

Coupe Espoir #1 groupe B  
Gatineau, 13 - 15/2/2026

Epreuve 31  
2/15/2026 - 10:45

Filles, 400m 4 nages

17 ans et moins  
Liste résultats

Canadian Age Group Records 15 - 17	4:21.49	MCINTOSH, Summer	UNCAN	Toronto	10/29/2022
Canadian Age Group Records 13 - 14	4:38.16	MCINTOSH, Summer	ESWIM	Toronto	12/13/2019
Canadian Age Group Records 11 - 12	4:47.00	TAGHAVI, Shima	HYACK	Toronto	12/13/2024
Quebec Provincial Age Group Records 17	4:26.42	HARVEY, Mary-Sophie	NN	Toronto	12/16/2016
Quebec Provincial Age Group Records 16	4:43.26	HARVEY, Mary-Sophie	NN	Trois-Rivieres	4/30/2016
Quebec Provincial Age Group Records 15	4:45.29	HORNER, Stephanie	BBF	Trois-Rivieres	2/27/2005
Quebec Provincial Age Group Records 14	4:40.94	HARVEY, Mary-Sophie	MEGO	Tualatin Hills (USA)	12/13/2013
Quebec Provincial Age Group Records 13	4:50.54	BACCUS, Bianca	PCSC	Quebec	11/28/2025
Quebec Provincial Age Group Records - 12	4:57.89	HARVEY, Mary-Sophie	MEGO	Trois-Rivieres	4/21/2012

Points: AQUA 2025

Rang	Age	Temps	Pts
<b>13 ans et moins</b>			
1.	LEBLANC, Mathilde	13 Elite	<b>5:23.97</b> 490
	50m: 34.07 34.07 150m: 250m: 3:20.12 47.00 350m: 4:45.70 37.32		
	100m: 1:13.87 39.80 200m: 2:33.12 300m: 4:08.38 48.26 400m: 5:23.97 38.27		
2.	BOUHAREVICH, Olivia	13 C.N. Dollard-des-Ormeaux	<b>5:26.04</b> 481
	50m: 34.79 34.79 150m: 1:57.67 41.59 250m: 3:23.72 45.05 350m: 4:48.71 38.54		
	100m: 1:16.08 41.29 200m: 2:38.67 41.00 300m: 4:10.17 46.45 400m: 5:26.04 37.33		
3.	CÔTÉ, Alexie	12 Club Aquatique Charlesbourg	<b>5:29.65</b> 465
	50m: 34.19 34.19 150m: 1:56.98 42.21 250m: 3:24.98 47.00 350m: 4:52.34 39.55		
	100m: 1:14.77 40.58 200m: 2:37.98 41.00 300m: 4:12.79 47.81 400m: 5:29.65 37.31		
