



Event 108 Men, 400m Freestyle 18 - 24 years
2026-04-25 - 9:22 Répartition du plus vite au plus lent Results

Canadian Master Records	3:56.04	BONOMO, Robert	TOMS	???	2014-05-16
Quebec Provincial Master Records	4:17.61	JENSEN, Daniel	MPC	Gatineau	2012-04-13

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	CAUX, Samuel		19	Club de natation region de Québec						4:40.01	553	
	50m:	30.06	30.06	150m:	1:37.44	34.63	250m:	2:50.02	36.60	350m:	4:03.66	36.92
	100m:	1:02.81	32.75	200m:	2:13.42	35.98	300m:	3:26.74	36.72	400m:	4:40.01	36.35
2.	ZINOUBI, Mohamed Taha		19	Westmount YMCA Maitres-Nageurs						4:48.60	505	
	50m:	30.51	30.51	150m:	1:40.59	35.72	250m:	2:54.59	37.36	350m:	4:11.27	38.14
	100m:	1:04.87	34.36	200m:	2:17.23	36.64	300m:	3:33.13	38.54	400m:	4:48.60	37.33
3.	BENIAR, Raphael		22	Westmount YMCA Maitres-Nageurs						5:05.58	425	
	50m:	33.28	33.28	150m:	1:48.52	38.25	250m:	3:09.42	40.85	350m:	4:28.97	38.98
	100m:	1:10.27	36.99	200m:	2:28.57	40.05	300m:	3:49.99	40.57	400m:	5:05.58	36.61
4.	FORTIER, Romain		21	R2p						5:10.47	406	
	50m:	34.08	34.08	150m:	1:50.46	38.89	250m:	3:09.45	39.99	350m:	4:30.46	40.09
	100m:	1:11.57	37.49	200m:	2:29.46	39.00	300m:	3:50.37	40.92	400m:	5:10.47	40.01

Event 108 Men, 400m Freestyle 25 - 29 years
2026-04-25 - 9:22 Répartition du plus vite au plus lent Results

Canadian Master Records	3:49.90	PAULINS, Sebastian	BACM	Windsor	2024-05-25
Quebec Provincial Master Records	4:02.71	CLÉMENT, Benoit	MUMS	???	1989-01-01

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	EECKHOUT, Emile		25	Maitres A Contre Courant						4:18.48	703	
	50m:	29.20	29.20	150m:	1:33.72	32.61	250m:	2:39.42	32.81	350m:	3:45.80	33.26
	100m:	1:01.11	31.91	200m:	2:06.61	32.89	300m:	3:12.54	33.12	400m:	4:18.48	32.68
2.	DEHEM-LEMELIN, Bruno		26	McGill Masters						4:29.94	617	
	50m:	30.73	30.73	150m:	1:36.48	33.35	250m:	2:45.42	34.33	350m:	3:56.22	35.50
	100m:	1:03.13	32.40	200m:	2:11.09	34.61	300m:	3:20.72	35.30	400m:	4:29.94	33.72
3.	SICILIANI, Zachary		27	Pointe-Claire Masters						4:46.75	515	
	50m:	32.97	32.97	150m:	1:45.16	35.85	250m:	2:58.26	36.80	350m:	4:11.86	36.34
	100m:	1:09.31	36.34	200m:	2:21.46	36.30	300m:	3:35.52	37.26	400m:	4:46.75	34.89
4.	LAGACE, William		25	Maitres A Contre Courant						4:50.63	494	
	50m:	32.19	32.19	150m:	1:43.08	35.83	250m:	2:57.38	36.71	350m:	4:13.50	38.66
	100m:	1:07.25	35.06	200m:	2:20.67	37.59	300m:	3:34.84	37.46	400m:	4:50.63	37.13
5.	VEILLEUX-LAROUCHE, Alexandre		27	Club Maitres-Nageurs Saguenay						4:54.15	477	
	50m:	31.84	31.84	150m:	1:45.19	37.37	250m:	3:01.22	37.55	350m:	4:17.84	38.41
	100m:	1:07.82	35.98	200m:	2:23.67	38.48	300m:	3:39.43	38.21	400m:	4:54.15	36.31
6.	NORIEGA, Gabriel		29	McGill Masters						4:58.06	458	
	50m:	33.83	33.83	150m:	1:49.59	38.08	250m:	3:06.08	38.43	350m:	4:21.11	36.99
	100m:	1:11.51	37.68	200m:	2:27.65	38.06	300m:	3:44.12	38.04	400m:	4:58.06	36.95
7.	GIRARD-THIBODEAU, Orso		29	McGill Masters						4:58.22	458	
	50m:	32.18	32.18	150m:	1:46.73	38.03	250m:	3:02.93	37.60	350m:	4:19.26	38.32
	100m:	1:08.70	36.52	200m:	2:25.33	38.60	300m:	3:40.94	38.01	400m:	4:58.22	38.96
8.	VERSCHAEVE, Ward		28	Maitres A Contre Courant						5:08.87	412	
	50m:	34.42	34.42	150m:	1:51.52	38.99	250m:	3:11.68	40.29	350m:	4:30.60	38.82
	100m:	1:12.53	38.11	200m:	2:31.39	39.87	300m:	3:51.78	40.10	400m:	5:08.87	38.27



