



Event 8 Women, 400m Freestyle 18 - 24 years
2026-04-25 - 9:00 Répartition du plus vite au plus lent Results

Canadian Master Records	4:36.90	BERGMAN, Tuesday Astrid	VICM	Nanaimo	2025-04-26
Quebec Provincial Master Records	4:44.30	CHEN, Sophia	MUMS	Pointe-Claire	2024-04-20

Points: AQUA Master 2025

Rank			Age					Time	Pts			
1.	BRUCHIG, Larissa		19	Club de Natation Mont-Tremblant				4:51.19	661			
	50m:	32.42	32.42	150m:	1:44.22	36.34	250m:	2:58.90	37.10	350m:	4:14.48	38.03
	100m:	1:07.88	35.46	200m:	2:21.80	37.58	300m:	3:36.45	37.55	400m:	4:51.19	36.71
2.	BOUCHARD, Emilie		23	Eau Laval				5:09.69	549			
	50m:	33.95	33.95	150m:	1:50.12	38.87	250m:	3:09.47	39.74	350m:	4:29.95	40.30
	100m:	1:11.25	37.30	200m:	2:29.73	39.61	300m:	3:49.65	40.18	400m:	5:09.69	39.74
3.	MAZUR, Anna		22	C.N. Dollard-des-Ormeaux				5:16.59	514			
	50m:	35.39	35.39	150m:	1:55.29	40.67	250m:	3:18.32	41.89	350m:	4:38.25	40.34
	100m:	1:14.62	39.23	200m:	2:36.43	41.14	300m:	3:57.91	39.59	400m:	5:16.59	38.34
4.	GIRARD, Megane		23	Cachalots Port-Cartier				5:21.59	491			
	50m:	35.96	35.96	150m:	1:56.92	40.96	250m:	3:18.24	40.88	350m:	4:41.55	41.86
	100m:	1:15.96	40.00	200m:	2:37.36	40.44	300m:	3:59.69	41.45	400m:	5:21.59	40.04
5.	AUDET, Penelope		24	C.N. Dollard-des-Ormeaux				5:36.38	429			
	50m:	37.15	37.15	150m:	2:00.54	42.34	250m:	3:28.38	44.27	350m:	4:54.41	42.77
	100m:	1:18.20	41.05	200m:	2:44.11	43.57	300m:	4:11.64	43.26	400m:	5:36.38	41.97
6.	LEBLANC, Megan		23	LMRL Riviere-du-Loup				5:40.10	415			
	50m:	35.23	35.23	150m:	1:56.66	41.86	250m:	3:25.31	44.14	350m:	4:56.23	45.33
	100m:	1:14.80	39.57	200m:	2:41.17	44.51	300m:	4:10.90	45.59	400m:	5:40.10	43.87
7.	GUALTIERI, Isabella		21	C.N. Dollard-des-Ormeaux				5:41.59	409			
	50m:	37.97	37.97	150m:	2:03.27	43.49	250m:	3:29.89	43.27	350m:	4:58.22	44.10
	100m:	1:19.78	41.81	200m:	2:46.62	43.35	300m:	4:14.12	44.23	400m:	5:41.59	43.37
8.	RAIL, Maya		20	Club aquatique Mascouche				5:43.04	404			
	50m:	34.03	34.03	150m:	1:57.18	43.33	250m:	3:27.13	45.28	350m:	4:58.96	46.08
	100m:	1:13.85	39.82	200m:	2:41.85	44.67	300m:	4:12.88	45.75	400m:	5:43.04	44.08
9.	BUDD, Marin		23	C.N. Dollard-des-Ormeaux				5:44.97	397			
	50m:	36.42	36.42	150m:	1:59.42	42.43	250m:	3:29.10	44.78	350m:	5:00.43	45.74
	100m:	1:16.99	40.57	200m:	2:44.32	44.90	300m:	4:14.69	45.59	400m:	5:44.97	44.54

Event 8 Women, 400m Freestyle 25 - 29 years
2026-04-25 - 9:00 Répartition du plus vite au plus lent Results

Canadian Master Records	4:25.94	MARSHALL, Lynn	CARMA	???	1990-01-01
Quebec Provincial Master Records	4:29.39	MCCLEMONT, Laura	MUMS	Montreal	2011-05-21

Points: AQUA Master 2025

Rank			Age					Time	Pts			
1.	DUQUETTE, Catherine		28	Maitres nageurs de la Capitale				4:59.91	605			
	50m:	33.16	33.16	150m:	1:47.15	37.44	250m:	3:04.20	38.57	350m:	4:22.04	39.01
	100m:	1:09.71	36.55	200m:	2:25.63	38.48	300m:	3:43.03	38.83	400m:	4:59.91	37.87
2.	MARTIN, Juliette		25	Club Natation Haut-Richelieu				5:09.17	552			
	50m:	34.85	34.85	150m:	1:52.32	39.29	250m:	3:12.46	40.16	350m:	4:31.54	38.84
	100m:	1:13.03	38.18	200m:	2:32.30	39.98	300m:	3:52.70	40.24	400m:	5:09.17	37.63
3.	LEBEL-GUERIN, Roxanne		29	Club de Natation Calac Lasalle				5:33.43	440			
	50m:	37.78	37.78	150m:	2:00.22	41.51	250m:	3:25.55	42.94	350m:	4:51.83	42.90
	100m:	1:18.71	40.93	200m:	2:42.61	42.39	300m:	4:08.93	43.38	400m:	5:33.43	41.60