4.	WATSON, Éléonore	12 Cote Saint-Luc Aquatics	<b>5:37.62</b> 433
	50m: 35.29 35.29 150m: 1:59.35 42.16 250m: 3:30.25 49.27 350m: 5:00.16 38.67		
	100m: 1:17.19 41.90 200m: 2:40.98 41.63 300m: 4:21.49 51.24 400m: 5:37.62 37.46		
5.	LAFERRIERE, Laurence	13 Elite	<b>5:40.56</b> 422
	50m: 150m: 2:02.94 41.72 250m: 350m: 5:02.60		
	100m: 1:21.22 200m: 2:45.73 42.79 300m: 400m: 5:40.56 37.96		
	LAISNEY, Azélie	12 Elite	<b>5:40.56</b> 422
	50m: 34.35 34.35 150m: 1:59.47 44.36 250m: 3:32.15 48.62 350m: 5:02.27 39.56		
	100m: 1:15.11 40.76 200m: 2:43.53 44.06 300m: 4:22.71 50.56 400m: 5:40.56 38.29		
7.	AUBIN, Naomie	12 Club De Natation Sherbrooke	<b>5:40.60</b> 422
	50m: 38.56 38.56 150m: 2:08.38 42.21 250m: 3:37.18 48.89 350m: 5:04.22 37.93		
	100m: 1:26.17 47.61 200m: 2:48.29 39.91 300m: 4:26.29 49.11 400m: 5:40.60 36.38		
8.	COTE, Lili	13 Elite	<b>5:40.63</b> 421
	50m: 36.41 36.41 150m: 2:01.63 43.25 250m: 3:36.42 50.79 350m: 5:04.87 37.87		
	100m: 1:18.38 41.97 200m: 2:45.63 44.00 300m: 4:27.00 50.58 400m: 5:40.63 35.76		
9.	BEAUCHAMP, Marie	12 Natation Gatineau	<b>5:40.79</b> 421
	50m: 38.18 38.18 150m: 2:03.87 41.66 250m: 3:37.00 51.25 350m: 5:04.97 38.47		
	100m: 1:22.21 44.03 200m: 2:45.75 41.88 300m: 4:26.50 49.50 400m: 5:40.79 35.82		
10.	DION, Callie	12 C.N. Dollard-des-Ormeaux	<b>5:42.08</b> 416
	50m: 36.13 36.13 150m: 2:04.69 45.88 250m: 3:35.23 47.41 350m: 5:04.12 41.62		
	100m: 1:18.81 42.68 200m: 2:47.82 43.13 300m: 4:22.50 47.27 400m: 5:42.08 37.96		
11.	D'AMORE, Emilia	13 Côte-des-Neiges Notre-Dame-de-	<b>5:45.69</b> 403
	50m: 36.75 36.75 150m: 2:05.95 45.10 250m: 3:37.65 48.27 350m: 5:07.30 40.03		
	100m: 1:20.85 44.10 200m: 2:49.38 43.43 300m: 4:27.27 49.62 400m: 5:45.69 38.39		