Event 108, Men, 400m Freestyle, 25 - 29 years

Rank			Age						Time	Pts		
9.	IONNO, Alexandre		28	Mtl Nord Natation					5:29.03	341		
	50m:	34.90	34.90	150m:	1:58.96	42.70	250m:	3:24.65	43.09	350m:	4:49.69	41.81
	100m:	1:16.26	41.36	200m:	2:41.56	42.60	300m:	4:07.88	43.23	400m:	5:29.03	39.34

Event 108
2026-04-25 - 9:22

Men, 400m Freestyle
Répartition du plus vite au plus lent

30 - 34 years
Results

Canadian Master Records	4:10.25	RUSHTON, Tom	WIN	Vancouver	2009-04-17
Quebec Provincial Master Records	4:12.91	GAUVIN, Chrystian	STE	Toronto	2005-05-22

Points: AQUA Master 2025

Rank			Age						Time	Pts		
1.	BUSSIERES, Frederik		32	Club de Natation des Riverains					4:15.49	715		
	50m:	27.66	27.66	150m:	1:30.28	31.57	250m:	2:35.50	32.87	350m:	3:42.53	33.70
	100m:	58.71	31.05	200m:	2:02.63	32.35	300m:	3:08.83	33.33	400m:	4:15.49	32.96
2.	BELAND, Raphael		34	Club De Natation Sherbrooke					4:54.84	465		
	50m:	33.38	33.38	150m:	1:47.69	37.50	250m:	3:02.83	37.18	350m:	4:18.25	37.92
	100m:	1:10.19	36.81	200m:	2:25.65	37.96	300m:	3:40.33	37.50	400m:	4:54.84	36.59
3.	RATTHE, Alexandre		33	Club Maitres-Nageurs Saguenay					4:55.77	461		
	50m:	33.19	33.19	150m:	1:48.89	38.07	250m:	3:05.00	37.67	350m:	4:20.33	37.52
	100m:	1:10.82	37.63	200m:	2:27.33	38.44	300m:	3:42.81	37.81	400m:	4:55.77	35.44
4.	MIRON, Xavier		30	Mtl Nord Natation					5:05.50	418		
	50m:	34.49	34.49	150m:	1:50.44	38.58	250m:	3:09.03	39.74	350m:	4:28.24	39.45
	100m:	1:11.86	37.37	200m:	2:29.29	38.85	300m:	3:48.79	39.76	400m:	5:05.50	37.26
5.	RAMIREZ-ROMO, Sergio		34	Mtl Nord Natation					5:05.88	417		
	50m:	33.62	33.62	150m:	1:51.11	39.44	250m:	3:10.08	39.15	350m:	4:28.16	38.91
	100m:	1:11.67	38.05	200m:	2:30.93	39.82	300m:	3:49.25	39.17	400m:	5:05.88	37.72
6.	RAMKISSOON, Jonathan		31	McGill Masters					5:15.60	379		
	50m:	31.29	31.29	150m:	1:44.78	37.91	250m:	3:08.84	43.24	350m:	4:34.04	42.16
	100m:	1:06.87	35.58	200m:	2:25.60	40.82	300m:	3:51.88	43.04	400m:	5:15.60	41.56
7.	RAYMOND, Jeremy		34	Club Aquatique Charlesbourg					5:34.80	318		
	50m:	36.33	36.33	150m:	1:57.81	42.04	250m:	3:25.38	44.12	350m:	4:53.38	44.13
	100m:	1:15.77	39.44	200m:	2:41.26	43.45	300m:	4:09.25	43.87	400m:	5:34.80	41.42



Event 108, Men, 400m Freestyle

Event 108 Men, 400m Freestyle
 2026-04-25 - 9:22 Répartition du plus vite au plus lent 35 - 39 years Results

Canadian Master Records	4:12.75	DUPLESSIS, Gilbert	LAVAL	Montreal	2015-05-17
Quebec Provincial Master Records	4:12.75	DUPLESSIS, Gilbert	LAVAL	Montreal	2015-05-17