Event 8, Women, 400m Freestyle, 25 - 29 years

Rank			Age					Time	Pts
4.	BISMUTH-LECLERC, Jasmine		26	Club de Natation Calac Lasalle				5:38.57	420
	50m:	38.41 38.41	150m:	2:02.69 42.78	250m:	3:29.40 43.28	350m:	4:56.26 43.78	
	100m:	1:19.91 41.50	200m:	2:46.12 43.43	300m:	4:12.48 43.08	400m:	5:38.57 42.31	
5.	LIPES, Mikayla		27	C.N. Dollard-des-Ormeaux				5:38.92	419
	50m:	38.98 38.98	150m:	2:03.18 42.71	250m:	3:29.46 43.09	350m:	4:56.42 43.68	
	100m:	1:20.47 41.49	200m:	2:46.37 43.19	300m:	4:12.74 43.28	400m:	5:38.92 42.50	
6.	GAUVREAU, Justine		25	Cachalots Port-Cartier				5:45.38	396
	50m:	37.31 37.31	150m:	2:02.14 43.37	250m:	3:30.71 44.32	350m:	5:01.33 45.54	
	100m:	1:18.77 41.46	200m:	2:46.39 44.25	300m:	4:15.79 45.08	400m:	5:45.38 44.05	
7.	BUREAU, Laurence		27	Club aquatique Montreal				5:52.83	371
	50m:	38.04 38.04	150m:	2:05.72 44.96	250m:	3:35.45 44.98	350m:	5:07.44 46.08	
	100m:	1:20.76 42.72	200m:	2:50.47 44.75	300m:	4:21.36 45.91	400m:	5:52.83 45.39	
8.	ALAIN, Anne-Sophie		28	Club de Natation Calac Lasalle				5:56.53	360
	50m:	40.20 40.20	150m:	2:10.17 44.87	250m:	3:41.32 45.90	350m:	5:12.72 45.52	
	100m:	1:25.30 45.10	200m:	2:55.42 45.25	300m:	4:27.20 45.88	400m:	5:56.53 43.81	
9.	PARKER, Megan		29	C.N. Dollard-des-Ormeaux				6:26.25	283
	50m:	41.79 41.79	150m:	2:18.15 49.33	250m:	3:58.11 50.01	350m:	5:37.31 49.44	
	100m:	1:28.82 47.03	200m:	3:08.10 49.95	300m:	4:47.87 49.76	400m:	6:26.25 48.94	
10.	BAILLARGEON, Corinne		29	R2p				6:56.80	225
	50m:	44.44 44.44	150m:	2:27.49 53.12	250m:	4:15.81 54.05	350m:	6:05.11 54.24	
	100m:	1:34.37 49.93	200m:	3:21.76 54.27	300m:	5:10.87 55.06	400m:	6:56.80 51.69	
11.	AXELRAD, Lou		25	Westmount YMCA Maitres-Nageurs				7:35.76	172
	50m:	50.45 50.45	150m:	2:45.42 58.12	250m:	4:40.26 57.84	350m:	6:41.08 1:00.11	
	100m:	1:47.30 56.85	200m:	3:42.42 57.00	300m:	5:40.97 1:00.71	400m:	7:35.76 54.68	

Event 8 Women, 400m Freestyle 30 - 34 years
2026-04-25 - 9:00 Répartition du plus vite au plus lent Results

Canadian Master Records	4:26.91	MARSHALL, Lynn	CARMA	???	1991-01-01
Quebec Provincial Master Records	4:41.42	CHARRON, Christine	CMDG	Toronto	2009-05-15

Points: AQUA Master 2025

Rank			Age					Time	Pts
1.	CHENEL, Lindsay		32	Club de Natation des Riverains				4:58.70	618
	50m:	33.63 33.63	150m:	1:47.99 37.52	250m:	3:03.74 37.85	350m:	4:20.62 38.67	
	100m:	1:10.47 36.84	200m:	2:25.89 37.90	300m:	3:41.95 38.21	400m:	4:58.70 38.08	
2.	BLOUIN, Karine		33	Les Dauphins de Rimouski				5:03.28	591
	50m:	33.53 33.53	150m:	1:47.80 38.02	250m:	3:05.70 39.05	350m:	4:24.38 39.30	
	100m:	1:09.78 36.25	200m:	2:26.65 38.85	300m:	3:45.08 39.38	400m:	5:03.28 38.90	
3.	DIONNE, Laura		30	Club Maitres-Nageurs Saguenay				5:09.61	555
	50m:	34.44 34.44	150m:	1:51.59 39.12	250m:	3:10.48 39.88	350m:	4:30.38 40.14	
	100m:	1:12.47 38.03	200m:	2:30.60 39.01	300m:	3:50.24 39.76	400m:	5:09.61 39.23	
4.	LEGAULT, Laurence		31	Club de Natation Memphremagog				5:32.06	450
	50m:	36.44 36.44	150m:	1:58.75 41.47	250m:	3:23.69 42.74	350m:	4:49.76 43.38	
	100m:	1:17.28 40.84	200m:	2:40.95 42.20	300m:	4:06.38 42.69	400m:	5:32.06 42.30	
5.	RICHARD, Catherine		34	R2p				5:33.47	444
	50m:	37.11 37.11	150m:	1:59.60 41.56	250m:	3:24.37 42.45	350m:	4:51.25 43.52	
	100m:	1:18.04 40.93	200m:	2:41.92 42.32	300m:	4:07.73 43.36	400m:	5:33.47 42.22	



Event 8, Women, 400m Freestyle, 30 - 34 years

Rank			Age							Time	Pts	
6.	MARTIN, Elizabeth		32	Club de natation region de Québec						5:44.58	403	
	50m:	38.17	38.17	150m:	2:03.33	43.42	250m:	3:31.58	44.10	350m:	5:00.88	44.67
	100m:	1:19.91	41.74	200m:	2:47.48	44.15	300m:	4:16.21	44.63	400m:	5:44.58	43.70
7.	LEDUC, Marie-Pier		34	Natation Gatineau						5:45.33	400	
	50m:	39.30	39.30	150m:	2:05.39	43.57	250m:	3:33.43	44.38	350m:	5:02.19	44.26
	100m:	1:21.82	42.52	200m:	2:49.05	43.66	300m:	4:17.93	44.50	400m:	5:45.33	43.14
8.	LEMAY JOYAL, Alexandra		34	Club de natation St-Hyacinthe						6:19.68	301	
	50m:	42.47	42.47	150m:	2:18.96	48.91	250m:	3:57.69	49.23	350m:	5:34.99	48.55
	100m:	1:30.05	47.58	200m:	3:08.46	49.50	300m:	4:46.44	48.75	400m:	6:19.68	44.69
9.	PROVENCHER_S14SB14SM14, Chlo		33	Club de natation St-Hyacinthe						8:08.81	141	
	50m:	48.00	48.00	150m:	2:49.01	1:01.63	250m:	4:55.97	1:03.52	350m:	7:05.43	1:05.29
	100m:	1:47.38	59.38	200m:	3:52.45	1:03.44	300m:	6:00.14	1:04.17	400m:	8:08.81	1:03.38

Event 8
2026-04-25 - 9:00
Women, 400m Freestyle
Répartition du plus vite au plus lent
35 - 39 years
Results

Canadian Master Records	4:25.52	BERTELINK, Cindy	EOMAC	???	2013-03-28
Quebec Provincial Master Records	4:26.18	HEVEY, Sarah-Lee	CSLA	Drummondville	2024-01-27