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

Rang					Age					Temps	Pts
12.	SPINA, Isabella				11	Club de natation Saint-Laurent				<b>5:46.86</b>	399
	50m:	37.95	37.95	150m:	250m:	3:38.22	45.13	350m:	5:06.18	41.64	
	100m:	1:21.62	43.67	200m:	300m:	4:24.54	46.32	400m:	5:46.86	40.68	
13.	BOUSQUET, Elizabeth				13	Elite				<b>5:49.67</b>	390
	50m:	41.29	41.29	150m:	250m:	3:43.52	47.25	350m:	5:10.61	39.37	
	100m:	1:29.19	47.90	200m:	300m:	4:31.24	47.72	400m:	5:49.67	39.06	
14.	GRABOWIECKA, Isca				11	Cote Saint-Luc Aquatics				<b>5:51.57</b>	383
	50m:	38.51	38.51	150m:	250m:	3:43.97	51.25	350m:	5:14.47	39.52	
	100m:	1:24.05	45.54	200m:	300m:	4:34.95	50.98	400m:	5:51.57	37.10	
15.	SAYEGH, Florence				12	Rouge et Or/Université Laval				<b>5:52.14</b>	381
	50m:			150m:	250m:	3:40.19	50.88	350m:	5:13.77	41.02	
	100m:			200m:	300m:	4:32.75	52.56	400m:	5:52.14	38.37	
16.	CHUNG, Emma				13	C.N. Dollard-des-Ormeaux				<b>5:56.67</b>	367
	50m:	38.23	38.23	150m:	250m:	3:44.21	52.36	350m:	5:16.76	40.33	
	100m:	1:24.22	45.99	200m:	300m:	4:36.43	52.22	400m:	5:56.67	39.91	
17.	WYSE, Maya				13	Cote Saint-Luc Aquatics				<b>5:59.67</b>	358
	50m:	39.86	39.86	150m:	250m:	3:53.67	52.96	350m:	5:23.29	38.55	
	100m:	1:25.26	45.40	200m:	300m:	4:44.74	51.07	400m:	5:59.67	36.38	
18.	BÉLANGER, Laurence				13	Club Aquatique Charlesbourg				<b>6:01.82</b>	352
	50m:	41.39	41.39	150m:	250m:	3:50.86	50.58	350m:			
	100m:			200m:	300m:	4:42.81	51.95	400m:	6:01.82		
19.	TUFF, Adara				13	Beaconsfield Bluefins				<b>6:05.00</b>	342
	50m:	38.64	38.64	150m:	250m:	3:50.78	52.58	350m:	5:24.92	41.53	
	100m:			200m:	300m:	4:43.39	52.61	400m:	6:05.00	40.08	
20.	ESPOSITO, Sophie				13	C.N. Dollard-des-Ormeaux				<b>6:06.03</b>	340
	50m:	37.31	37.31	150m:	250m:			350m:	5:25.32	40.81	
	100m:			200m:	300m:	4:44.51		400m:	6:06.03	40.71	
21.	LAFRENIÈRE, Sandrienne				13	Natation Gatineau				<b>6:07.61</b>	335
	50m:	44.00	44.00	150m:	250m:	4:01.32	49.03	350m:	5:30.20	40.34	
	100m:	1:36.72	52.72	200m:	300m:	4:49.86	48.54	400m:	6:07.61	37.41	
22.	MATTEAU, Florence				12	Côte-des-Neiges Notre-Dame-de-				<b>6:09.50</b>	330
	50m:	41.07	41.07	150m:	250m:	3:55.56	49.14	350m:	5:27.79	42.56	
	100m:	1:31.11	50.04	200m:	300m:	4:45.23	49.67	400m:	6:09.50	41.71	
23.	SHI, Moon				11	Elite				<b>6:09.89</b>	329
	50m:	42.40	42.40	150m:	250m:			350m:	5:29.36	42.35	
	100m:	1:28.11	45.71	200m:	300m:	4:47.01		400m:	6:09.89	40.53	
24.	SEHIL, Fatma				13	C.N. Dollard-des-Ormeaux				<b>6:13.40</b>	320
	50m:	38.18	38.18	150m:	250m:	3:56.32	52.92	350m:	5:31.93	42.13	
	100m:			200m:	300m:	4:49.80	53.48	400m:	6:13.40	41.47	
25.	SEHIL, Zeyneb				12	C.N. Dollard-des-Ormeaux				<b>6:14.55</b>	317
	50m:	42.47	42.47	150m:	250m:	4:00.61	50.77	350m:	5:33.32	41.95	
	100m:			200m:	300m:	4:51.37	50.76	400m:	6:14.55	41.23	

