



Event 104 Men, 400m Medley 18 - 24 years
2026-04-24 - 14:39 Results

Canadian Master Records	4:28.03	BONOMO, Robert	TOMS	???	2014-05-16
Quebec Provincial Master Records	4:56.16	MCKAY, Caleb	MPC	Pointe-Claire	2024-04-20

Points: AQUA Master 2025

Rank					Age					Time	Pts	
1.	ZINOUBI, Mohamed Taha				19	Westmount YMCA Maitres-Nageurs				5:27.16	470	
	50m:	30.41	30.41	150m:	1:49.86	41.68	250m:	3:19.58	47.77	350m:	4:47.76	39.60
	100m:	1:08.18	37.77	200m:	2:31.81	41.95	300m:	4:08.16	48.58	400m:	5:27.16	39.40
2.	BENIAR, Raphael				22	Westmount YMCA Maitres-Nageurs				5:46.37	396	
	50m:	34.23	34.23	150m:	1:58.80	44.21	250m:	3:34.32	50.08	350m:	5:06.02	41.03
	100m:	1:14.59	40.36	200m:	2:44.24	45.44	300m:	4:24.99	50.67	400m:	5:46.37	40.35

Event 104 Men, 400m Medley 25 - 29 years
2026-04-24 - 14:39 Results

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

Points: AQUA Master 2025

Rank					Age					Time	Pts	
1.	SEGUIN, Tyler				28	Club de Natation Calac Lasalle				5:22.03	493	
	50m:	32.61	32.61	150m:	1:53.08	42.51	250m:	3:21.12	46.13	350m:	4:46.76	38.88
	100m:	1:10.57	37.96	200m:	2:34.99	41.91	300m:	4:07.88	46.76	400m:	5:22.03	35.27
2.	SICILIANI, Zachary				27	Pointe-Claire Masters				5:22.16	493	
	50m:	31.48	31.48	150m:	1:50.81	42.19	250m:	3:21.73	47.49	350m:	4:46.79	37.67
	100m:	1:08.62	37.14	200m:	2:34.24	43.43	300m:	4:09.12	47.39	400m:	5:22.16	35.37

Event 104 Men, 400m Medley 30 - 34 years
2026-04-24 - 14:39 Results

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

Points: AQUA Master 2025

Rank					Age					Time	Pts	
1.	HUAPAYA PROULX, Charles Oliv				33	Club Maitres-Nageurs Saguenay				5:17.04	526	
	50m:	31.19	31.19	150m:	1:49.86	42.20	250m:	3:15.49	44.13	350m:	4:39.47	39.28
	100m:	1:07.66	36.47	200m:	2:31.36	41.50	300m:	4:00.19	44.70	400m:	5:17.04	37.57
2.	RATTHE, Alexandre				33	Club Maitres-Nageurs Saguenay				5:31.04	462	
	50m:	31.59	31.59	150m:	1:53.45	44.58	250m:	3:24.27	46.61	350m:	4:52.90	40.78
	100m:	1:08.87	37.28	200m:	2:37.66	44.21	300m:	4:12.12	47.85	400m:	5:31.04	38.14
3.	VAZQUEZ COBA, Jose Antonio				31	McGill Masters				5:41.27	422	
	50m:	34.54	34.54	150m:	2:01.40	46.04	250m:	3:34.54	48.20	350m:	5:03.83	40.42
	100m:	1:15.36	40.82	200m:	2:46.34	44.94	300m:	4:23.41	48.87	400m:	5:41.27	37.44
4.	RAYMOND, Jeremy				34	Club Aquatique Charlesbourg				6:15.57	316	
	50m:	38.91	38.91	150m:	2:14.90	50.23	250m:	3:54.09	49.22	350m:	5:32.97	45.60
	100m:	1:24.67	45.76	200m:	3:04.87	49.97	300m:	4:47.37	53.28	400m:	6:15.57	42.60