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	BERUBE, Marie-Pierre		36	Club Natation Haut-Richelieu						5:33.02	475	
	50m:	37.73	37.73	150m:	2:01.23	41.95	250m:	3:25.95	42.17	350m:	4:51.12	42.70
	100m:	1:19.28	41.55	200m:	2:43.78	42.55	300m:	4:08.42	42.47	400m:	5:33.02	41.90
2.	BOULET, Emy		35	Club aquatique Mascouche						5:58.33	381	
	50m:	40.22	40.22	150m:	2:09.10	45.58	250m:	3:41.58	45.85	350m:	5:13.86	46.07
	100m:	1:23.52	43.30	200m:	2:55.73	46.63	300m:	4:27.79	46.21	400m:	5:58.33	44.47
3.	LAJOIE, Josiane Kenis		37	LMRL Riviere-du-Loup						6:11.69	342	
	50m:	38.75	38.75	150m:	2:08.05	45.77	250m:	3:42.92	47.81	350m:	5:18.82	48.01
	100m:	1:22.28	43.53	200m:	2:55.11	47.06	300m:	4:30.81	47.89	400m:	6:11.69	52.87
4.	DESROCHERS, Stephanie		35	Mtl Nord Natation						6:12.15	340	
	50m:	40.25	40.25	150m:	2:11.12	46.77	250m:	3:47.67	48.42	350m:	5:23.46	47.38
	100m:	1:24.35	44.10	200m:	2:59.25	48.13	300m:	4:36.08	48.41	400m:	6:12.15	48.69
5.	COUTURIER, Shona		36	Maitres A Contre Courant						6:13.40	337	
	50m:	41.37	41.37	150m:	2:14.51	47.04	250m:	3:50.73	48.09	350m:	5:27.52	48.72
	100m:	1:27.47	46.10	200m:	3:02.64	48.13	300m:	4:38.80	48.07	400m:	6:13.40	45.88
6.	NACCARATO, Samantha		37	C.N. Dollard-des-Ormeaux						9:12.99	103	
	50m:	59.90	59.90	150m:	3:18.95	1:10.85	250m:	5:41.46	1:10.63	350m:	8:04.63	1:11.61
	100m:	2:08.10	1:08.20	200m:	4:30.83	1:11.88	300m:	6:53.02	1:11.56	400m:	9:12.99	1:08.36
DNS	COTTON, Melissa		35	Natation Gatineau								



Event 8, Women, 400m Freestyle

 Event 8
 2026-04-25 - 9:00
 Women, 400m Freestyle
 Répartition du plus vite au plus lent
 40 - 44 years
 Results

Canadian Master Records	4:26.19	BERTELINK, Cindy	EOMAC	Toronto	2016-05-22
Quebec Provincial Master Records	4:43.26	D'AMBOISE, Marie-Eve	STL	Montreal	2019-05-25

Points: AQUA Master 2025

Rank				Age					Time	Pts		
1.	GREGOIRE, Marie-Eve			42	C.N. Dollard-des-Ormeaux				5:03.65	640		
	50m:	34.01	34.01	150m:	1:49.27	38.09	250m:	3:07.42	39.43	350m:	4:26.18	39.33
	100m:	1:11.18	37.17	200m:	2:27.99	38.72	300m:	3:46.85	39.43	400m:	5:03.65	37.47
2.	RIOUX, Julie			43	Natation Gatineau				5:10.37	599		
	50m:	34.16	34.16	150m:	1:51.43	39.11	250m:	3:11.35	39.88	350m:	4:31.62	40.20
	100m:	1:12.32	38.16	200m:	2:31.47	40.04	300m:	3:51.42	40.07	400m:	5:10.37	38.75
3.	RICARD, Josianne			41	Club De Natation Sherbrooke				5:11.39	593		
	50m:	34.53	34.53	150m:	1:51.04	38.91	250m:	3:10.92	40.02	350m:	4:31.59	40.31
	100m:	1:12.13	37.60	200m:	2:30.90	39.86	300m:	3:51.28	40.36	400m:	5:11.39	39.80
4.	AUDET, Marie-Christine			42	La Vague de Brossard				5:16.53	565		
	50m:	34.74	34.74	150m:	1:53.77	40.09	250m:	3:15.74	40.95	350m:	4:37.57	40.88
	100m:	1:13.68	38.94	200m:	2:34.79	41.02	300m:	3:56.69	40.95	400m:	5:16.53	38.96
5.	BOILEAU, Genevieve			44	R2p				5:30.40	497		
	50m:	35.34	35.34	150m:	1:58.04	42.19	250m:	3:24.27	43.17	350m:	4:49.91	42.26
	100m:	1:15.85	40.51	200m:	2:41.10	43.06	300m:	4:07.65	43.38	400m:	5:30.40	40.49
6.	LEFEBVRE-SAUVE, Audrey			41	Mtl Nord Natation				5:30.87	495		
	50m:	36.65	36.65	150m:	1:59.64	42.15	250m:	3:25.52	43.25	350m:	4:50.91	42.34
	100m:	1:17.49	40.84	200m:	2:42.27	42.63	300m:	4:08.57	43.05	400m:	5:30.87	39.96
7.	AMANO, Louise			44	Club de Natation Calac Lasalle				5:46.86	429		
	50m:	39.26	39.26	150m:	2:05.90	43.79	250m:	3:34.39	44.26	350m:	5:04.06	44.85
	100m:	1:22.11	42.85	200m:	2:50.13	44.23	300m:	4:19.21	44.82	400m:	5:46.86	42.80
8.	MATHIEU, Naila			42	Club Natation Haut-Richelieu				5:54.25	403		
	50m:	39.76	39.76	150m:	2:08.97	45.22	250m:	3:39.51	45.03	350m:	5:10.01	45.12
	100m:	1:23.75	43.99	200m:	2:54.48	45.51	300m:	4:24.89	45.38	400m:	5:54.25	44.24
9.	PELLETIER, Gabrielle			42	Natation Gatineau				5:59.20	386		
	50m:	39.69	39.69	150m:	2:08.62	45.09	250m:	3:40.52	46.08	350m:	5:13.39	46.50
	100m:	1:23.53	43.84	200m:	2:54.44	45.82	300m:	4:26.89	46.37	400m:	5:59.20	45.81
10.	MENARD, Madeleine			41	Maitres nageurs de la Capitale				6:03.14	374		
	50m:	40.09	40.09	150m:	2:09.07	45.20	250m:	3:40.90	46.12	350m:	5:14.76	47.24
	100m:	1:23.87	43.78	200m:	2:54.78	45.71	300m:	4:27.52	46.62	400m:	6:03.14	48.38
11.	LEMOINE, Danielle			42	McGill Masters				6:04.81	369		
	50m:	42.02	42.02	150m:	2:13.98	46.50	250m:	3:46.86	46.43	350m:	5:19.97	46.82
	100m:	1:27.48	45.46	200m:	3:00.43	46.45	300m:	4:33.15	46.29	400m:	6:04.81	44.84
12.	HARDY, Annie			42	Eau Laval				6:50.68	258		
	50m:	45.62	45.62	150m:	2:27.42	51.53	250m:	4:11.47	52.28	350m:	5:57.06	52.44
	100m:	1:35.89	50.27	200m:	3:19.19	51.77	300m:	5:04.62	53.15	400m:	6:50.68	53.62
DNS	DALPE, Eliane			42	Club Aquatique des Laurentides							
DNS	WILLIAMS, Sarah			42	Club De Natation Sherbrooke							