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Rang					Age					Temps	Pts	
26.	CVETKOSKI, Lana				12	Côte-des-Neiges Notre-Dame-de-				<b>6:15.50</b>	314	
	50m:	40.42	40.42	150m:	2:22.53	51.16	250m:	4:02.62	51.47	350m:	5:36.89	42.10
	100m:	1:31.37	50.95	200m:	3:11.15	48.62	300m:	4:54.79	52.17	400m:	6:15.50	38.61
27.	SILES, Elena				12	C.N. Dollard-des-Ormeaux				<b>6:16.38</b>	312	
	50m:	41.37	41.37	150m:	2:22.84	47.77	250m:	4:03.52	53.31	350m:	5:37.50	40.31
	100m:	1:35.07	53.70	200m:	3:10.21	47.37	300m:	4:57.19	53.67	400m:	6:16.38	38.88
28.	CABINTA, Amelia Frances				11	Côte-des-Neiges Notre-Dame-de-				<b>6:17.13</b>	310	
	50m:	40.39	40.39	150m:	2:14.96		250m:			350m:	5:36.34	
	100m:			200m:	3:00.90	45.94	300m:			400m:	6:17.13	40.79
29.	SOUEIDAN, Katryna				11	Club de natation Saint-Laurent				<b>6:19.22</b>	305	
	50m:	40.95	40.95	150m:	2:18.97	49.77	250m:	3:58.83	51.06	350m:	5:39.00	44.89
	100m:	1:29.20	48.25	200m:	3:07.77	48.80	300m:	4:54.11	55.28	400m:	6:19.22	40.22
30.	REMAOUN, Leyla				12	Elite				<b>6:19.63</b>	304	
	50m:			150m:	2:17.85		250m:			350m:	5:39.93	
	100m:			200m:	3:05.68	47.83	300m:			400m:	6:19.63	39.70
31.	FLYNN ZAMPRELLI, Estelle				11	Côte-des-Neiges Notre-Dame-de-				<b>6:20.01</b>	303	
	50m:	40.32	40.32	150m:	2:15.35	48.44	250m:	4:00.10	56.59	350m:	5:41.79	42.27
	100m:	1:26.91	46.59	200m:	3:03.51	48.16	300m:	4:59.52	59.42	400m:	6:20.01	38.22
32.	CONSTANTIN, Maélie				12	Club aquatique St-Eustache				<b>6:23.76</b>	295	
	50m:	41.38	41.38	150m:	2:17.51		250m:	4:01.20	56.70	350m:	5:43.76	43.39
	100m:			200m:	3:04.50	46.99	300m:	5:00.37	59.17	400m:	6:23.76	40.00
33.	BOUDREAU, Mila				12	Beaconsfield Bluefins				<b>6:24.32</b>	293	
	50m:	40.88	40.88	150m:	2:22.36	51.32	250m:	4:07.28	54.06	350m:	5:45.48	42.99
	100m:	1:31.04	50.16	200m:	3:13.22	50.86	300m:	5:02.49	55.21	400m:	6:24.32	38.84
34.	LEE, Hana				12	Côte-des-Neiges Notre-Dame-de-				<b>6:25.09</b>	292	
	50m:	41.06	41.06	150m:			250m:	4:01.12	51.57	350m:	5:40.26	44.94
	100m:			200m:	3:09.55		300m:	4:55.32	54.20	400m:	6:25.09	44.83
35.	BOURNE, Gabrielle				10	Côte-des-Neiges Notre-Dame-de-				<b>6:27.80</b>	285	
	50m:	44.72	44.72	150m:	2:26.33	45.58	250m:	4:08.32	54.76	350m:	5:46.94	43.78
	100m:	1:40.75	56.03	200m:	3:13.56	47.23	300m:	5:03.16	54.84	400m:	6:27.80	40.86
36.	BINNING, Abigail				12	Beaconsfield Bluefins				<b>6:32.25</b>	276	
	50m:	43.95	43.95	150m:	2:22.00	46.00	250m:	4:10.78	59.39	350m:	5:51.73	41.79
	100m:	1:36.00	52.05	200m:	3:11.39	49.39	300m:	5:09.94	59.16	400m:	6:32.25	40.52
37.	ZEMOURI, Luna				11	Côte-des-Neiges Notre-Dame-de-				<b>6:43.18</b>	254	
	50m:	44.85	44.85	150m:	2:29.27	47.93	250m:	4:15.11	56.33	350m:	5:57.56	
	100m:	1:41.34	56.49	200m:	3:18.78	49.51	300m:			400m:	6:43.18	45.62
38.	JAWICH, Louise				11	Côte-des-Neiges Notre-Dame-de-				<b>6:43.76</b>	253	
	50m:	45.06	45.06	150m:	2:27.87	49.69	250m:	4:15.89	59.46	350m:		
	100m:	1:38.18	53.12	200m:	3:16.43	48.56	300m:	5:14.70	58.81	400m:	6:43.76	
disq.	BISSADA, Julia				11	Côte-des-Neiges Notre-Dame-de-						
disq.	JACQUES, Margot				12	Elite						