Event 104, Men, 400m Medley

 Event 104 Men, 400m Medley 35 - 39 years
 2026-04-24 - 14:39 Results

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

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	BOISVERT, Simon		36	Maitres A Contre Courant						4:49.54	722	
	50m:	30.83	30.83	150m:	1:44.95	38.46	250m:	3:02.28	40.63	350m:	4:17.07	34.26
	100m:	1:06.49	35.66	200m:	2:21.65	36.70	300m:	3:42.81	40.53	400m:	4:49.54	32.47
2.	AUDY, Dominique		36	Maitres A Contre Courant						5:02.60	632	
	50m:	31.23	31.23	150m:	1:45.42	37.62	250m:	3:06.64	42.85	350m:	4:27.22	36.20
	100m:	1:07.80	36.57	200m:	2:23.79	38.37	300m:	3:51.02	44.38	400m:	5:02.60	35.38
3.	SICARD, Sebastien		35	Westmount YMCA Maitres-Nageurs						5:29.34	490	
	50m:	31.56	31.56	150m:	1:52.61	43.58	250m:	3:24.37	49.43	350m:	4:52.89	38.77
	100m:	1:09.03	37.47	200m:	2:34.94	42.33	300m:	4:14.12	49.75	400m:	5:29.34	36.45
4.	PETRESCU, Matei		38	La Vague de Brossard						5:54.16	394	
	50m:	38.49	38.49	150m:	2:11.03	46.22	250m:	3:45.32	50.24	350m:	5:14.95	40.25
	100m:	1:24.81	46.32	200m:	2:55.08	44.05	300m:	4:34.70	49.38	400m:	5:54.16	39.21

 Event 104 Men, 400m Medley 40 - 44 years
 2026-04-24 - 14:39 Results

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

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	YANEZ, Victor Manuel		40	Maitres A Contre Courant						5:28.93	507	
	50m:	35.65	35.65	150m:	1:58.60	43.07	250m:	3:26.92	46.35	350m:	4:52.67	38.72
	100m:	1:15.53	39.88	200m:	2:40.57	41.97	300m:	4:13.95	47.03	400m:	5:28.93	36.26
2.	TRUBIANO, Michael		42	C.N. Dollard-des-Ormeaux						5:35.71	476	
	50m:	34.09	34.09	150m:	2:00.23	44.46	250m:	3:32.64	47.26	350m:	4:58.60	38.42
	100m:	1:15.77	41.68	200m:	2:45.38	45.15	300m:	4:20.18	47.54	400m:	5:35.71	37.11
3.	FREMETH, David		43	C.N. Dollard-des-Ormeaux						5:50.09	420	
	50m:	33.79	33.79	150m:	2:00.19	45.69	250m:	3:37.25	51.94	350m:	5:10.85	41.08
	100m:	1:14.50	40.71	200m:	2:45.31	45.12	300m:	4:29.77	52.52	400m:	5:50.09	39.24
4.	SHOWERS, Matthew		42	C.N. Dollard-des-Ormeaux						5:52.27	412	
	50m:	35.34	35.34	150m:	2:04.14	45.83	250m:	3:41.75	52.94	350m:	5:14.28	39.45
	100m:	1:18.31	42.97	200m:	2:48.81	44.67	300m:	4:34.83	53.08	400m:	5:52.27	37.99
5.	DESHAIES, Jean-Philippe		40	R2p						5:56.07	399	
	50m:	34.10	34.10	150m:	2:00.88	46.54	250m:	3:40.88	52.53	350m:	5:15.85	41.94
	100m:	1:14.34	40.24	200m:	2:48.35	47.47	300m:	4:33.91	53.03	400m:	5:56.07	40.22
6.	MANZANILLA, Enmanuel		42	Swim Ontario Masters						6:26.95	311	
	50m:	38.33	38.33	150m:	2:16.75	55.52	250m:	4:02.70	52.28	350m:	5:41.56	46.88
	100m:	1:21.23	42.90	200m:	3:10.42	53.67	300m:	4:54.68	51.98	400m:	6:26.95	45.39



Event 104, Men, 400m Medley

 Event 104 Men, 400m Medley 45 - 49 years
 2026-04-24 - 14:39 Results

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

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	ASCARGORTA, Damien		46	Maitres A Contre Courant						5:14.87	640	
	50m:	36.26	36.26	150m:	1:58.39	42.04	250m:	3:21.40	41.89	350m:	4:40.26	35.82
	100m:	1:16.35	40.09	200m:	2:39.51	41.12	300m:	4:04.44	43.04	400m:	5:14.87	34.61
2.	ESCALONA, Pedro		45	Club des Maîtres-Nageurs de St-Laurent						5:59.34	430	
	50m:	38.01	38.01	150m:	2:07.27	45.04	250m:	3:41.37	50.20	350m:	5:17.24	43.79
	100m:	1:22.23	44.22	200m:	2:51.17	43.90	300m:	4:33.45	52.08	400m:	5:59.34	42.10
3.	FREMETH, Neil		45	C.N. Dollard-des-Ormeaux						6:24.94	350	
	50m:	39.35	39.35	150m:	2:18.36	53.58	250m:	4:02.22	51.53	350m:	5:39.84	45.73
	100m:	1:24.78	45.43	200m:	3:10.69	52.33	300m:	4:54.11	51.89	400m:	6:24.94	45.10
4.	POIRIER, Martin		48	Club de Natation des Riverains						7:39.18	206	
	50m:	46.48	46.48	150m:	2:41.59	1:00.75	250m:	4:50.43	1:10.02	350m:	6:48.28	51.64
	100m:	1:40.84	54.36	200m:	3:40.41	58.82	300m:	5:56.64	1:06.21	400m:	7:39.18	50.90

