Epreuve 25	Dames, 400m Libre	Cat. générale
2026-02-15 - 9:00		Liste résultats Eliminatoires

Records championnat USPORTS	4:02.76	KING, Savannah				2012-01-01
Records universitaires RSEQ	4:06.57	JARDIN, Barbara	UDEM	Toronto		2014-02-21

RSEQ (2025-2026) : 4:43.46 / USPORTS (2025-2026) : 4:22.46

Points: AQUA 2025

Rang		Age							Temps	AQUA	Points
1.	DE CHAZAL, Emilie	20	McGILL						**4:22.03**	678 A U	-
	50m: 30.94 30.94		150m: 1:37.26	33.39	250m: 2:44.14	33.36	350m: 3:50.62	32.86			
	100m: 1:03.87 32.93		200m: 2:10.78	33.52	300m: 3:17.76	33.62	400m: 4:22.03	31.41			
2.	TREMBLAY, Raphaelle	21	Université Laval						**4:22.18**	677 A U	-
	50m: 30.29 30.29		150m: 1:35.94	33.19	250m: 2:43.38	33.69	350m: 3:50.49	33.19			
	100m: 1:02.75 32.46		200m: 2:09.69	33.75	300m: 3:17.30	33.92	400m: 4:22.18	31.69			
3.	WEISS REID, Béatrice	20	McGILL						**4:23.15**	669 A	-
	50m: 30.71 30.71		150m: 1:36.84	33.23	250m: 2:43.60	33.48	350m: 3:50.96	33.47			
	100m: 1:03.61 32.90		200m: 2:10.12	33.28	300m: 3:17.49	33.89	400m: 4:23.15	32.19			
4.	TINMOUTH, Iris	21	McGILL						**4:24.35**	660 A	-
	50m: 30.15 30.15		150m: 1:36.84	33.61	250m: 2:44.21	33.58	350m: 3:51.82	33.81			
	100m: 1:03.23 33.08		200m: 2:10.63	33.79	300m: 3:18.01	33.80	400m: 4:24.35	32.53			
5.	MEHARG, Amy	22	University of Ottawa Gee-Gees						**4:24.51**	659 A	-
	50m: 30.22 30.22		150m: 1:36.96	33.63	250m: 2:44.49	33.68	350m: 3:52.00	33.78			
	100m: 1:03.33 33.11		200m: 2:10.81	33.85	300m: 3:18.22	33.73	400m: 4:24.51	32.51			
6.	FROST, Natasha	22	McGILL						**4:25.81**	649 A	-
	50m: 31.08 31.08		150m: 1:38.19	33.69	250m: 2:45.84	33.73	350m: 3:53.05	33.80			
	100m: 1:04.50 33.42		200m: 2:12.11	33.92	300m: 3:19.25	33.41	400m: 4:25.81	32.76			
7.	HARVEY, Pénélope	22	Université Laval						**4:28.92**	627 A	-
	50m: 31.38 31.38		150m: 1:38.39	33.73	250m: 2:47.02	34.47	350m: 3:55.72	34.41			
	100m: 1:04.66 33.28		200m: 2:12.55	34.16	300m: 3:21.31	34.29	400m: 4:28.92	33.20			
8.	FIRTH, Kailyn	18	McGILL						**4:28.95**	627 A	-
	50m: 30.36 30.36		150m: 1:38.53	34.19	250m: 2:47.53	34.49	350m: 3:55.90	34.08			
	100m: 1:04.34 33.98		200m: 2:13.04	34.51	300m: 3:21.82	34.29	400m: 4:28.95	33.05			
9.	MARQUIS, Jade	21	Université de Montréal						**4:29.60**	622 B	-
	50m: 31.04 31.04		150m: 1:38.38	34.03	250m: 2:47.23	34.40	350m: 3:56.21	34.58			
	100m: 1:04.35 33.31		200m: 2:12.83	34.45	300m: 3:21.63	34.40	400m: 4:29.60	33.39			
10.	SHEMILT, Sydney	22	McGILL						**4:31.90**	607 A	-
	50m: 30.33 30.33		150m: 1:38.10	34.23	250m: 2:47.22	34.63	350m: 3:57.11	35.05			
	100m: 1:03.87 33.54		200m: 2:12.59	34.49	300m: 3:22.06	34.84	400m: 4:31.90	34.79			
11.	PHAM-SPICKLER, Alexia	22	Université de Sherbrooke						**4:32.57**	602 A	-
	50m: 30.91 30.91		150m: 1:38.50	34.11	250m: 2:48.00	34.88	350m: 3:58.13	35.17			
	100m: 1:04.39 33.48		200m: 2:13.12	34.62	300m: 3:22.96	34.96	400m: 4:32.57	34.44			
12.	MARIGAUX, Maika	21	Université de Montréal						**4:32.74**	601 B	-
	50m: 32.00 32.00		150m: 1:41.24	34.61	250m: 2:51.01	34.79	350m: 4:00.28	34.38			
	100m: 1:06.63 34.63		200m: 2:16.22	34.98	300m: 3:25.90	34.89	400m: 4:32.74	32.46			
13.	BÉASSE, Blanche	21	Université de Montréal						**4:33.58**	596 B	-
	50m: 31.77 31.77		150m: 1:40.30	34.49	250m: 2:50.19	35.34	350m: 4:00.35	35.12			
	100m: 1:05.81 34.04		200m: 2:14.85	34.55	300m: 3:25.23	35.04	400m: 4:33.58	33.23			
14.	COLQUHOUN, Sydney	19	University of Ottawa Gee-Gees						**4:35.53**	583 B	-
	50m: 31.29 31.29		150m: 1:40.23	34.75	250m: 2:49.47	34.74	350m: 4:00.35	35.59			
	100m: 1:05.48 34.19		200m: 2:14.73	34.50	300m: 3:24.76	35.29	400m: 4:35.53	35.18			