Coupe Espoir #1 groupe B  
Gatineau, 13 - 15/2/2026

Epreuve 31, Filles, 400m 4 nages

14 - 15 ans

1.	FORTIER, Charlie-Rose Qc A	14	Club De Natation Sherbrooke	<b>4:59.88</b>	618
	50m: 31.25 31.25	150m: 1:46.67 38.57	250m: 3:06.98 42.58	350m: 4:25.51 35.54	
	100m: 1:08.10 36.85	200m: 2:24.40 37.73	300m: 3:49.97 42.99	400m: 4:59.88 34.37	
2.	BROCHU, Aleni	14	Natation Gatineau	<b>5:16.83</b>	524
	50m: 33.21 33.21	150m: 1:50.20 39.20	250m: 3:16.46 47.63	350m: 4:41.29 36.43	
	100m: 1:11.00 37.79	200m: 2:28.83 38.63	300m: 4:04.86 48.40	400m: 5:16.83 35.54	
3.	MOUJOU, Lina	14	Elite	<b>5:18.45</b>	516
	50m: 34.13 34.13	150m: 1:55.14 41.19	250m: 3:20.90 44.86	350m: 4:43.11 37.01	
	100m: 1:13.95 39.82	200m: 2:36.04 40.90	300m: 4:06.10 45.20	400m: 5:18.45 35.34	
4.	FORTIN, Flavie	14	Rouge et Or/Université Laval	<b>5:23.95</b>	490
	50m: 33.42 33.42	150m: 1:53.89 41.95	250m: 3:24.44 49.16	350m: 4:49.22 36.27	
	100m: 1:11.94 38.52	200m: 2:35.28 41.39	300m: 4:12.95 48.51	400m: 5:23.95 34.73	
5.	DION, Chloe	15	C.N. Dollard-des-Ormeaux	<b>5:27.84</b>	473
	50m: 35.26 35.26	150m: 2:00.21 44.03	250m: 3:29.30 46.72	350m: 4:51.91 36.63	
	100m: 1:16.18 40.92	200m: 2:42.58 42.37	300m: 4:15.28 45.98	400m: 5:27.84 35.93	
6.	MAXIMENCO, Sophia	14	C.N. Dollard-des-Ormeaux	<b>5:29.23</b>	467
	50m: 34.96 34.96	150m: 1:57.08 42.90	250m: 3:28.65 48.43	350m: 4:54.75 36.81	
	100m: 1:14.18 39.22	200m: 2:40.22 43.14	300m: 4:17.94 49.29	400m: 5:29.23 34.48	
7.	ST-AMOUR, Laurence	14	Elite	<b>5:29.99</b>	464
	50m: 34.09 34.09	150m: 1:55.55 42.87	250m: 3:29.47 51.05	350m: 4:55.22 35.42	
	100m: 1:11.94 38.52	200m: 2:38.42 42.87	300m: 4:19.80 50.33	400m: 5:29.99 34.77	
8.	BRAUN, Kate	15	Cote Saint-Luc Aquatics	<b>5:31.83</b>	456
	50m: 34.09 34.09	150m: 1:55.55 42.87	250m: 3:29.47 51.05	350m: 4:55.22 35.42	
	100m: 1:17.48 40.92	200m: 2:36.95 42.87	300m: 4:18.65 50.66	400m: 5:31.83 36.63	
9.	CHEVALIER, Eva	15	Club Aquatique Charlesbourg	<b>5:39.01</b>	427
	50m: 35.75 35.75	150m: 2:01.45 44.51	250m: 3:33.77 48.05	350m: 5:02.20 39.86	
	100m: 1:16.94 41.19	200m: 2:45.72 44.27	300m: 4:22.34 48.57	400m: 5:39.01 36.81	
10.	ROAN, Chloe	15	Côte-des-Neiges Notre-Dame-de-	<b>5:41.03</b>	420
	50m: 35.42 35.42	150m: 2:02.36 44.74	250m: 3:35.91 49.61	350m: 5:04.16 38.56	
	100m: 1:17.62 42.20	200m: 2:46.30 43.94	300m: 4:25.60 49.69	400m: 5:41.03 36.87	
11.	TANNY, Leora	14	Cote Saint-Luc Aquatics	<b>5:45.27</b>	405
	50m: 37.27 37.27	150m: 2:05.05 42.55	250m: 3:37.20 49.79	350m: 5:06.67 38.70	
	100m: 1:22.50 45.23	200m: 2:47.41 42.36	300m: 4:27.97 50.77	400m: 5:45.27 38.60	
12.	CHUPRUN, Annika	15	C.N. Dollard-des-Ormeaux	<b>5:47.04</b>	398
	50m: 37.27 37.27	150m: 2:05.05 42.55	250m: 3:37.20 49.79	350m: 5:06.67 38.70	
	100m: 1:20.93 44.13	200m: 2:50.55 42.36	300m: 4:27.97 50.77	400m: 5:47.04 38.60	
13.	SLIJEPCEVIC, Natalija	14	Dorval Swim Club	<b>5:47.32</b>	397
	50m: 37.27 37.27	150m: 2:05.05 42.55	250m: 3:37.20 49.79	350m: 5:06.67 38.70	
	100m: 1:20.93 44.13	200m: 2:50.55 42.36	300m: 4:27.97 50.77	400m: 5:47.32 37.98	
14.	PATEL, Anvita	15	C.N. Dollard-des-Ormeaux	<b>5:50.17</b>	388
	50m: 36.61 36.61	150m: 2:03.11 42.55	250m: 3:38.88 48.33	350m: 5:10.76 40.33	
	100m: 1:20.74 44.13	200m: 2:50.55 42.55	300m: 4:30.43 51.55	400m: 5:50.17 39.41	