Points: AQUA Master 2025

Rank					Age					Time	Pts	
1.	RENAUD, Pierre-Alexandre				35	Club des Maîtres-Nageurs de St-Laurent				4:19.43	769	
	50m:	28.03	28.03	150m:	1:29.99	31.49	250m:	2:35.53	33.08	350m:	3:44.03	34.74
	100m:	58.50	30.47	200m:	2:02.45	32.46	300m:	3:09.29	33.76	400m:	4:19.43	35.40
2.	HILLCOAT, Jason				39	C.N. Dollard-des-Ormeaux				4:42.72	594	
	50m:	30.83	30.83	150m:	1:39.81	35.16	250m:	2:51.79	36.38	350m:	4:05.93	37.03
	100m:	1:04.65	33.82	200m:	2:15.41	35.60	300m:	3:28.90	37.11	400m:	4:42.72	36.79
3.	SICARD, Sebastien				35	Westmount YMCA Maîtres-Nageurs				4:51.15	544	
	50m:	31.36	31.36	150m:	1:43.09	36.33	250m:	2:58.33	37.90	350m:	4:14.14	38.13
	100m:	1:06.76	35.40	200m:	2:20.43	37.34	300m:	3:36.01	37.68	400m:	4:51.15	37.01
4.	PETRESCU, Matei				38	La Vague de Brossard				5:16.96	422	
	50m:	34.65	34.65	150m:	1:54.00	40.33	250m:	3:15.46	40.77	350m:	4:37.44	40.95
	100m:	1:13.67	39.02	200m:	2:34.69	40.69	300m:	3:56.49	41.03	400m:	5:16.96	39.52
5.	GADBOIS, Jonathan				37	Club de natation St-Hyacinthe				5:44.11	329	
	50m:	36.77	36.77	150m:	2:01.11	43.56	250m:	3:30.20	44.21	350m:	5:01.37	45.84
	100m:	1:17.55	40.78	200m:	2:45.99	44.88	300m:	4:15.53	45.33	400m:	5:44.11	42.74
6.	DROLET, Mathieu				35	E.N. St Lambert				5:59.09	290	
	50m:	36.03	36.03	150m:	2:02.07	44.47	250m:	3:34.60	46.67	350m:	5:11.39	49.10
	100m:	1:17.60	41.57	200m:	2:47.93	45.86	300m:	4:22.29	47.69	400m:	5:59.09	47.70
7.	HOUGHTON, Dominic				39	Pointe-Claire Masters				6:22.03	241	
	50m:	41.40	41.40	150m:	2:16.56	48.34	250m:	3:56.55	49.92	350m:	5:34.67	48.64
	100m:	1:28.22	46.82	200m:	3:06.63	50.07	300m:	4:46.03	49.48	400m:	6:22.03	47.36
8.	DESROSIERS_S14SB14SM14, Vinc				38	Club de natation Les Requins de Drummond				6:23.84	237	
	50m:	44.90	44.90	150m:	2:20.16	47.02	250m:	3:56.82	48.22	350m:	5:33.80	48.46
	100m:	1:33.14	48.24	200m:	3:08.60	48.44	300m:	4:45.34	48.52	400m:	6:23.84	50.04

Event 108 Men, 400m Freestyle
 2026-04-25 - 9:22 Répartition du plus vite au plus lent 40 - 44 years Results

Canadian Master Records	4:11.94	WELBOURN, Graham	UBCM	???	2003-04-18
Quebec Provincial Master Records	4:17.88	DESCHÊNES, Gilles	CMDG	Montreal	2006-04-23

Points: AQUA Master 2025

Rank					Age					Time	Pts	
1.	TURGEON, Pierre-Luc				42	Maîtres A Contre Courant				4:42.28	619	
	50m:	32.31	32.31	150m:	1:41.88	35.32	250m:	2:54.25	36.16	350m:	4:07.06	36.48
	100m:	1:06.56	34.25	200m:	2:18.09	36.21	300m:	3:30.58	36.33	400m:	4:42.28	35.22
2.	TRUBIANO, Michael				42	C.N. Dollard-des-Ormeaux				4:52.66	556	
	50m:	33.15	33.15	150m:	1:47.48	37.50	250m:	3:01.26	36.30	350m:	4:15.55	37.14
	100m:	1:09.98	36.83	200m:	2:24.96	37.48	300m:	3:38.41	37.15	400m:	4:52.66	37.11
3.	SHOWERS, Matthew				42	C.N. Dollard-des-Ormeaux				4:54.66	544	
	50m:	33.49	33.49	150m:	1:47.78	37.59	250m:	3:02.81	37.16	350m:	4:17.79	37.42
	100m:	1:10.19	36.70	200m:	2:25.65	37.87	300m:	3:40.37	37.56	400m:	4:54.66	36.87