Epreuve 25, Dames, 400m Libre, Eliminatoire, Cat. générale

Rang		Age								Temps	AQUA	Points
15.	VACHON, Florence	26	UQTR							**4:36.45**	577 B	-
	50m:	31.77	31.77	150m:	1:40.35	34.81	250m:	2:50.72	35.17	350m:	4:02.09	35.69
	100m:	1:05.54	33.77	200m:	2:15.55	35.20	300m:	3:26.40	35.68	400m:	4:36.45	34.36
16.	CÔTÉ, Virginie	20	Université de Sherbrooke							**4:36.65**	576 B	-
	50m:	31.34	31.34	150m:	1:40.85	35.11	250m:	2:51.20	35.11	350m:	4:02.09	35.52
	100m:	1:05.74	34.40	200m:	2:16.09	35.24	300m:	3:26.57	35.37	400m:	4:36.65	34.56
17.	BILODEAU, Laura	22	Université de Sherbrooke							**4:37.79**	569 B	-
	50m:	31.92	31.92	150m:	1:40.82	34.42	250m:	2:51.17	35.33	350m:	4:02.57	35.70
	100m:	1:06.40	34.48	200m:	2:15.84	35.02	300m:	3:26.87	35.70	400m:	4:37.79	35.22
18.	MARTINEAU, Margot	22	UQTR							**4:38.06**	567 B	-
	50m:	31.16	31.16	150m:	1:40.12	35.01	250m:	2:51.13	35.59	350m:	4:02.70	35.81
	100m:	1:05.11	33.95	200m:	2:15.54	35.42	300m:	3:26.89	35.76	400m:	4:38.06	35.36
19.	ARSENAULT, Laurence	22	UQTR							**4:40.53**	552	-
	50m:	30.81	30.81	150m:	1:40.86	35.82	250m:	2:53.82	36.38	350m:	4:06.29	35.89
	100m:	1:05.04	34.23	200m:	2:17.44	36.58	300m:	3:30.40	36.58	400m:	4:40.53	34.24
20.	CLOUTIER, Sabrina	21	Université de Sherbrooke							**4:41.70**	546	-
	50m:	32.60	32.60	150m:	1:42.78	35.19	250m:	2:53.39	35.30	350m:	4:05.59	36.29
	100m:	1:07.59	34.99	200m:	2:18.09	35.31	300m:	3:29.30	35.91	400m:	4:41.70	36.11
21.	EVANS, Jocelyn	18	University of Ottawa Gee-Gees							**4:42.90**	539	-
	50m:	31.25	31.25	150m:	1:42.40	36.25	250m:	2:54.95	36.07	350m:	4:07.23	36.23
	100m:	1:06.15	34.90	200m:	2:18.88	36.48	300m:	3:31.00	36.05	400m:	4:42.90	35.67
22.	TREMBLAY, Sarah-Louise	21	UQTR							**4:43.34**	536	-
	50m:	31.20	31.20	150m:	1:41.09	35.42	250m:	2:53.95	36.50	350m:	4:07.48	36.61
	100m:	1:05.67	34.47	200m:	2:17.45	36.36	300m:	3:30.87	36.92	400m:	4:43.34	35.86
23.	DUQUETTE, Viviane	20	Université de Sherbrooke							**4:56.54**	468 *	-
	50m:	32.76	32.76	150m:	1:47.86	37.98	250m:	3:04.26	38.24	350m:	4:20.63	38.13
	100m:	1:09.88	37.12	200m:	2:26.02	38.16	300m:	3:42.50	38.24	400m:	4:56.54	35.91
forf.déc.	GAGNON, Isabelle	22	Université Laval									-
hc.	LEGER, Sarah	18	University of Ottawa Gee-Gees							**4:56.03**	470 *	-
	50m:	32.46	32.46	150m:	1:46.21	37.27	250m:	3:01.55	37.37	350m:	4:18.81	38.66
	100m:	1:08.94	36.48	200m:	2:24.18	37.97	300m:	3:40.15	38.60	400m:	4:56.03	37.22