	200m:	2:45.89	42.86	300m:	4:26.59	50.81	400m:	5:44.33	38.31
10.	HÉROUX, Maelle			14	Club Citadins de Vaudreuil				5:44.59	407		
	50m:	36.66	36.66	150m:	2:04.00	42.84	250m:	3:36.58	50.17	350m:	5:06.81	39.62
	100m:	1:21.16	44.50	200m:	2:46.41	42.41	300m:	4:27.19	50.61	400m:	5:44.59	37.78
11.	EMOND, Aryelle			15	Sorel Tracy Natation				5:46.88	399		
	50m:	36.65	36.65	150m:	2:04.52	43.27	250m:	3:35.55	50.15	350m:	5:06.26	40.71
	100m:	1:21.25	44.60	200m:	2:45.40	40.88	300m:	4:25.55	50.00	400m:	5:46.88	40.62

Epreuve 31, Filles, 400m 4 nages, 14 - 15 ans

Rang					Age					Temps	Pts	
12.	LAMOTHE, Julia				15	Club de natation Les Requins d				5:49.31	391	
	50m:	35.00	35.00	150m:	2:03.60	46.45	250m:	3:37.53	48.77	350m:	5:09.17	41.03
	100m:	1:17.15	42.15	200m:	2:48.76	45.16	300m:	4:28.14	50.61	400m:	5:49.31	40.14
13.	LAVOIE, Florence				15	Club de natation Phoenix Sague				5:50.90	385	
	50m:	38.94	38.94	150m:	2:12.72	48.29	250m:	3:46.66	48.02	350m:	5:14.67	39.42
	100m:	1:24.43	45.49	200m:	2:58.64	45.92	300m:	4:35.25	48.59	400m:	5:50.90	36.23
14.	BROCHU, Juliana				14	Velox Natation				5:51.37	384	
	50m:	36.94	36.94	150m:	2:07.00	45.51	250m:	3:42.15	50.76	350m:	5:15.34	39.30
	100m:	1:21.49	44.55	200m:	2:51.39	44.39	300m:	4:36.04	53.89	400m:	5:51.37	36.03
15.	AUDET, Rosalie				15	Minabichi La Sarre				5:54.76	373	
	50m:	37.43	37.43	150m:	2:07.58	46.79	250m:	3:45.03	51.67	350m:	5:16.38	41.11
	100m:	1:20.79	43.36	200m:	2:53.36	45.78	300m:	4:35.27	50.24	400m:	5:54.76	38.38
16.	ZORRO, Laura-Marie				14	Minabichi La Sarre				5:58.27	362	
	50m:	38.27	38.27	150m:	2:08.53	47.14	250m:	3:44.84	50.07	350m:	5:18.23	42.19
	100m:	1:21.39	43.12	200m:	2:54.77	46.24	300m:	4:36.04	51.20	400m:	5:58.27	40.04
17.	LABERGE, Dora				15	Équipe de natation de Cowansvi				6:02.55	349	
	50m:	39.19	39.19	150m:	2:14.57	44.47	250m:	3:48.76	52.34	350m:	5:23.20	42.32
	100m:	1:30.10	50.91	200m:	2:56.42	41.85	300m:	4:40.88	52.12	400m:	6:02.55	39.35
18.	LEMAY PRESCOTT, Jeanne				15	Club de Natation Juvaqua Alma				6:02.71	349	
	50m:	39.26	39.26	150m:	2:13.32	44.46	250m:	3:47.06	50.88	350m:	5:21.69	42.08
	100m:	1:28.86	49.60	200m:	2:56.18	42.86	300m:	4:39.61	52.55	400m:	6:02.71	41.02
19.	GAGNON, Olivia				14	Aquanautes				6:04.35	344	
	50m:	38.31	38.31	150m:	2:14.69	46.41	250m:	3:49.10	48.72	350m:	5:22.89	43.16
	100m:	1:28.28	49.97	200m:	3:00.38	45.69	300m:	4:39.73	50.63	400m:	6:04.35	41.46
20.	MONTPETIT-HOUDE, Mia				14	Club Aquatique du Roussillon				6:04.92	343	
	50m:	39.28	39.28	150m:	2:16.54		250m:	3:53.24	50.36	350m:	5:25.29	42.21
	100m:			200m:	3:02.88	46.34	300m:	4:43.08	49.84	400m:	6:04.92	39.63
21.	VOUSINAS, Daphnée				14	Club Aquatique du Roussillon				6:08.94	332	
	50m:	38.73	38.73	150m:	2:13.05	47.75	250m:	3:54.63	55.73	350m:	5:30.01	40.19
	100m:	1:25.30	46.57	200m:	2:58.90	45.85	300m:	4:49.82	55.19	400m:	6:08.94	38.93
22.	DUFORT, Alice				14	Club Aquatique les Piranhas du				6:10.33	328	
	50m:	41.71	41.71	150m:	2:19.86	47.22	250m:	3:57.78	52.04	350m:	5:31.13	41.37
	100m:	1:32.64	50.93	200m:	3:05.74	45.88	300m:	4:49.76	51.98	400m:	6:10.33	39.20
disq.	AUDY, Alice				14	Club Aquatique du Roussillon						