Event 108, Men, 400m Freestyle, 40 - 44 years

Rank			Age							Time	Pts	
4.	MASSON, Frederik		42	Club de natation Megophias						4:56.66	533	
	50m:	31.25	31.25	150m:	1:43.13	36.50	250m:	2:58.76	38.35	350m:	4:17.89	39.97
	100m:	1:06.63	35.38	200m:	2:20.41	37.28	300m:	3:37.92	39.16	400m:	4:56.66	38.77
5.	BONEY, Raphael		42	Club de natation Sainte-Foy Haute-Saint-C4						5:58.39	524	
	50m:	33.09	33.09	150m:	1:48.02	37.72	250m:	3:05.33	38.57	350m:	4:21.96	37.82
	100m:	1:10.30	37.21	200m:	2:26.76	38.74	300m:	3:44.14	38.81	400m:	4:58.39	36.43
6.	DESPATIES, Marc		44	Club aquatique Montreal						5:02.89	501	
	50m:	36.66	36.66	150m:	1:53.41	38.15	250m:	3:09.46	37.85	350m:	4:26.56	38.70
	100m:	1:15.26	38.60	200m:	2:31.61	38.20	300m:	3:47.86	38.40	400m:	5:02.89	36.33
7.	BUCKLEY, Kevin		44	La Vague de Brossard						5:04.79	492	
	50m:	35.78	35.78	150m:	1:53.43	38.53	250m:	3:10.43	37.71	350m:	4:26.88	38.19
	100m:	1:14.90	39.12	200m:	2:32.72	39.29	300m:	3:48.69	38.26	400m:	5:04.79	37.91
8.	FREMETH, David		43	C.N. Dollard-des-Ormeaux						5:05.09	490	
	50m:	33.24	33.24	150m:	1:49.92	39.35	250m:	3:09.10	39.72	350m:	4:29.87	40.42
	100m:	1:10.57	37.33	200m:	2:29.38	39.46	300m:	3:49.45	40.35	400m:	5:05.09	35.22
9.	GAUCHER, Samuel		44	Club de Natation des Riverains						5:05.65	488	
	50m:	33.84	33.84	150m:	1:47.44	37.27	250m:	3:05.99	40.02	350m:	4:25.56	39.98
	100m:	1:10.17	36.33	200m:	2:25.97	38.53	300m:	3:45.58	39.59	400m:	5:05.65	40.09
10.	RAYMOND, Benoit		44	La Vague de Brossard						5:16.08	441	
	50m:	34.81	34.81	150m:	1:53.00	39.63	250m:	3:14.00	40.80	350m:	4:35.94	41.01
	100m:	1:13.37	38.56	200m:	2:33.20	40.20	300m:	3:54.93	40.93	400m:	5:16.08	40.14
11.	OUELLET, Mathieu		40	Natation Gatineau						5:29.90	388	
	50m:	34.87	34.87	150m:	1:55.66	41.00	250m:	3:19.80	42.15	350m:	4:46.95	43.68
	100m:	1:14.66	39.79	200m:	2:37.65	41.99	300m:	4:03.27	43.47	400m:	5:29.90	42.95
12.	GREY, Trevor		40	Maitres A Contre Courant						5:57.06	306	
	50m:	38.12	38.12	150m:	2:03.28	43.71	250m:	3:34.78	46.34	350m:	5:11.16	48.97
	100m:	1:19.57	41.45	200m:	2:48.44	45.16	300m:	4:22.19	47.41	400m:	5:57.06	45.90
13.	LECUYER, Jean-Francois		42	Natation Gatineau						6:46.29	207	
14.	JANUKAVICIUS, Patrick		40	La Vague de Brossard						7:07.53	178	
	100m:	2:27.74	2:27.74	200m:	4:20.88	57.12	400m:	7:07.53	54.32			
	150m:	3:23.76	56.02	350m:	6:13.21	1:52.33						

Event 108

2026-04-25 - 9:22

Men, 400m Freestyle

Répartition du plus vite au plus lent

45 - 49 years

Results

Canadian Master Records	4:11.35	STREPPPEL, Greg	CMAV	Montreal	2015-05-17
Quebec Provincial Master Records	4:23.13	POISSON, Mathieu	GAMIN	Montreal	2015-05-17

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	LEMIEUX, Sylvain		46	Joliette Equipe Triathlon 1						4:26.72	757	
	50m:	28.30	28.30	150m:	1:32.63	32.58	250m:	2:40.53	34.13	350m:	3:51.31	35.43
	100m:	1:00.05	31.75	200m:	2:06.40	33.77	300m:	3:15.88	35.35	400m:	4:26.72	35.41
2.	RICHARD, J-P		49	C.N. Dollard-des-Ormeaux						4:39.10	660	
	50m:	31.68	31.68	150m:	1:42.12	35.63	250m:	2:53.37	35.64	350m:	4:04.58	35.48
	100m:	1:06.49	34.81	200m:	2:17.73	35.61	300m:	3:29.10	35.73	400m:	4:39.10	34.52
3.	VAILLANCOURT, Marc		46	Club des Maitres-Nageurs de St-Laurent						4:42.36	638	
	50m:	32.54	32.54	150m:	1:44.20	35.89	250m:	2:56.43	36.09	350m:	4:08.25	35.73
	100m:	1:08.31	35.77	200m:	2:20.34	36.14	300m:	3:32.52	36.09	400m:	4:42.36	34.11