Event 8, Women, 400m Freestyle

 Event 8
 2026-04-25 - 9:00
 Women, 400m Freestyle
 Répartition du plus vite au plus lent
 45 - 49 years
 Results

Canadian Master Records	4:33.09	MARSHALL, Lynn	CARMA	???	2006-04-29
Quebec Provincial Master Records	4:46.19	LOWENSTEYN, Ilka	CSLA	Quebec	2014-04-13

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	THIBAULT, Nancy		47	Club de natation Sainte-Foy Haute-Saint-C						4:47.03	785	
	50m:	32.99	32.99	150m:	1:44.71	36.17	250m:	2:57.47	36.33	350m:	4:10.94	36.75
	100m:	1:08.54	35.55	200m:	2:21.14	36.43	300m:	3:34.19	36.72	400m:	4:47.03	36.09
2.	D'AMBOISE, Marie-Eve		48	Club des Maîtres-Nageurs de St-Laurent						5:06.11	647	
	50m:	34.58	34.58	150m:	1:51.69	38.96	250m:	3:10.26	39.28	350m:	4:28.39	39.14
	100m:	1:12.73	38.15	200m:	2:30.98	39.29	300m:	3:49.25	38.99	400m:	5:06.11	37.72
3.	LOISELLE, Noemie		45	Club aquatique St-Eustache						5:28.33	524	
	50m:	35.73	35.73	150m:	1:57.66	41.87	250m:	3:22.60	42.25	350m:	4:47.08	42.39
	100m:	1:15.79	40.06	200m:	2:40.35	42.69	300m:	4:04.69	42.09	400m:	5:28.33	41.25
4.	CROCHETIERE, Elyse		47	Natation Gatineau						5:35.09	493	
	50m:	37.06	37.06	150m:	1:59.92	41.87	250m:	3:26.08	43.39	350m:	4:53.19	43.83
	100m:	1:18.05	40.99	200m:	2:42.69	42.77	300m:	4:09.36	43.28	400m:	5:35.09	41.90
5.	GARANT, Sophie		46	Club de Natation des Riverains						5:41.68	465	
	50m:	37.88	37.88	150m:	2:00.83	42.21	250m:	3:27.07	43.42	350m:	4:56.77	45.12
	100m:	1:18.62	40.74	200m:	2:43.65	42.82	300m:	4:11.65	44.58	400m:	5:41.68	44.91
6.	TYO, Maia		48	C.N. Dollard-des-Ormeaux						5:43.16	459	
	50m:	38.26	38.26	150m:	2:04.20	43.39	250m:	3:31.23	43.66	350m:	4:59.16	44.09
	100m:	1:20.81	42.55	200m:	2:47.57	43.37	300m:	4:15.07	43.84	400m:	5:43.16	44.00
7.	LAVOIE, Catherine		46	Club Aquatique Charlesbourg						6:00.64	396	
	50m:	38.61	38.61	150m:	2:07.65	45.60	250m:	3:41.25	46.73	350m:	5:15.71	47.34
	100m:	1:22.05	43.44	200m:	2:54.52	46.87	300m:	4:28.37	47.12	400m:	6:00.64	44.93
8.	JUTRAS, Genevieve		48	Club de natation St-Hyacinthe						6:05.78	379	
	50m:	40.03	40.03	150m:	2:10.94	46.17	250m:	3:45.81	47.39	350m:	5:20.32	47.24
	100m:	1:24.77	44.74	200m:	2:58.42	47.48	300m:	4:33.08	47.27	400m:	6:05.78	45.46
9.	DUFOUR, Julie		47	La Vague de Brossard						6:17.20	346	
	50m:	41.12	41.12	150m:	2:17.12	49.46	250m:	3:55.73	48.91	400m:	6:17.20	44.14
	100m:	1:27.66	46.54	200m:	3:06.82	49.70	350m:	5:33.06	1:37.33			
10.	NANTEL, Julie		49	Mtl Nord Natation						6:24.22	327	
	50m:	44.01	44.01	150m:	2:22.34	49.78	250m:	4:01.21	49.30	350m:	5:38.40	48.19
	100m:	1:32.56	48.55	200m:	3:11.91	49.57	300m:	4:50.21	49.00	400m:	6:24.22	45.82
11.	HUBBARD, Jocelyn		49	C.N. Dollard-des-Ormeaux						6:32.08	308	
	50m:	42.04	42.04	150m:	2:19.82	49.52	250m:	3:59.55	49.84	350m:	5:41.20	51.01
	100m:	1:30.30	48.26	200m:	3:09.71	49.89	300m:	4:50.19	50.64	400m:	6:32.08	50.88
12.	CAYOUILLE-GUILLOTEAU, Valeri		45	Club de Natation des Riverains						6:39.50	291	
	50m:	45.45	45.45	150m:	2:25.96	50.98	250m:	4:09.83	52.24	350m:	5:52.81	51.38
	100m:	1:34.98	49.53	200m:	3:17.59	51.63	300m:	5:01.43	51.60	400m:	6:39.50	46.69
13.	SANDOVAL, Mariana		48	C.N. Dollard-des-Ormeaux						6:41.58	286	
	50m:	44.06	44.06	150m:	2:25.15	51.76	250m:	4:09.95	52.39	350m:	5:52.86	50.89
	100m:	1:33.39	49.33	200m:	3:17.56	52.41	300m:	5:01.97	52.02	400m:	6:41.58	48.72
14.	PIETRACUPA, Marlina		46	C.N. Dollard-des-Ormeaux						6:42.16	285	
	100m:	1:32.92	1:32.92	400m:	6:42.16	5:09.24						



