



Event 4 Women, 400m Medley 18 - 24 years
2026-04-24 - 15:13 Results

Canadian Master Records	5:06.61	HELMSTAEDT, Karin	KBM	???	1991-01-01
Quebec Provincial Master Records	5:20.28	SHI, Anna	MUMS	Cote St-Luc	2023-04-14

Points: AQUA Master 2025

Rank			Age			Time	Pts	
1.	SHI, Anna		23	McGill Masters		5:35.33	613	
	50m:	32.79 32.79	150m:	1:56.99 44.97	250m:	3:27.96 47.67	350m:	4:57.20 40.52
	100m:	1:12.02 39.23	200m:	2:40.29 43.30	300m:	4:16.68 48.72	400m:	5:35.33 38.13
2.	O'BOMSAWIN, Anais		22	Club aquatique Montreal		5:52.10	530	
	50m:	34.34 34.34	150m:	2:02.40 47.62	250m:	3:41.21 50.93	350m:	5:13.20 40.58
	100m:	1:14.78 40.44	200m:	2:50.28 47.88	300m:	4:32.62 51.41	400m:	5:52.10 38.90
3.	MAZUR, Anna		22	C.N. Dollard-des-Ormeaux		5:57.94	504	
	50m:	37.01 37.01	150m:	2:06.33 45.90	250m:	3:43.83 51.97	350m:	5:16.90 41.12
	100m:	1:20.43 43.42	200m:	2:51.86 45.53	300m:	4:35.78 51.95	400m:	5:57.94 41.04
4.	GIRARD, Megane		23	Cachalots Port-Cartier		6:09.99	456	
	50m:	39.14 39.14	150m:	2:14.18 48.39	250m:	3:53.74 50.99	350m:	5:29.31 43.35
	100m:	1:25.79 46.65	200m:	3:02.75 48.57	300m:	4:45.96 52.22	400m:	6:09.99 40.68
5.	RAIL, Maya		20	Club aquatique Mascouche		6:20.80	419	
	50m:	34.97 34.97	150m:	2:11.67 52.05	250m:	3:54.70 53.47	350m:	5:36.09 46.58
	100m:	1:19.62 44.65	200m:	3:01.23 49.56	300m:	4:49.51 54.81	400m:	6:20.80 44.71

Event 4 Women, 400m Medley 25 - 29 years
2026-04-24 - 15:13 Results

Canadian Master Records	5:02.47	BERTELINK, Cindy	EOMAC	???	2004-03-26
Quebec Provincial Master Records	5:23.80	BELANGER, Edith	TORP	Trois-Rivieres	2008-04-13

Points: AQUA Master 2025

Rank			Age			Time	Pts	
1.	DUQUETTE, Catherine		28	Maitres nageurs de la Capitale		5:37.04	604	
	50m:	35.87 35.87	150m:	2:04.85 45.55	250m:	3:35.84 47.07	350m:	5:00.87 37.19
	100m:	1:19.30 43.43	200m:	2:48.77 43.92	300m:	4:23.68 47.84	400m:	5:37.04 36.17
2.	SIMARD, Camille		28	Club de Natation des Riverains		5:46.81	554	
	50m:	37.35 37.35	150m:	2:06.73 46.94	250m:	3:38.74 46.00	350m:	5:06.74 40.92
	100m:	1:19.79 42.44	200m:	2:52.74 46.01	300m:	4:25.82 47.08	400m:	5:46.81 40.07
3.	PLANTE, Gabrielle		29	Maitres nageurs de la Capitale		5:58.61	501	
	50m:	38.05 38.05	150m:	2:09.05 46.29	250m:	3:45.31 49.82	350m:	5:18.91 42.59
	100m:	1:22.76 44.71	200m:	2:55.49 46.44	300m:	4:36.32 51.01	400m:	5:58.61 39.70
4.	LEBEL-GUERIN, Roxanne		29	Club de Natation Calac Lasalle		6:27.21	398	
	50m:	40.67 40.67	150m:	2:14.82 47.55	250m:	3:58.39 56.54	350m:	5:42.33 46.12
	100m:	1:27.27 46.60	200m:	3:01.85 47.03	300m:	4:56.21 57.82	400m:	6:27.21 44.88
5.	LIPES, Mikayla		27	C.N. Dollard-des-Ormeaux		6:32.50	382	
	50m:	40.06 40.06	150m:	2:21.17 54.32	250m:	4:07.37 55.06	350m:	5:49.52 46.00
	100m:	1:26.85 46.79	200m:	3:12.31 51.14	300m:	5:03.52 56.15	400m:	6:32.50 42.98
6.	PARKER, Megan		29	C.N. Dollard-des-Ormeaux		7:16.34	278	
	50m:	49.42 49.42	150m:	2:42.57 56.83	250m:	4:36.39 59.33	350m:	6:26.51 51.23
	100m:	1:45.74 56.32	200m:	3:37.06 54.49	300m:	5:35.28 58.89	400m:	7:16.34 49.83