16 - 17 ans

1.	GINGRAS, Flavie				16	Velox Natation				5:22.19	498	
	50m:	33.95	33.95	150m:	1:56.71	42.63	250m:	3:21.80	43.44	350m:	4:46.92	39.41
	100m:	1:14.08	40.13	200m:	2:38.36	41.65	300m:	4:07.51	45.71	400m:	5:22.19	35.27
2.	GUHA, Anjali				17	Club de natation Phoenix Sague				5:37.25	434	
	<i>Qc B</i>											
	50m:	36.46	36.46	150m:	2:02.07	42.04	250m:	3:32.10	47.69	350m:	4:59.63	38.72
	100m:	1:20.03	43.57	200m:	2:44.41	42.34	300m:	4:20.91	48.81	400m:	5:37.25	37.62
3.	TURBIDE, Florence				16	Club.Natation. Sept-Iles				5:38.95	428	
	50m:	34.91	34.91	150m:	2:00.94	44.15	250m:	3:33.81	49.96	350m:	5:02.54	38.28
	100m:	1:16.79	41.88	200m:	2:43.85	42.91	300m:	4:24.26	50.45	400m:	5:38.95	36.41
4.	GERMAIN, Leanne				17	Velox Natation				5:45.39	404	
	<i>Qc B</i>											
	50m:	35.50	35.50	150m:	2:01.80	44.15	250m:	3:35.82	51.77	350m:	5:07.95	39.91
	100m:	1:17.65	42.15	200m:	2:44.05	42.25	300m:	4:28.04	52.22	400m:	5:45.39	37.44

Epreuve 31, Filles, 400m 4 nages, 16 - 17 ans

Rang				Age					Temps	Pts		
5.	DALLAIRE, Noémie			16	Club de Natation Juvaqua Alma				5:50.07	388		
	50m:	36.84	36.84	150m:	2:05.43	44.17	250m:	3:38.55	47.18	350m:	5:08.89	42.43
	100m:	1:21.26	44.42	200m:	2:51.37	45.94	300m:	4:26.46	47.91	400m:	5:50.07	41.18
6.	BOUCHARD, Lydia-Maude			17	Chibougamau				5:52.98	379		
	50m:	38.57	38.57	150m:	2:11.57	45.90	250m:	3:46.41	50.03	350m:	5:15.96	39.31
	100m:	1:25.67	47.10	200m:	2:56.38	44.81	300m:	4:36.65	50.24	400m:	5:52.98	37.02
7.	LÉVESQUE, Juliette			16	C. A. Régional De L'Abitibi-Te				6:04.28	344		
	50m:	38.96	38.96	150m:	2:13.47	45.33	250m:	3:49.32	51.47	350m:	5:23.83	41.38
	100m:	1:28.14	49.18	200m:	2:57.85	44.38	300m:	4:42.45	53.13	400m:	6:04.28	40.45
8.	BARRIAULT, Rosalie			17	Barracudas de Gaspé				6:19.20	305		
	50m:	40.84	40.84	150m:	2:19.99	49.75	250m:	3:58.50	49.84	350m:	5:35.03	44.97
	100m:	1:30.24	49.40	200m:	3:08.66	48.67	300m:	4:50.06	51.56	400m:	6:19.20	44.17