Event 8, Women, 400m Freestyle, 45 - 49 years

Rank			Age					Time	Pts			
15.	MOREAU, Brigitte		49	Club Natation Haut-Richelieu				6:48.41	272			
	50m:	42.53	42.53	150m:	2:19.39	48.83	250m:	4:00.18	50.61	350m:	5:39.22	48.63
	100m:	1:30.56	48.03	200m:	3:09.57	50.18	300m:	4:50.59	50.41	400m:	6:48.41	1:09.19
16.	FOURNIER, France		48	Cachalots Port-Cartier				6:49.51	270			
	50m:	44.54	44.54	150m:	2:25.53	51.43	250m:	4:10.98	53.37	350m:	5:57.22	53.08
	100m:	1:34.10	49.56	200m:	3:17.61	52.08	300m:	5:04.14	53.16	400m:	6:49.51	52.29
17.	FORBES, Catherine		49	Club des Maitres-Nageurs de St-Laurent				6:50.17	269			
	50m:	42.90	42.90	150m:	2:23.15	51.25	250m:	4:08.29	52.71	350m:	5:53.45	51.68
	100m:	1:31.90	49.00	200m:	3:15.58	52.43	300m:	5:01.77	53.48	400m:	6:50.17	56.72
18.	TOURANGEAU, Annick		48	UNMNQ Maitres sans attache Québec				7:24.06	212			
	50m:	49.04	49.04	150m:	2:41.30	57.29	250m:	4:36.73	56.79	350m:	6:31.05	56.51
	100m:	1:44.01	54.97	200m:	3:39.94	58.64	300m:	5:34.54	57.81	400m:	7:24.06	53.01
19.	DUBUC, Marieve		49	Club aquatique Montreal				7:43.92	186			
	50m:	49.58	49.58	150m:	2:48.43	1:00.84	250m:	4:49.43	59.90	350m:	6:49.52	1:00.57
	100m:	1:47.59	58.01	200m:	3:49.53	1:01.10	300m:	5:48.95	59.52	400m:	7:43.92	54.40
20.	BOUCHARD, Sandra		48	LMRL Riviere-du-Loup				7:51.47	177			
	50m:	52.03	52.03	150m:	2:49.03	1:00.15	250m:	4:49.60	1:00.64	350m:	6:52.86	1:01.89
	100m:	1:48.88	56.85	200m:	3:48.96	59.93	300m:	5:50.97	1:01.37	400m:	7:51.47	58.61
DNS	LEVASSEUR, Heidi		47	UNMNQ Maitres sans attache Québec								

Event 8
2026-04-25 - 9:00

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

50 - 54 years
Results

Canadian Master Records	4:34.81	MARSHALL, Lynn	CARMA	???	2011-01-29
Quebec Provincial Master Records	4:48.99	LOWENSTEYN, Ilka	CSLA	Pointe-Claire	2015-01-24

Points: AQUA Master 2025

Rank			Age					Time	Pts			
1.	ALLARD, Catherine		51	Maitres A Contre Courant				5:07.57	705			
	50m:	35.02	35.02	150m:	1:51.27	38.37	250m:	3:09.18	38.97	350m:	4:28.75	39.65
	100m:	1:12.90	37.88	200m:	2:30.21	38.94	300m:	3:49.10	39.92	400m:	5:07.57	38.82
2.	BELANGER, Annie		51	Maitres A Contre Courant				5:16.63	647			
	50m:	35.07	35.07	150m:	1:54.84	40.48	250m:	3:16.13	40.37	350m:	4:37.45	40.49
	100m:	1:14.36	39.29	200m:	2:35.76	40.92	300m:	3:56.96	40.83	400m:	5:16.63	39.18
3.	ROY, Amelie		50	Pointe-Claire Masters				5:24.86	599			
	50m:	37.11	37.11	150m:	1:58.96	41.43	250m:	3:22.11	41.53	350m:	4:44.83	41.57
	100m:	1:17.53	40.42	200m:	2:40.58	41.62	300m:	4:03.26	41.15	400m:	5:24.86	40.03
4.	TANGUAY, Veronique		50	Mtl Nord Natation				5:28.25	580			
	50m:	35.00	35.00	150m:	1:53.88	40.54	250m:	3:19.05	43.09	350m:	4:45.90	43.18
	100m:	1:13.34	38.34	200m:	2:35.96	42.08	300m:	4:02.72	43.67	400m:	5:28.25	42.35
5.	ADAM, Marie-Christine		50	Les Dauphins de Rimouski				5:31.81	562			
	50m:	37.03	37.03	150m:	1:59.71	42.44	250m:	3:25.64	43.06	350m:	4:51.01	42.49
	100m:	1:17.27	40.24	200m:	2:42.58	42.87	300m:	4:08.52	42.88	400m:	5:31.81	40.80
6.	LABERGE, Kathleen		53	Club de natation St-Hyacinthe				5:41.81	514			
	50m:	36.72	36.72	150m:	2:01.05	43.15	250m:	3:29.51	44.48	350m:	4:57.83	44.05
	100m:	1:17.90	41.18	200m:	2:45.03	43.98	300m:	4:13.78	44.27	400m:	5:41.81	43.98
7.	HARDY, Celine		54	Club Maitres-Nageurs Saguenay				5:54.74	460			
	50m:	39.92	39.92	150m:	2:09.64	45.61	250m:	3:40.80	45.57	350m:	5:11.39	45.42
	100m:	1:24.03	44.11	200m:	2:55.23	45.59	300m:	4:25.97	45.17	400m:	5:54.74	43.35



Event 8, Women, 400m Freestyle, 50 - 54 years

Rank			Age							Time	Pts	
8.	LEVETT, Jennifer		54		Westmount YMCA Maitres-Nageurs					6:22.30	367	
	50m:	43.13	43.13	150m:	2:19.62	49.13	250m:	3:57.54	49.22	350m:	5:34.69	48.72
	100m:	1:30.49	47.36	200m:	3:08.32	48.70	300m:	4:45.97	48.43	400m:	6:22.30	47.61
9.	MISCHOOK, Julie		50		C.N. Dollard-des-Ormeaux					6:35.43	332	
	50m:	42.72	42.72	150m:	2:20.07	50.12	250m:	4:02.14	51.82	350m:	5:46.06	52.36
	100m:	1:29.95	47.23	200m:	3:10.32	50.25	300m:	4:53.70	51.56	400m:	6:35.43	49.37
10.	DUMONT, Helene		54		Club Natation Haut-Richelieu					7:12.18	254	
	50m:	47.93	47.93	150m:	2:37.23	54.61	250m:	4:28.28	55.84	350m:	6:20.37	55.35
	100m:	1:42.62	54.69	200m:	3:32.44	55.21	300m:	5:25.02	56.74	400m:	7:12.18	51.81
11.	BOUSSER, Beatrice		53		Westmount YMCA Maitres-Nageurs					7:38.85	212	
	50m:	49.69	49.69	150m:	2:46.70	59.65	250m:	4:45.14	58.64	350m:	6:42.63	1:00.00
	100m:	1:47.05	57.36	200m:	3:46.50	59.80	300m:	5:42.63	57.49	400m:	7:38.85	56.22