Event 4, Women, 400m Medley

Event 4 Women, 400m Medley 30 - 34 years Results
2026-04-24 - 15:13

Canadian Master Records	5:09.02	BERTELINK, Cindy	EOMAC	???	2005-05-20
Quebec Provincial Master Records	5:17.61	THIBAUT, Nancy	MSFOY	Gatineau	2012-04-15

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	LEDUC, Marie-Pier		34	Natation Gatineau						6:28.21	395	
	50m:	40.69	40.69	150m:	2:19.26	51.20	250m:	4:02.74	53.71	350m:	5:44.32	46.07
	100m:	1:28.06	47.37	200m:	3:09.03	49.77	300m:	4:58.25	55.51	400m:	6:28.21	43.89

Event 4 Women, 400m Medley 35 - 39 years Results
2026-04-24 - 15:13

Canadian Master Records	5:09.04	BERTELINK, Cindy	EOMAC	Nepean	2013-05-17
Quebec Provincial Master Records	5:21.93	HAWORTH, Linda	MFC	Trois-Rivieres	2005-04-16

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	MERCIER-AUBIN, Natacha		38	Club des Maîtres-Nageurs de St-Laurent						6:02.71	526	
	50m:	36.37	36.37	150m:	2:05.21	45.93	250m:	3:42.24	51.74	350m:	5:20.04	44.30
	100m:	1:19.28	42.91	200m:	2:50.50	45.29	300m:	4:35.74	53.50	400m:	6:02.71	42.67
2.	DUFRESNE, Sophie-Rose		35	Maîtres A Contre Courant						6:18.36	463	
	50m:	38.13	38.13	150m:	2:14.08	52.45	250m:	3:57.13	52.10	350m:	5:36.25	45.11
	100m:	1:21.63	43.50	200m:	3:05.03	50.95	300m:	4:51.14	54.01	400m:	6:18.36	42.11
3.	TURNBULL, Meghan		38	Pointe-Claire Masters						6:36.74	402	
	50m:	45.13	45.13	150m:	2:28.48	49.79	250m:	4:11.51	52.59	350m:	5:50.60	48.26
	100m:	1:38.69	53.56	200m:	3:18.92	50.44	300m:	5:02.34	50.83	400m:	6:36.74	46.14
4.	LAJOIE, Josiane Kenis		37	LMRL Rivière-du-Loup						7:08.63	318	
	50m:	40.49	40.49	200m:	3:14.77	1:43.40	300m:	5:23.89	1:03.94	400m:	7:08.63	50.91
	100m:	1:31.37	50.88	250m:	4:19.95	1:05.18	350m:	6:17.72	53.83			
5.	PLANTE, Carolane		37	Cachalots Port-Cartier						7:10.55	314	
	50m:	41.92	41.92	150m:	2:28.57	56.60	250m:	4:25.10	1:00.31	350m:	6:19.56	52.30
	100m:	1:31.97	50.05	200m:	3:24.79	56.22	300m:	5:27.26	1:02.16	400m:	7:10.55	50.99

Event 4 Women, 400m Medley 40 - 44 years Results
2026-04-24 - 15:13

Canadian Master Records	5:08.31	BERTELINK, Cindy	EOMAC	???	2017-03-24
Quebec Provincial Master Records	5:22.55	PINCOTT, Cynthia	ENC	Montreal	2006-04-22