Coupe Espoir #1 groupe B  
Gatineau, 13 - 15/2/2026

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

Rang	Age	Temps	Pts
15. POULIOT, Héloïse	15	<b>5:54.42</b>	374
Club Aquatique Charlesbourg			
50m: 39.65 39.65	150m: 2:12.23 45.17	250m: 3:45.32 49.18	350m: 5:16.57 40.86
100m: 1:27.06 47.41	200m: 2:56.14 43.91	300m: 4:35.71 50.39	400m: 5:54.42 37.85
16. COROVINA, Elizaveta	14	<b>5:59.66</b>	358
Cote Saint-Luc Aquatics			
50m: 38.48 38.48	150m: 2:08.64 45.06	250m: 3:45.68 53.58	350m: 5:21.02 41.14
100m: 1:23.58 45.10	200m: 2:52.10 43.46	300m: 4:39.88 54.20	400m: 5:59.66 38.64

disq. LEMARIE-MORRIS, Celia 15 C.N. Dollard-des-Ormeaux

16 - 17 ans

1. ST-LAURENT, Charlie	16	<b>5:15.33</b>	531
Elite			
50m:	150m: 1:51.98 42.13	250m: 3:20.64 46.88	350m: 4:42.87
100m: 1:09.85	200m: 2:33.76 41.78	300m:	400m: 5:15.33 32.46
2. BERUBE, Marie-Maude	17	<b>5:16.00</b>	528
LMRL Rivière-du-Loup			
Qc B			
50m: 34.43 34.43	150m: 1:55.06 42.13	250m: 3:19.81 43.13	350m:
100m: 1:12.93 38.50	200m: 2:36.68 41.62	300m: 4:03.64 43.83	400m: 5:16.00
3. BEAULIEU, Julianne	16	<b>5:17.09</b>	523
LMRL Rivière-du-Loup			
50m: 34.36 34.36	150m: 1:54.24 39.45	250m: 3:19.52 46.46	350m: 4:41.12 36.82
100m: 1:14.79 40.43	200m: 2:33.06 38.82	300m: 4:04.30 44.78	400m: 5:17.09 35.97
4. FELX, Lily	17	<b>5:20.59</b>	506
Elite			
Qc B			
50m: 33.19 33.19	150m: 1:53.43 41.69	250m: 3:18.72 44.99	350m: 4:43.19 38.49
100m: 1:11.74 38.55	200m: 2:33.73 40.30	300m: 4:04.70 45.98	400m: 5:20.59 37.40
5. TAO, Irene	16	<b>5:30.86</b>	460
Club de natation Saint-Laurent			
50m: 33.12 33.12	150m: 1:55.00 41.26	250m: 3:22.89 46.37	350m: 4:51.65 39.63
100m: 1:13.74 40.62	200m: 2:36.52 41.52	300m: 4:12.02 49.13	400m: 5:30.86 39.21
6. OUELLET, Laure-Lou	17	<b>5:32.16</b>	455
Elite			
Qc B			
50m: 33.23 33.23	150m: 1:55.08 41.74	250m: 3:24.34 47.20	350m: 4:53.60 40.72