Event 8
2026-04-25 - 9:00
Women, 400m Freestyle
Répartition du plus vite au plus lent
55 - 59 years
Results

Canadian Master Records	4:37.35	MARSHALL, Lynn	CARMA	???	2016-01-23
Quebec Provincial Master Records	4:51.62	LOWENSTEYN, Ilka	CSLA	Windsor	2024-05-25

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	ROUSSEAU, Catherine		55		Club aquatique Montreal					5:28.99	599	
	50m:	36.47	36.47	150m:	1:56.82	41.07	250m:	3:21.18	42.41	350m:	4:47.43	42.89
	100m:	1:15.75	39.28	200m:	2:38.77	41.95	300m:	4:04.54	43.36	400m:	5:28.99	41.56
2.	CHAPDELAINE, Josee		59		Mtl Nord Natation					5:38.31	550	
	50m:	38.35	38.35	150m:	2:03.19	42.98	250m:	3:29.30	42.89	350m:	4:55.55	43.16
	100m:	1:20.21	41.86	200m:	2:46.41	43.22	300m:	4:12.39	43.09	400m:	5:38.31	42.76
3.	CASSIVI, Natasha		56		La Vague de Brossard					5:39.19	546	
	50m:	39.23	39.23	150m:	2:02.36	41.92	250m:	3:29.45	43.73	350m:	4:57.13	43.44
	100m:	1:20.44	41.21	200m:	2:45.72	43.36	300m:	4:13.69	44.24	400m:	5:39.19	42.06
4.	GINGRAS, Nathalie		58		Club Natation Bois Francs					5:46.95	510	
	50m:	37.96	37.96	150m:	2:02.46	42.98	250m:	3:30.94	44.61	350m:	5:02.34	46.69
	100m:	1:19.48	41.52	200m:	2:46.33	43.87	300m:	4:15.65	44.71	400m:	5:46.95	44.61
5.	BOZZER, Paola		55		Club des Maitres-Nageurs de St-Laurent					5:49.32	500	
	50m:	40.24	40.24	150m:	2:09.42	44.87	250m:	3:39.26	44.89	350m:	5:07.24	43.45
	100m:	1:24.55	44.31	200m:	2:54.37	44.95	300m:	4:23.79	44.53	400m:	5:49.32	42.08
6.	LADANOWSKI, Caroline		59		Technosport Masters					6:00.14	456	
	50m:	40.93	40.93	150m:	2:11.68	46.02	250m:	3:43.59	45.98	350m:	5:15.90	46.47
	100m:	1:25.66	44.73	200m:	2:57.61	45.93	300m:	4:29.43	45.84	400m:	6:00.14	44.24
7.	BRUNEAU, Nathalie		58		Club de Natation Mont-Tremblant					6:08.01	428	
	50m:	39.07	39.07	150m:	2:09.94	47.11	250m:	3:44.81	47.67	350m:	5:21.81	48.39
	100m:	1:22.83	43.76	200m:	2:57.14	47.20	300m:	4:33.42	48.61	400m:	6:08.01	46.20
8.	LEITH, Beverly		57		C.N. Dollard-des-Ormeaux					6:08.52	426	
	50m:	40.43	40.43	150m:	2:12.19	46.73	250m:	3:47.18	47.41	350m:	5:22.12	47.71
	100m:	1:25.46	45.03	200m:	2:59.77	47.58	300m:	4:34.41	47.23	400m:	6:08.52	46.40
9.	LEDUC, Nathalie		58		Club de Natation Memphremagog					6:10.44	419	
	50m:	40.00	40.00	150m:	2:10.79	46.31	250m:	3:45.77	48.12	350m:	5:23.21	48.71
	100m:	1:24.48	44.48	200m:	2:57.65	46.86	300m:	4:34.50	48.73	400m:	6:10.44	47.23



Event 8, Women, 400m Freestyle, 55 - 59 years

Rank			Age							Time	Pts	
10.	LISA, Sona		56	C.N. Dollard-des-Ormeaux						6:33.70	349	
	50m:	42.98	42.98	150m:	2:20.57	50.07	250m:	4:03.71	51.27	350m:	5:46.46	51.67
	100m:	1:30.50	47.52	200m:	3:12.44	51.87	300m:	4:54.79	51.08	400m:	6:33.70	47.24
11.	ROY, Sandy		56	UNMNQ Maitres sans attache Québec						6:40.82	331	
	50m:	46.23	46.23	150m:	2:26.21	50.72	250m:	4:09.83	51.49	350m:	5:52.77	51.62
	100m:	1:35.49	49.26	200m:	3:18.34	52.13	300m:	5:01.15	51.32	400m:	6:40.82	48.05
12.	PITRE, Jackie		55	Club Natation Haut-Richelieu						6:42.35	327	
	50m:	45.85	45.85	150m:	2:27.52	51.22	250m:	4:08.56	50.13	350m:	5:49.27	49.41
	100m:	1:36.30	50.45	200m:	3:18.43	50.91	300m:	4:59.86	51.30	400m:	6:42.35	53.08
13.	MENARD, France		59	Club de Natation des Riverains						7:01.07	285	
	50m:	46.19	46.19	150m:	2:34.12	54.80	250m:	4:22.91	53.79	350m:	6:12.13	54.61
	100m:	1:39.32	53.13	200m:	3:29.12	55.00	300m:	5:17.52	54.61	400m:	7:01.07	48.94
14.	BABIN, Julie		55	Club Natation Haut-Richelieu						7:43.84	213	
	50m:	47.11	47.11	150m:	2:44.48	1:00.75	250m:	4:45.04	1:01.22	350m:	6:47.25	1:00.60
	100m:	1:43.73	56.62	200m:	3:43.82	59.34	300m:	5:46.65	1:01.61	400m:	7:43.84	56.59
15.	LEMBO, Paola		58	Westmount YMCA Maitres-Nageurs						8:14.67	176	
	50m:	50.41	50.41	150m:	2:52.05	1:01.63	250m:	5:00.30	1:03.44	350m:	7:11.61	1:06.15
	100m:	1:50.42	1:00.01	200m:	3:56.86	1:04.81	300m:	6:05.46	1:05.16	400m:	8:14.67	1:03.06
16.	CARAVIAS, Mary		56	Club des Maitres-Nageurs de St-Laurent						8:15.26	175	
	50m:	54.77	54.77	150m:	2:59.36	1:03.27	250m:	5:06.46	1:03.63	350m:	7:15.57	1:04.36
	100m:	1:56.09	1:01.32	200m:	4:02.83	1:03.47	300m:	6:11.21	1:04.75	400m:	8:15.26	59.69
17.	KIPLING, Arlene		57	Westmount YMCA Maitres-Nageurs						8:16.05	174	
	50m:	56.50	56.50	150m:	3:02.52	1:02.82	250m:	5:08.33	1:02.80	350m:	7:14.70	1:03.44
	100m:	1:59.70	1:03.20	200m:	4:05.53	1:03.01	300m:	6:11.26	1:02.93	400m:	8:16.05	1:01.35