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	O'GRADY, Catherine		44	Pointe-Claire Masters						6:05.69	556	
	50m:	36.32	36.32	150m:	2:08.13	48.23	250m:	3:46.71	50.58	350m:	5:22.79	44.09
	100m:	1:19.90	43.58	200m:	2:56.13	48.00	300m:	4:38.70	51.99	400m:	6:05.69	42.90
2.	BOUTHILLIER, Annie		41	C.N. Dollard-des-Ormeaux						6:08.54	543	
	50m:	37.50	37.50	150m:	2:08.61	47.59	250m:	3:48.84	52.52	350m:	5:25.52	43.42
	100m:	1:21.02	43.52	200m:	2:56.32	47.71	300m:	4:42.10	53.26	400m:	6:08.54	43.02
3.	BOILEAU, Genevieve		44	R2p						6:22.65	485	
	50m:	39.60	39.60	150m:	2:17.42	49.65	250m:	4:00.81	53.59	350m:	5:40.44	45.22
	100m:	1:27.77	48.17	200m:	3:07.22	49.80	300m:	4:55.22	54.41	400m:	6:22.65	42.21



Event 4, Women, 400m Medley, 40 - 44 years

Rank			Age						Time	Pts		
4.	MATHIEU, Naila		42		Club Natation Haut-Richelieu				6:34.76	442		
	50m:	41.02	41.02	150m:	2:24.86	54.66	250m:	4:10.41	52.33	350m:	5:50.33	46.49
	100m:	1:30.20	49.18	200m:	3:18.08	53.22	300m:	5:03.84	53.43	400m:	6:34.76	44.43
5.	PAUL, Jennifer Margaret		44		Cote Saint-Luc Aquatics				6:47.81	401		
	50m:	42.70	42.70	150m:	2:30.41	55.24	250m:	4:20.95	59.54	350m:	6:03.90	44.18
	100m:	1:35.17	52.47	200m:	3:21.41	51.00	300m:	5:19.72	58.77	400m:	6:47.81	43.91
6.	HURTUBISE, Emily		41		C.N. Dollard-des-Ormeaux				7:34.44	290		
	50m:	49.91	49.91	150m:	2:49.62	59.78	250m:	4:51.85	1:05.01	350m:	6:45.42	49.31
	100m:	1:49.84	59.93	200m:	3:46.84	57.22	300m:	5:56.11	1:04.26	400m:	7:34.44	49.02

Event 4 Women, 400m Medley 45 - 49 years
2026-04-24 - 15:13 Results

Canadian Master Records	5:19.13	MARSHALL, Lynn	CARMA	???	2005-01-01
Quebec Provincial Master Records	5:22.08	THIBAUT, Nancy	NSH	Windsor	2024-05-26

Points: AQUA Master 2025

Rank			Age						Time	Pts		
1.	LAROUCHE, Sandra		46		Club Natation Haut-Richelieu				6:33.49	444		
	50m:	40.62	40.62	150m:	2:23.30	53.26	250m:	4:08.93	52.81	350m:	5:49.44	47.11
	100m:	1:30.04	49.42	200m:	3:16.12	52.82	300m:	5:02.33	53.40	400m:	6:33.49	44.05
2.	GARANT, Sophie		46		Club de Natation des Riverains				6:41.74	417		
	50m:	40.54	40.54	150m:	2:17.58	50.45	250m:	4:06.46	55.18	350m:	5:53.94	48.86
	100m:	1:27.13	46.59	200m:	3:11.28	53.70	300m:	5:05.08	58.62	400m:	6:41.74	47.80
3.	ENRIGHT, Lauren		45		Club de Natation Calac Lasalle				6:44.01	410		
	50m:	42.24	42.24	150m:	2:23.55	51.40	250m:	4:14.66	59.43	350m:	6:00.05	47.99
	100m:	1:32.15	49.91	200m:	3:15.23	51.68	300m:	5:12.06	57.40	400m:	6:44.01	43.96
4.	DUFOUR, Julie		47		La Vague de Brossard				7:10.01	340		
	50m:	46.04	46.04	150m:	2:39.04	57.31	250m:	4:35.51	1:00.75	350m:	6:25.75	50.07
	100m:	1:41.73	55.69	200m:	3:34.76	55.72	300m:	5:35.68	1:00.17	400m:	7:10.01	44.26
5.	NANTEL, Julie		49		Mtl Nord Natation				7:39.14	279		
	50m:	51.00	51.00	150m:	2:54.11	1:03.38	250m:	4:56.82	1:02.09	350m:	6:51.11	51.19
	100m:	1:50.73	59.73	200m:	3:54.73	1:00.62	300m:	5:59.92	1:03.10	400m:	7:39.14	48.03
6.	FOURNIER, France		48		Cachalots Port-Cartier				7:50.80	259		
	50m:	53.07	53.07	150m:	2:59.98	1:04.96	250m:	5:05.89	1:02.66	350m:	7:01.48	52.83
	100m:	1:55.02	1:01.95	200m:	4:03.23	1:03.25	300m:	6:08.65	1:02.76	400m:	7:50.80	49.32