 Event 104 Men, 400m Medley 50 - 54 years
 2026-04-24 - 14:39 Results

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

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	ALINOT, Cedric		54	UNMNQ Maîtres sans attache Québec						5:42.45	486	
	50m:	34.64	34.64	150m:	1:58.47	43.88	250m:	3:30.53	48.91	350m:	5:02.63	41.68
	100m:	1:14.59	39.95	200m:	2:41.62	43.15	300m:	4:20.95	50.42	400m:	5:42.45	39.82
2.	LAMONTAGNE-LACASSE, Martin		53	Club de Natation Memphremagog						6:36.20	314	
	50m:	42.50	42.50	150m:	2:27.64	53.87	250m:	4:15.14	55.71	350m:	5:54.09	43.54
	100m:	1:33.77	51.27	200m:	3:19.43	51.79	300m:	5:10.55	55.41	400m:	6:36.20	42.11

 Event 104 Men, 400m Medley 55 - 59 years
 2026-04-24 - 14:39 Results

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

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	NEVEU, Andre		59	Club aquatique Montreal						8:29.78	183	
	50m:	55.26	55.26	150m:	3:10.67	1:09.30	250m:	5:22.16	1:03.95	350m:	7:33.03	1:03.40
	100m:	2:01.37	1:06.11	200m:	4:18.21	1:07.54	300m:	6:29.63	1:07.47	400m:	8:29.78	56.75



Event 104, Men, 400m Medley

Event 104 Men, 400m Medley 60 - 64 years
2026-04-24 - 14:39 Results

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

Points: AQUA Master 2025

Rank			Age			Time	Pts	
1.	LAMBERT, Christopher		62	C.N. Dollard-des-Ormeaux		6:38.71	445	
	50m:	44.59 44.59	150m:	2:29.07 55.00	250m:	4:20.76 57.94	350m:	5:58.70 41.57
	100m:	1:34.07 49.48	200m:	3:22.82 53.75	300m:	5:17.13 56.37	400m:	6:38.71 40.01
2.	LOUTOCHIN, Oleg		60	Westmount YMCA Maitres-Nageurs		7:02.60	374	
	50m:	42.80 42.80	150m:	2:33.26 56.93	250m:	4:28.00 59.00	350m:	6:17.68 48.92
	100m:	1:36.33 53.53	200m:	3:29.00 55.74	300m:	5:28.76 1:00.76	400m:	7:02.60 44.92
3.	TARDIF, Marc		64	LMRL Riviere-du-Loup		7:39.39	291	
	50m:	52.02 52.02	150m:	2:53.71 1:00.76	250m:	4:54.79 1:02.91	350m:	6:41.11 45.22
	100m:	1:52.95 1:00.93	200m:	3:51.88 58.17	300m:	5:55.89 1:01.10	400m:	7:39.39 58.28
4.	CARON, Louisphilippe		64	Westmount YMCA Maitres-Nageurs		9:35.96	147	
	50m:	1:07.05 1:07.05	150m:	3:44.72 1:16.60	250m:	6:21.29 1:21.95	350m:	8:39.81 55.05
	100m:	2:28.12 1:21.07	200m:	4:59.34 1:14.62	300m:	7:44.76 1:23.47	400m:	9:35.96 56.15

DNS JACOBS, Calvin 63 Cote Saint-Luc Aquatics

Event 104 Men, 400m Medley 70 - 74 years
2026-04-24 - 14:39 Results

Canadian Master Records	6:13.91	ARMSTRONG, Ron	EOMAC	Etobicoke	2023-05-07
Quebec Provincial Master Records	7:22.12	KORPASSY, Andre	MPC	Sainte-Foy	2010-04-18

Points: AQUA Master 2025

Rank			Age			Time	Pts	
1.	THERIAULT, Bertrand		70	UNMNQ Maitres sans attache Québec		6:30.42	698	
	<i>Nouveau record québécois Maitres ?</i>							
	50m:	36.82 36.82	150m:	2:14.42 54.51	250m:	4:04.52 58.78	350m:	5:49.30 46.45
	100m:	1:19.91 43.09	200m:	3:05.74 51.32	300m:	5:02.85 58.33	400m:	6:30.42 41.12
2.	LACHANCE, Bruno		74	Maitres nageurs de la Capitale		8:23.26	326	
	50m:	57.28 57.28	150m:	3:09.25 1:07.11	250m:	5:21.88 1:08.82	350m:	7:27.79 57.86
	100m:	2:02.14 1:04.86	200m:	4:13.06 1:03.81	300m:	6:29.93 1:08.05	400m:	8:23.26 55.47