Event 108, Men, 400m Freestyle, 45 - 49 years

Rank			Age						Time	Pts		
4.	FILION, Guillaume		47	Maitres A Contre Courant					4:44.44	624		
	50m:	30.82	30.82	150m:	1:38.63	34.18	250m:	2:50.06	36.18	350m:	4:06.29	39.11
	100m:	1:04.45	33.63	200m:	2:13.88	35.25	300m:	3:27.18	37.12	400m:	4:44.44	38.15
5.	GIRARD, Marc-Andre		46	Joliette Equipe Triathlon 1					5:09.68	483		
	50m:	34.68	34.68	150m:	1:49.97	38.31	250m:	3:08.57	39.43	350m:	4:29.51	40.90
	100m:	1:11.66	36.98	200m:	2:29.14	39.17	300m:	3:48.61	40.04	400m:	5:09.68	40.17
6.	ROUSSEAU, Philippe		49	Club de natation St-Hyacinthe					5:27.28	409		
	50m:	36.53	36.53	150m:	1:59.53	42.07	250m:	3:24.20	42.22	350m:	4:48.17	41.42
	100m:	1:17.46	40.93	200m:	2:41.98	42.45	300m:	4:06.75	42.55	400m:	5:27.28	39.11
7.	FREMETH, Neil		45	C.N. Dollard-des-Ormeaux					5:47.55	342		
	50m:	35.05	35.05	150m:	2:02.00	45.39	250m:	3:33.74	44.80	350m:	5:02.56	44.37
	100m:	1:16.61	41.56	200m:	2:48.94	46.94	300m:	4:18.19	44.45	400m:	5:47.55	44.99
8.	KIELY, Daniel		48	Club des Maîtres-Nageurs de St-Laurent					6:08.23	287		
	50m:	40.47	40.47	150m:	2:13.70	47.29	250m:	3:48.41	46.34	350m:	5:22.30	46.64
	100m:	1:26.41	45.94	200m:	3:02.07	48.37	300m:	4:35.66	47.25	400m:	6:08.23	45.93
9.	GAGNE, Gabriel		49	Club aquatique St-Eustache					6:38.78	226		
	50m:	40.64	40.64	150m:	2:15.21	48.59	250m:	3:56.91	51.59	350m:	5:44.04	54.18
	100m:	1:26.62	45.98	200m:	3:05.32	50.11	300m:	4:49.86	52.95	400m:	6:38.78	54.74
10.	SVIATNENKO, Vadym		48	Cote Saint-Luc Aquatics					6:58.09	196		
	50m:	43.22	43.22	150m:	2:27.11	53.51	250m:	4:17.36	55.85	350m:	6:08.16	55.91
	100m:	1:33.60	50.38	200m:	3:21.51	54.40	300m:	5:12.25	54.89	400m:	6:58.09	49.93
11.	RICHARD, Pierrot		47	Club De Natation Sherbrooke					6:58.40	196		
	50m:	43.66	43.66	150m:	2:24.00	51.31	250m:	4:11.53	52.43	350m:	6:02.41	55.22
	100m:	1:32.69	49.03	200m:	3:19.10	55.10	300m:	5:07.19	55.66	400m:	6:58.40	55.99

Event 108

2026-04-25 - 9:22

 Men, 400m Freestyle
 Répartition du plus vite au plus lent

50 - 54 years

Results

Canadian Master Records	4:14.65	STREPPEL, Greg	SOM	Montreal	2019-05-24
Quebec Provincial Master Records	4:25.78	GIROUX, Martin	MFC	Quebec	2022-05-21

Points: AQUA Master 2025

Rank			Age						Time	Pts		
1.	QUESNEL, Jean-Sebastien		53	Groupe aquatique Mille-Iles Nord					5:00.71	537		
	50m:	34.44	34.44	150m:	1:48.26	36.85	250m:	3:04.79	38.47	350m:	4:22.40	38.89
	100m:	1:11.41	36.97	200m:	2:26.32	38.06	300m:	3:43.51	38.72	400m:	5:00.71	38.31
2.	GRIMARD, Antoine		52	C.N. Dollard-des-Ormeaux					5:21.60	439		
	50m:	38.70	38.70	150m:	2:00.41	40.88	250m:	3:22.85	41.03	350m:	4:42.95	39.71
	100m:	1:19.53	40.83	200m:	2:41.82	41.41	300m:	4:03.24	40.39	400m:	5:21.60	38.65
3.	LAMONTAGNE-LACASSE, Martin		53	Club de Natation Memphremagog					5:31.45	401		
	50m:	37.23	37.23	150m:	1:59.32	42.28	250m:	3:24.93	42.84	350m:	4:50.42	42.52
	100m:	1:17.04	39.81	200m:	2:42.09	42.77	300m:	4:07.90	42.97	400m:	5:31.45	41.03
4.	KEATING, Andrew		54	Pointe-Claire Masters					5:35.22	387		
	50m:	32.51	32.51	150m:	1:49.64	39.93	250m:	3:15.21	44.04	350m:	4:48.94	47.59
	100m:	1:09.71	37.20	200m:	2:31.17	41.53	300m:	4:01.35	46.14	400m:	5:35.22	46.28
5.	PLANQUE, Frederic		52	Club aquatique St-Eustache					6:46.07	218		
	50m:	45.14	45.14	150m:	2:24.20	50.17	250m:	4:08.94	52.57	350m:	5:53.97	52.98
	100m:	1:34.03	48.89	200m:	3:16.37	52.17	300m:	5:00.99	52.05	400m:	6:46.07	52.10