DSQ MAZUR, Olga 47 C.N. Dollard-des-Ormeaux
BrD - II.7.4 Mouvement de jambes non simultanés et dans le plan horizontal / Leg movements not always simultaneous and in horizontal plane



Event 4, Women, 400m Medley

 Event 4 Women, 400m Medley 50 - 54 years
Results

Canadian Master Records	5:14.65	MARSHALL, Lynn	CARMA	???	2011-01-09
Quebec Provincial Master Records	5:34.04	LOWENSTEYN, Ilka	CSLA	Montreal	2015-05-18

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	BELANGER, Annie		51	Maitres A Contre Courant					5:56.12	665		
	50m:	37.72	37.72	150m:	2:10.34	48.19	250m:	3:47.29	50.03	350m:	5:18.17	39.93
	100m:	1:22.15	44.43	200m:	2:57.26	46.92	300m:	4:38.24	50.95	400m:	5:56.12	37.95
2.	POULIN, Nathalie		52	Club Natation Mustang Boucherville					6:23.35	533		
	50m:	41.05	41.05	150m:	2:18.83	51.46	250m:	4:03.09	52.50	350m:	5:41.24	45.60
	100m:	1:27.37	46.32	200m:	3:10.59	51.76	300m:	4:55.64	52.55	400m:	6:23.35	42.11
3.	LEVESQUE, Edith		52	LMRL Riviere-du-Loup					7:10.85	375		
	50m:	47.26	47.26	150m:	2:36.17	53.29	250m:	4:32.74	1:01.94	350m:	6:23.40	49.89
	100m:	1:42.88	55.62	200m:	3:30.80	54.63	300m:	5:33.51	1:00.77	400m:	7:10.85	47.45
4.	CAMIADE, Anne Cecile		54	Club aquatique St-Eustache					7:28.51	333		
	50m:	47.73	47.73	150m:	2:45.77	1:03.75	250m:	4:45.63	57.23	350m:	6:35.36	53.17
	100m:	1:42.02	54.29	200m:	3:48.40	1:02.63	300m:	5:42.19	56.56	400m:	7:28.51	53.15
5.	MENARD, Natacha		52	Mtl Nord Natation					7:57.00	277		
	50m:	50.54	50.54	200m:	3:56.09	2:03.42	300m:	6:11.26	1:06.23	400m:	7:57.00	51.95
	100m:	1:52.67	1:02.13	250m:	5:05.03	1:08.94	350m:	7:05.05	53.79			
DNS	GIROUX, Caroline		54	Club de Natation NATAQUI								
DNS	ROY, Amelie		50	Pointe-Claire Masters								

 Event 4 Women, 400m Medley 55 - 59 years
Results

Canadian Master Records	5:23.08	MARSHALL, Lynn	CARMA	???	2016-04-02
Quebec Provincial Master Records	5:40.45	LOWENSTEYN, Ilka	CSLA	Sherbrooke	2022-04-22