 Event 8
 2026-04-25 - 9:00

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

 60 - 64 years
 Results

Canadian Master Records	4:48.80	MARSHALL, Lynn	CARMA	Dollard-Des-Ormeaux	2022-03-19
Quebec Provincial Master Records	4:55.86	LOWENSTEYN, Ilka	CSLA	Quebec	2026-02-21

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	FULLER, Josee		60	Swim Ontario Masters						5:29.05	633	
	50m:	37.46	37.46	150m:	1:59.60	41.77	250m:	3:23.66	42.18	350m:	4:48.03	42.17
	100m:	1:17.83	40.37	200m:	2:41.48	41.88	300m:	4:05.86	42.20	400m:	5:29.05	41.02
2.	LECLERC, Manon		64	Club Natation Haut-Richelieu						5:54.68	505	
	50m:	39.01	39.01	150m:	2:07.93	44.89	250m:	3:38.62	45.29	350m:	5:10.17	45.84
	100m:	1:23.04	44.03	200m:	2:53.33	45.40	300m:	4:24.33	45.71	400m:	5:54.68	44.51
3.	FILION, Dominic		62	Club de Natation Mont-Tremblant						6:01.38	478	
	50m:	40.62	40.62	150m:	2:13.32	46.53	250m:	3:45.93	46.22	350m:	5:17.14	45.11
	100m:	1:26.79	46.17	200m:	2:59.71	46.39	300m:	4:32.03	46.10	400m:	6:01.38	44.24
4.	DUHAMEL, Marie		63	Club de natation St-Hyacinthe						6:23.57	399	
	50m:	43.90	43.90	150m:	2:19.17	48.69	250m:	3:57.99	49.74	350m:	5:37.24	49.45
	100m:	1:30.48	46.58	200m:	3:08.25	49.08	300m:	4:47.79	49.80	400m:	6:23.57	46.33
5.	RODRIGUEZ, Alma		60	Pointe-Claire Masters						6:50.87	325	
	50m:	47.01	47.01	150m:	2:29.61	51.60	250m:	4:14.31	52.44	350m:	5:59.59	52.47
	100m:	1:38.01	51.00	200m:	3:21.87	52.26	300m:	5:07.12	52.81	400m:	6:50.87	51.28



Event 8, Women, 400m Freestyle, 60 - 64 years

Rank			Age							Time	Pts	
6.	TREMBLAY, Daniele		61	Club des Maitres-Nageurs de St-Laurent						7:28.25	250	
	50m:	50.22	50.22	150m:	2:42.68	56.45	250m:	4:37.84	57.82	350m:	6:32.74	57.60
	100m:	1:46.23	56.01	200m:	3:40.02	57.34	300m:	5:35.14	57.30	400m:	7:28.25	55.51
7.	MASSY, Sylvie		63	Club de natation St-Hyacinthe						7:54.15	211	
	50m:	51.83	51.83	150m:	2:52.49	1:02.23	250m:	4:54.87	1:01.10	350m:	6:57.47	1:01.66
	100m:	1:50.26	58.43	200m:	3:53.77	1:01.28	300m:	5:55.81	1:00.94	400m:	7:54.15	56.68
8.	STE-MARIE, Line		61	Pointe-Claire Masters						8:01.29	202	
	50m:	54.98	54.98	150m:	2:59.98	1:03.76	250m:	5:03.44	1:00.81	350m:	7:03.32	58.87
	100m:	1:56.22	1:01.24	200m:	4:02.63	1:02.65	300m:	6:04.45	1:01.01	400m:	8:01.29	57.97
9.	ULRICH, Maryse		63	Club Aquatique les Piranhas du Nord						8:47.30	153	
	50m:	49.72	49.72	150m:	2:46.40	59.68	250m:	4:55.18	1:05.02	350m:	7:13.73	1:08.84
	100m:	1:46.72	57.00	200m:	3:50.16	1:03.76	300m:	6:04.89	1:09.71	400m:	8:47.30	1:33.57

Event 8
2026-04-25 - 9:00
Women, 400m Freestyle
Répartition du plus vite au plus lent
65 - 69 years
Results

Canadian Master Records	5:01.20	MARSHALL, Lynn	CARMA	Quebec	2026-02-21
Quebec Provincial Master Records	5:45.45	KOHLER-WINTER, Petra	MFC	Saskatoon	2025-05-17

Points: AQUA Master 2025

Rank			Age							Time	Pts	
1.	KOHLER-WINTER, Petra		67	Pointe-Claire Masters						5:46.44	662	
	50m:	38.05	38.05	200m:	2:50.02	2:11.97	350m:	5:02.53	2:12.51	400m:	5:46.44	43.91
2.	COTE, Nina		66	Pointe-Claire Masters						6:43.51	419	
	50m:	46.52	46.52	150m:	2:26.07	50.95	250m:	4:08.26	51.29	350m:	5:52.44	52.38
	100m:	1:35.12	48.60	200m:	3:16.97	50.90	300m:	5:00.06	51.80	400m:	6:43.51	51.07
3.	CARETTE, Helene		65	Club de Natation Memphremagog						6:44.46	416	
	50m:	44.51	44.51	150m:	2:27.21	52.08	250m:	4:11.81	52.48	400m:	6:44.46	1:40.17
	100m:	1:35.13	50.62	200m:	3:19.33	52.12	300m:	5:04.29	52.48			
4.	MORNEAU, Joanne		67	Club de natation St-Hyacinthe						7:03.90	361	
	50m:	47.07	47.07	150m:	2:32.47	53.23	250m:	4:22.16	55.23	350m:	6:11.35	54.21
	100m:	1:39.24	52.17	200m:	3:26.93	54.46	300m:	5:17.14	54.98	400m:	7:03.90	52.55
5.	LARAMEE, Marie-Therese		66	C.N. Dollard-des-Ormeaux						7:11.15	343	
	50m:	47.83	47.83	150m:	2:37.67	55.54	250m:	4:27.57	55.29	350m:	6:18.96	55.49
	100m:	1:42.13	54.30	200m:	3:32.28	54.61	300m:	5:23.47	55.90	400m:	7:11.15	52.19
6.	MASBOURIAN, Anita		66	Club aquatique Montreal						7:16.59	331	
	50m:	46.15	46.15	150m:	2:36.42	55.86	250m:	4:29.50	56.66	350m:	6:22.99	56.33
	100m:	1:40.56	54.41	200m:	3:32.84	56.42	300m:	5:26.66	57.16	400m:	7:16.59	53.60
7.	GREGORY, Diana		65	Westmount YMCA Maitres-Nageurs						7:28.72	305	
	50m:	52.76	52.76	150m:	2:46.06	57.09	250m:	4:41.91	57.76	350m:	6:36.33	56.99
	100m:	1:48.97	56.21	200m:	3:44.15	58.09	300m:	5:39.34	57.43	400m:	7:28.72	52.39
8.	BEAULIEU, Louise		65	Club aquatique Montreal						7:41.14	281	
	50m:	51.96	51.96	150m:	2:49.39	59.06	250m:	4:46.61	58.59	350m:	6:44.51	59.14
	100m:	1:50.33	58.37	200m:	3:48.02	58.63	300m:	5:45.37	58.76	400m:	7:41.14	56.63
9.	REITER, Sylvia		68	Westmount YMCA Maitres-Nageurs						8:40.77	195	
	50m:	56.46	56.46	150m:	3:11.04	1:07.87	250m:	5:25.44	1:05.86	350m:	7:38.52	1:06.41
	100m:	2:03.17	1:06.71	200m:	4:19.58	1:08.54	300m:	6:32.11	1:06.67	400m:	8:40.77	1:02.25