Event 108, Men, 400m Freestyle, 50 - 54 years

Rank			Age						Time	Pts		
6.	RAKE, William		53	Beaconsfield Bluefins					7:10.13	183		
	50m:	45.26	45.26	150m:	2:34.24	56.19	250m:	4:27.42	56.20	350m:	6:19.41	55.94
	100m:	1:38.05	52.79	200m:	3:31.22	56.98	300m:	5:23.47	56.05	400m:	7:10.13	50.72
DNS	MOREL, Sebastien		51	La Vague de Brossard								
DNS	POMINVILLE, Philippe		52	C.N. Dollard-des-Ormeaux								

Event 108 Men, 400m Freestyle 55 - 59 years
2026-04-25 - 9:22 Répartition du plus vite au plus lent Results

Canadian Master Records	4:26.81	GUSHE, Len	SOM	Etobicoke	2018-03-11
Quebec Provincial Master Records	4:29.69	GIROUX, Martin	MFC	Unionville	2025-04-26

Points: AQUA Master 2025

Rank			Age						Time	Pts		
1.	HASSON, Jascha		55	Club aquatique Montreal					4:24.72	904		
	<i>Nouveau record canadien Maitres ?</i>											
	50m:	29.89	29.89	150m:	1:33.63	32.05	250m:	2:40.88	33.79	350m:	3:49.45	34.34
	100m:	1:01.58	31.69	200m:	2:07.09	33.46	300m:	3:15.11	34.23	400m:	4:24.72	35.27
2.	GIROUX, Martin		58	Pointe-Claire Masters					4:30.66	846		
	50m:	29.99	29.99	150m:	1:36.84	34.04	250m:	2:46.14	34.76	350m:	3:56.20	35.00
	100m:	1:02.80	32.81	200m:	2:11.38	34.54	300m:	3:21.20	35.06	400m:	4:30.66	34.46
3.	CROTEAU, Andre		57	Club de Natation Mont-Tremblant					5:27.18	479		
	50m:	35.97	35.97	150m:	1:57.26	41.20	250m:	3:20.75	41.81	350m:	4:45.09	42.15
	100m:	1:16.06	40.09	200m:	2:38.94	41.68	300m:	4:02.94	42.19	400m:	5:27.18	42.09
4.	MORIN, Charles		55	Eau Laval					5:42.56	417		
	50m:	36.43	36.43	150m:	2:01.86	43.64	250m:	3:31.05	44.97	350m:	5:00.94	45.11
	100m:	1:18.22	41.79	200m:	2:46.08	44.22	300m:	4:15.83	44.78	400m:	5:42.56	41.62
5.	DUCHESNE, Steeve		56	Club de Natation Memphremagog					5:48.23	397		
	50m:	39.77	39.77	150m:	2:06.97	44.60	250m:	3:37.62	44.83	350m:	5:06.42	44.21
	100m:	1:22.37	42.60	200m:	2:52.79	45.82	300m:	4:22.21	44.59	400m:	5:48.23	41.81
6.	NEVEU, Andre		59	Club aquatique Montreal					7:10.36	210		
	50m:	50.09	50.09	150m:	2:39.37	54.88	250m:	4:28.30	53.38	350m:	6:17.01	54.46
	100m:	1:44.49	54.40	200m:	3:34.92	55.55	300m:	5:22.55	54.25	400m:	7:10.36	53.35
7.	BEAUDOIN, Eric		55	C.N. Dollard-des-Ormeaux					7:20.19	196		
	50m:	47.21	47.21	150m:	2:37.91	56.84	250m:	4:32.29	57.18	350m:	6:24.59	56.47
	100m:	1:41.07	53.86	200m:	3:35.11	57.20	300m:	5:28.12	55.83	400m:	7:20.19	55.60



Event 108, Men, 400m Freestyle

Event 108 Men, 400m Freestyle 60 - 64 years
2026-04-25 - 9:22 Répartition du plus vite au plus lent Results

Canadian Master Records 4:35.75 MCKINNON, Peter EOMAC Etobicoke 2024-04-20
Quebec Provincial Master Records 4:48.81 JACOBS, Calvin CACM Cote St-Luc 2023-04-15