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	ROUSSEAU, Catherine		55	Club aquatique Montreal					6:28.74	535		
	50m:	38.28	38.28	150m:	2:14.35	50.86	250m:	4:00.34	56.49	350m:	5:44.06	45.43
	100m:	1:23.49	45.21	200m:	3:03.85	49.50	300m:	4:58.63	58.29	400m:	6:28.74	44.68
2.	CHAPDELAIN, Josee		59	Mtl Nord Natation					6:29.64	532		
	50m:	43.79	43.79	150m:	2:26.19	51.14	250m:	4:09.73	53.86	350m:	5:47.70	42.49
	100m:	1:35.05	51.26	200m:	3:15.87	49.68	300m:	5:05.21	55.48	400m:	6:29.64	41.94
3.	BOZZER, Paola		55	Club des Maitres-Nageurs de St-Laurent					6:37.91	499		
	50m:	43.41	43.41	150m:	2:28.00	52.93	250m:	4:14.09	54.64	350m:	5:55.42	45.22
	100m:	1:35.07	51.66	200m:	3:19.45	51.45	300m:	5:10.20	56.11	400m:	6:37.91	42.49
4.	FRANK, Emily		59	C.N. Dollard-des-Ormeaux					6:43.05	480		
	50m:	45.42	45.42	150m:	2:30.34	53.72	250m:	4:19.42	57.14	350m:	6:00.76	44.10
	100m:	1:36.62	51.20	200m:	3:22.28	51.94	300m:	5:16.66	57.24	400m:	6:43.05	42.29
5.	LADANOWSKI, Caroline		59	Technosport Masters					6:58.76	428		
	50m:	44.10	44.10	150m:	2:34.11	57.78	250m:	4:29.73	58.20	350m:	6:14.43	46.87
	100m:	1:36.33	52.23	200m:	3:31.53	57.42	300m:	5:27.56	57.83	400m:	6:58.76	44.33
6.	FISHER, Sandra		58	Pointe-Claire Masters					8:47.54	214		
	50m:	53.91	53.91	150m:	3:09.88	1:10.62	250m:	5:27.83	1:11.02	350m:	7:44.91	1:04.70
	100m:	1:59.26	1:05.35	200m:	4:16.81	1:06.93	300m:	6:40.21	1:12.38	400m:	8:47.54	1:02.63



Event 4, Women, 400m Medley, 55 - 59 years

Rank	Age		Time						Pts			
7.	DAOUST, Claire		58	La Vague de Brossard						8:53.63	207	
	50m:	1:01.17	1:01.17	150m:	3:23.53	1:09.70	250m:	5:45.36	1:13.63	350m:	7:58.99	58.89
	100m:	2:13.83	1:12.66	200m:	4:31.73	1:08.20	300m:	7:00.10	1:14.74	400m:	8:53.63	54.64
8.	KIPLING, Arlene		57	Westmount YMCA Maitres-Nageurs						9:30.87	169	
	50m:	1:08.01	1:08.01	150m:	3:58.10	1:14.85	250m:	6:17.48	1:07.25	350m:	8:29.82	1:04.03
	100m:	2:43.25	1:35.24	200m:	5:10.23	1:12.13	300m:	7:25.79	1:08.31	400m:	9:30.87	1:01.05

Event 4 Women, 400m Medley 60 - 64 years
2026-04-24 - 15:13 Results

Canadian Master Records	5:37.15	MARSHALL, Lynn	CARMA	Etobicoke	2022-03-27
Quebec Provincial Master Records	5:44.66	LOWENSTEYN, Ilka	CSLA	Pointe-Claire	2025-02-23

Points: AQUA Master 2025

Rank	Age		Time						Pts			
1.	MARSHALL, Sarah		64	Pointe-Claire Masters						7:22.32	390	
	50m:	52.18	52.18	150m:	2:47.67	56.43	250m:	4:41.58	1:00.85	350m:	6:34.17	51.04
	100m:	1:51.24	59.06	200m:	3:40.73	53.06	300m:	5:43.13	1:01.55	400m:	7:22.32	48.15
2.	DUHAMEL, Marie		63	Club de natation St-Hyacinthe						7:23.83	386	
	50m:	52.50	52.50	150m:	2:47.40	58.08	250m:	4:43.21	59.48	350m:	6:35.67	50.53
	100m:	1:49.32	56.82	200m:	3:43.73	56.33	300m:	5:45.14	1:01.93	400m:	7:23.83	48.16
3.	RODRIGUEZ, Alma		60	Pointe-Claire Masters						8:18.63	272	
	50m:	56.68	56.68	150m:	3:08.32	1:04.27	250m:	5:19.77	1:07.81	350m:	7:24.77	56.15
	100m:	2:04.05	1:07.37	200m:	4:11.96	1:03.64	300m:	6:28.62	1:08.85	400m:	8:18.63	53.86

Event 4 Women, 400m Medley 65 - 69 years
2026-04-24 - 15:13 Results

Canadian Master Records	5:56.11	MARSHALL, Lynn	CARMA	Orlando (USA)	2026-01-30
Quebec Provincial Master Records	7:02.54	BOIVIN, Janine	CAMO	Quebec	2025-12-13