100m: 1:13.34 40.11	200m: 2:37.14 42.06	300m: 4:12.88 48.54	400m: 5:32.16 38.56
7. LICTAOA, Mikha	16	<b>5:39.44</b>	426
Côte-des-Neiges Notre-Dame-de-			
50m: 36.73 36.73	150m: 2:02.99 43.94	250m: 3:36.13 48.29	350m: 5:03.77 37.97
100m: 1:19.05 42.32	200m: 2:47.84 44.85	300m: 4:25.80 49.67	400m: 5:39.44 35.67
8. MICHAUD, Roxane	16	<b>5:40.38</b>	422
LMRL Rivière-du-Loup			
50m:	150m: 2:01.69 43.54	250m: 3:35.12 51.15	350m: 5:04.37 38.25
100m: 1:18.15	200m: 2:43.97 42.28	300m: 4:26.12 51.00	400m: 5:40.38 36.01
9. STESIN, Alice	16	<b>5:43.62</b>	410
Côte-des-Neiges Notre-Dame-de-			
50m: 38.18 38.18	150m: 2:08.36 45.28	250m: 3:37.78 45.67	350m: 5:05.14 40.75
100m: 1:23.08 44.90	200m: 2:52.11 43.75	300m: 4:24.39 46.61	400m: 5:43.62 38.48
10. BOUCHARD, Marie	16	<b>5:47.33</b>	397
Rouge et Or/Université Laval			
50m: 38.52 38.52	150m: 2:05.67 44.37	250m: 3:42.34 52.66	350m: 5:11.35 37.77
100m: 1:21.30 42.78	200m: 2:49.68 44.01	300m: 4:33.58 51.24	400m: 5:47.33 35.98

Coupe Espoir #1 groupe B  
Gatineau, 13 - 15/2/2026

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

Rang					Age					Temps	Pts	
11.	COMAND, Christina				16	C.N. Dollard-des-Ormeaux				<b>5:50.82</b>	386	
	50m:	36.87	36.87	150m:	2:02.92	44.07	250m:	3:41.48	53.57	350m:	5:14.77	38.10
	100m:	1:18.85	41.98	200m:	2:47.91	44.99	300m:	4:36.67	55.19	400m:	5:50.82	36.05
12.	TASSE, Elizabeth				16	Cote Saint-Luc Aquatics				<b>5:53.04</b>	378	
	50m:	38.90	38.90	150m:	2:10.64	45.20	250m:	3:43.94	51.09	350m:	5:15.26	39.63
	100m:	1:25.44	46.54	200m:	2:52.85	42.21	300m:	4:35.63	51.69	400m:	5:53.04	37.78
13.	CÔTÉ, Maxime				16	Club Aquatique Charlesbourg				<b>6:07.37</b>	336	
	50m:	40.71	40.71	150m:			250m:	3:54.79	57.76	350m:	5:29.68	37.39
	100m:	1:29.50	48.79	200m:	2:57.03		300m:	4:52.29	57.50	400m:	6:07.37	37.69