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	LAMBERT, Christopher		62	C.N. Dollard-des-Ormeaux						5:31.58	525	
	50m:	38.49	38.49	150m:	2:03.36	42.41	250m:	3:28.25	42.07	350m:	4:52.82	42.01
	100m:	1:20.95	42.46	200m:	2:46.18	42.82	300m:	4:10.81	42.56	400m:	5:31.58	38.76
2.	LEVEILLE, Stephan		61	Maitres A Contre Courant						5:48.57	452	
	50m:	38.99	38.99	150m:	2:06.92	44.31	250m:	3:35.88	44.53	350m:	5:05.48	44.87
	100m:	1:22.61	43.62	200m:	2:51.35	44.43	300m:	4:20.61	44.73	400m:	5:48.57	43.09
3.	GRENIER, Benoit		63	Maitres A Contre Courant						6:06.73	388	
	50m:	43.95	43.95	150m:	2:17.20	46.75	250m:	3:50.59	46.48	350m:	5:24.45	46.59
	100m:	1:30.45	46.50	200m:	3:04.11	46.91	300m:	4:37.86	47.27	400m:	6:06.73	42.28
4.	LOUTOCHIN, Oleg		60	Westmount YMCA Maitres-Nageurs						6:16.64	358	
	50m:	40.92	40.92	150m:	2:17.11	49.23	250m:	3:54.82	49.18	350m:	5:30.59	47.88
	100m:	1:27.88	46.96	200m:	3:05.64	48.53	300m:	4:42.71	47.89	400m:	6:16.64	46.05
5.	TARDIF, Marc		64	LMRL Riviere-du-Loup						6:27.44	329	
	50m:	43.37	43.37	150m:	2:19.32	49.11	250m:	4:00.12	50.55	400m:	6:27.44	46.69
	100m:	1:30.21	46.84	200m:	3:09.57	50.25	350m:	5:40.75	1:40.63			
6.	BEAULIEU, Jean-Yves		64	Mtl Nord Natation						6:51.73	274	
	50m:	41.35	41.35	150m:	2:24.43	54.04	250m:	4:17.13	55.66	350m:	6:03.15	52.20
	100m:	1:30.39	49.04	200m:	3:21.47	57.04	300m:	5:10.95	53.82	400m:	6:51.73	48.58
7.	DOYON, Martin		63	Pointe-Claire Masters						7:02.25	254	
	50m:	47.28	47.28	150m:	2:31.83	53.51	250m:	4:20.78	54.57	350m:	6:10.58	54.31
	100m:	1:38.32	51.04	200m:	3:26.21	54.38	300m:	5:16.27	55.49	400m:	7:02.25	51.67
8.	CARON, Louisphilippe		64	Westmount YMCA Maitres-Nageurs						7:35.16	203	
	50m:	49.60	49.60	150m:	2:40.71	56.96	250m:	4:39.89	59.84	350m:	6:38.28	58.51
	100m:	1:43.75	54.15	200m:	3:40.05	59.34	300m:	5:39.77	59.88	400m:	7:35.16	56.88
9.	PLOUFFE, Pierre		63	Pointe-Claire Masters						7:35.45	202	
	50m:	47.41	47.41	150m:	2:42.26	59.62	250m:	4:41.70	59.34	350m:	6:39.33	58.53
	100m:	1:42.64	55.23	200m:	3:42.36	1:00.10	300m:	5:40.80	59.10	400m:	7:35.45	56.12
10.	FARTE, Sorin		64	Pointe-Claire Masters						7:43.28	192	
	50m:	51.86	51.86	150m:	2:48.00	59.24	250m:	4:47.30	58.99	350m:	6:46.12	59.05
	100m:	1:48.76	56.90	200m:	3:48.31	1:00.31	300m:	5:47.07	59.77	400m:	7:43.28	57.16
11.	KO, Henry		64	Westmount YMCA Maitres-Nageurs						9:48.62	93	
	50m:	58.54	58.54	150m:	3:24.35	1:14.02	250m:	6:02.78	1:18.27	350m:	8:36.84	1:18.01
	100m:	2:10.33	1:11.79	200m:	4:44.51	1:20.16	300m:	7:18.83	1:16.05	400m:	9:48.62	1:11.78
DNS	JACOBS, Calvin		63	Cote Saint-Luc Aquatics								



Event 108, Men, 400m Freestyle

Event 108 Men, 400m Freestyle 65 - 69 years
2026-04-25 - 9:22 Répartition du plus vite au plus lent Results

Canadian Master Records	4:52.09	DANIEL, Chris	WILD	Cochrane	2025-02-01
Quebec Provincial Master Records	4:56.62	GRABS, Detlev	MEGO	Drummondville	2025-04-26

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	BERGERON, Marc		66	UNMNQ Maîtres sans attache Québec						6:02.74	402	
	50m:	39.38	39.38	150m:	2:08.47	45.49	250m:	3:42.66	47.37	350m:	5:17.05	47.22
	100m:	1:22.98	43.60	200m:	2:55.29	46.82	300m:	4:29.83	47.17	400m:	6:02.74	45.69
2.	CYR, Richard		68	Club de Natation Mont-Tremblant						6:17.24	358	
	50m:	44.57	44.57	150m:	2:19.06	47.85	250m:	3:55.24	48.54	350m:	5:31.21	47.79
	100m:	1:31.21	46.64	200m:	3:06.70	47.64	300m:	4:43.42	48.18	400m:	6:17.24	46.03
3.	BOILY, Pierre		66	Club de Natation Mont-Tremblant						6:21.85	345	
	50m:	41.75	41.75	150m:	2:14.03	47.33	250m:	3:52.19	49.24	350m:	5:33.37	51.06
	100m:	1:26.70	44.95	200m:	3:02.95	48.92	300m:	4:42.31	50.12	400m:	6:21.85	48.48
4.	POITRAS, Gaetan		69	Maîtres A Contre Courant						6:36.26	309	
	50m:	43.41	43.41	150m:	2:20.90	49.61	250m:	4:03.77	51.46	350m:	5:46.28	51.37
	100m:	1:31.29	47.88	200m:	3:12.31	51.41	300m:	4:54.91	51.14	400m:	6:36.26	49.98
5.	LOCAS, Daniel		69	UNMNQ Maîtres sans attache Québec						6:50.76	277	
	50m:	1:32.72	1:32.72	150m:	3:15.35	52.59	300m:	5:01.22	52.87	400m:	6:50.76	54.54
	100m:	2:22.76	50.04	200m:	4:08.35	53.00	350m:	5:56.22	55.00			
6.	FRETZ, Robert		67	Westmount YMCA Maîtres-Nageurs						8:27.57	147	
	50m:	1:00.95	1:00.95	150m:	3:13.34	1:06.50	250m:	5:23.06	1:04.99	350m:	7:30.72	1:04.38
	100m:	2:06.84	1:05.89	200m:	4:18.07	1:04.73	300m:	6:26.34	1:03.28	400m:	8:27.57	56.85