Points: AQUA Master 2025

Rank	Age		Time						Pts			
1.	HOULE, Anne-Marie		66	Pointe-Claire Masters						7:43.44	449	
	50m:	54.85	54.85	150m:	2:56.01	58.51	250m:	4:53.88	1:01.69	350m:	6:50.93	55.59
	100m:	1:57.50	1:02.65	200m:	3:52.19	56.18	300m:	5:55.34	1:01.46	400m:	7:43.44	52.51
2.	LECLERC, Louise		69	Club de Natation des Riverains						8:19.82	358	
	50m:	1:05.19	1:05.19	150m:	3:19.10	1:00.16	250m:	5:23.92	1:07.42	350m:	7:27.35	55.23
	100m:	2:18.94	1:13.75	200m:	4:16.50	57.40	300m:	6:32.12	1:08.20	400m:	8:19.82	52.47
3.	MORNEAU, Joanne		67	Club de natation St-Hyacinthe						9:07.71	272	
	50m:	1:04.34	1:04.34	150m:	3:41.31	1:09.22	250m:	6:01.59	1:14.10	350m:	8:13.20	57.40
	100m:	2:32.09	1:27.75	200m:	4:47.49	1:06.18	300m:	7:15.80	1:14.21	400m:	9:07.71	54.51
4.	BEAULIEU, Louise		65	Club aquatique Montreal						9:53.15	214	
	50m:	1:07.15	1:07.15	150m:	4:07.71	1:15.13	250m:	6:33.77	1:16.92	350m:	8:57.69	1:01.71
	100m:	2:52.58	1:45.43	200m:	5:16.85	1:09.14	300m:	7:55.98	1:22.21	400m:	9:53.15	55.46
5.	HOPE, Katherine		68	Westmount YMCA Maitres-Nageurs						10:58.04	157	
	50m:	1:13.42	1:13.42	150m:	4:18.19	1:29.46	250m:	7:01.14	1:18.13	350m:	9:44.54	1:25.52
	100m:	2:48.73	1:35.31	200m:	5:43.01	1:24.82	300m:	8:19.02	1:17.88	400m:	10:58.04	1:13.50



Event 4, Women, 400m Medley

Event 4 Women, 400m Medley 70 - 74 years Results
2026-04-24 - 15:13

Canadian Master Records	7:19.12	OLIVER, Judith	NYG	???	2002-01-01
Quebec Provincial Master Records	8:14.87	BRAULT, Lucie	CAMO	Dollard-des-Ormeaux	2026-03-22

Points: AQUA Master 2025

Rank	Age								Time	Pts		
1.	74 Westmount YMCA Maitres-Nageurs								10:05.66	222		
	50m:	1:14.16	1:14.16	150m:	4:03.40	1:19.82	250m:	6:43.25	1:24.28	350m:	9:07.72	59.02
	100m:	2:43.58	1:29.42	200m:	5:18.97	1:15.57	300m:	8:08.70	1:25.45	400m:	10:05.66	57.94

Event 4 Women, 400m Medley 75 - 79 years Results
2026-04-24 - 15:13

Canadian Master Records	7:39.96	OLIVER, Judith	NYG	Winnipeg	2007-05-18
Quebec Provincial Master Records	9:36.80	WALDIE, Mae	MFC	Sainte-Foy	2010-04-18

Points: AQUA Master 2025

Rank	Age								Time	Pts		
1.	75 Maitres A Contre Courant								10:01.91	367		
	50m:	1:06.58	1:06.58	150m:	3:53.78	1:25.75	250m:	6:31.71	1:14.42	350m:	8:55.62	1:09.09
	100m:	2:28.03	1:21.45	200m:	5:17.29	1:23.51	300m:	7:46.53	1:14.82	400m:	10:01.91	1:06.29
2.	76 La Vague de Brossard								10:31.04	319		
	50m:	1:21.27	1:21.27	150m:	4:19.04	1:16.65	250m:	7:00.27	1:24.48	350m:	9:29.66	1:04.81
	100m:	3:02.39	1:41.12	200m:	5:35.79	1:16.75	300m:	8:24.85	1:24.58	400m:	10:31.04	1:01.38
3.	75 Westmount YMCA Maitres-Nageurs								10:57.92	281		
	50m:	1:19.89	1:19.89	150m:	4:26.46	1:31.29	250m:	7:17.77	1:20.37	350m:	9:51.01	1:12.42
	100m:	2:55.17	1:35.28	200m:	5:57.40	1:30.94	300m:	8:38.59	1:20.82	400m:	10:57.92	1:06.91