Event 108 Men, 400m Freestyle 70 - 74 years
2026-04-25 - 9:22 Répartition du plus vite au plus lent Results

Canadian Master Records	5:08.50	ABOUD, Mark	GRAN	Unionville	2026-03-22
Quebec Provincial Master Records	5:39.51	THÉRIAULT, Bertrand	UNMNQ	Montréal	2026-04-24

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	WINTER, Harald		70	Pointe-Claire Masters						6:09.65	466	
	50m:	43.01	43.01	200m:	3:03.30	48.14	300m:	4:38.21	47.87	400m:	6:09.65	45.05
	150m:	2:15.16	1:32.15	250m:	3:50.34	47.04	350m:	5:24.60	46.39			
2.	HETU, Daniel		70	Club aquatique Montreal						6:28.75	401	
	50m:	43.39	43.39	150m:	2:22.51	50.17	250m:	4:02.16	49.51	350m:	5:41.35	49.47
	100m:	1:32.34	48.95	200m:	3:12.65	50.14	300m:	4:51.88	49.72	400m:	6:28.75	47.40
3.	DESJARDINS, Paul		71	Club aquatique Montreal						6:44.61	356	
	50m:	44.26	44.26	150m:	2:24.88	51.46	250m:	4:08.72	51.95	350m:	5:53.88	52.81
	100m:	1:33.42	49.16	200m:	3:16.77	51.89	300m:	5:01.07	52.35	400m:	6:44.61	50.73
4.	CLAYTON, Michael		72	Pointe-Claire Masters						7:15.72	285	
	50m:	47.89	47.89	150m:	2:37.14	55.15	250m:	4:29.20	55.72	350m:	6:19.65	54.92
	100m:	1:41.99	54.10	200m:	3:33.48	56.34	300m:	5:24.73	55.53	400m:	7:15.72	56.07
5.	LACHANCE, Bruno		74	Maîtres nageurs de la Capitale						7:23.22	270	
	50m:	51.84	51.84	150m:	2:44.21	57.14	250m:	4:37.26	56.27	350m:	6:29.83	55.84
	100m:	1:47.07	55.23	200m:	3:40.99	56.78	300m:	5:33.99	56.73	400m:	7:23.22	53.39



Event 108, Men, 400m Freestyle, 70 - 74 years

Rank	Age								Time	Pts		
6.	LECHASSEUR, Michel								71	Pointe-Claire Masters	7:56.96	217
	50m:	56.37	56.37	150m:	2:54.93	1:00.21	250m:	4:56.40	1:01.18	350m:	6:58.40	1:00.97
	100m:	1:54.72	58.35	200m:	3:55.22	1:00.29	300m:	5:57.43	1:01.03	400m:	7:56.96	58.56

Event 108 Men, 400m Freestyle 80 - 84 years
2026-04-25 - 9:22 Répartition du plus vite au plus lent Results

Canadian Master Records	6:30.32	DONOGHUE, Karl	PENT	Vernon	2020-01-26
Quebec Provincial Master Records	7:02.32	SHIBATA, Mark	MFC	Dollard-Des-Ormeaux	2019-03-16

Points: AQUA Master 2025

Rank	Age								Time	Pts	
DNS	IMBEAULT, Raymond								82	Club Maitres-Nageurs Saguenay	

Event 108 Men, 400m Freestyle 85 - 89 years
2026-04-25 - 9:22 Répartition du plus vite au plus lent Results

Canadian Master Records	7:11.38	DONOGHUE, Karl	DOGW	Vernon	2025-02-02
Quebec Provincial Master Records	8:54.06	AMYOT, Jacques	CMNQ	Dollard-des-Ormeaux	2009-03-14

Points: AQUA Master 2025

Rank	Age								Time	Pts		
1.	NIDEROST, Adrian								87	Pointe-Claire Masters	8:32.60	431
<i>Nouveau record québécois Maitres ?</i>												
	50m:	58.65	58.65	150m:	3:10.54	1:06.39	250m:	5:23.12	1:05.90	350m:	7:30.59	1:03.01
	100m:	2:04.15	1:05.50	200m:	4:17.22	1:06.68	300m:	6:27.58	1:04.46	400m:	8:32.60	1:02.01