Event 8, Women, 400m Freestyle, 65 - 69 years

Rank									Age					Time	Pts
10.	JOURNEAUX, Anne								69	Pointe-Claire Masters				8:53.79	181
	50m:	54.68	54.68	150m:	3:08.69	1:09.13	250m:	5:26.75	1:09.19	350m:	7:45.21	1:09.32			
	100m:	1:59.56	1:04.88	200m:	4:17.56	1:08.87	300m:	6:35.89	1:09.14	400m:	8:53.79	1:08.58			

Event 8
2026-04-25 - 9:00
Women, 400m Freestyle
Répartition du plus vite au plus lent
70 - 74 years
Results

Canadian Master Records	5:46.63	MERRITT, Cathy	SOM	Unionville	2025-04-26
Quebec Provincial Master Records	5:52.92	LATREILLE, Denise	UNMNQ	Montréal	2026-04-25

Points: AQUA Master 2025

Rank									Age					Time	Pts
1.	LATREILLE, Denise								70	UNMNQ Maitres sans attache Québec				5:52.92	733
	<i>Nouveau record québécois Maitres ?</i>														
	50m:	39.25	39.25	150m:	2:07.74	44.97	250m:	3:37.94	44.93	350m:	5:08.39	45.28			
	100m:	1:22.77	43.52	200m:	2:53.01	45.27	300m:	4:23.11	45.17	400m:	5:52.92	44.53			
2.	CAMPBELL, Louise								70	Eau Laval				7:24.93	365
	50m:	51.58	51.58	150m:	2:44.22	57.47	250m:	4:38.57	57.20	350m:	6:30.51	55.42			
	100m:	1:46.75	55.17	200m:	3:41.37	57.15	300m:	5:35.09	56.52	400m:	7:24.93	54.42			
3.	DENIS, Simone								72	Club Aquatique des Laurentides				7:32.39	348
	50m:	48.64	48.64	150m:	2:44.80	58.25	250m:	4:39.27	57.79	350m:	6:34.95	57.65			
	100m:	1:46.55	57.91	200m:	3:41.48	56.68	300m:	5:37.30	58.03	400m:	7:32.39	57.44			
4.	LAFLEUR, Nicole								72	Groupe aquatique Mille-Iles Nord				7:39.41	332
	50m:	52.41	52.41	150m:	2:46.58	57.54	250m:	4:43.25	58.57	350m:	6:42.34	1:00.16			
	100m:	1:49.04	56.63	200m:	3:44.68	58.10	300m:	5:42.18	58.93	400m:	7:39.41	57.07			
5.	HOTTE, Francine								74	Westmount YMCA Maitres-Nageurs				7:58.04	295
	50m:	54.38	54.38	150m:	2:53.71	1:00.38	250m:	4:57.55	1:02.33	350m:	6:59.67	1:00.87			
	100m:	1:53.33	58.95	200m:	3:55.22	1:01.51	300m:	5:58.80	1:01.25	400m:	7:58.04	58.37			
6.	MACPHERSON, Patricia								72	Pointe-Claire Masters				8:20.62	256
	50m:	52.50	52.50	150m:	2:56.01	1:03.20	250m:	5:04.71	1:05.12	350m:	7:15.54	1:05.09			
	100m:	1:52.81	1:00.31	200m:	3:59.59	1:03.58	300m:	6:10.45	1:05.74	400m:	8:20.62	1:05.08			
7.	DION, Lise								72	Club aquatique Montreal				8:24.91	250
	50m:	54.42	54.42	150m:	3:01.71	1:03.63	250m:	5:11.51	1:04.43	350m:	7:21.00	1:04.56			
	100m:	1:58.08	1:03.66	200m:	4:07.08	1:05.37	300m:	6:16.44	1:04.93	400m:	8:24.91	1:03.91			
DNS	BLAIN, Jacqueline								74	Club de Natation des Riverains					



Event 8, Women, 400m Freestyle

Event 8
2026-04-25 - 9:00

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

75 - 79 years
Results

Canadian Master Records	6:42.00	MACPHERSON, Linda	SAWM	Nanaimo	2013-04-26
Quebec Provincial Master Records	6:56.79	SÉVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux	2019-03-16

Points: AQUA Master 2025

Rank			Age					Time	Pts			
1.	DESJARDINS, Gail		76	La Vague de Brossard				8:26.58	385			
	50m:	57.53	57.53	150m:	3:08.03	1:06.60	250m:	5:18.32	1:04.66	350m:	7:26.72	1:03.82
	100m:	2:01.43	1:03.90	200m:	4:13.66	1:05.63	300m:	6:22.90	1:04.58	400m:	8:26.58	59.86
2.	WYJAD, Silvia		79	Pointe-Claire Masters				8:40.41	355			
	50m:	57.71	57.71	150m:	3:08.23	1:05.64	250m:	5:22.15	1:07.22	350m:	7:35.07	1:05.38
	100m:	2:02.59	1:04.88	200m:	4:14.93	1:06.70	300m:	6:29.69	1:07.54	400m:	8:40.41	1:05.34
3.	SNELL, Linda		75	Westmount YMCA Maitres-Nageurs				9:04.49	310			
	50m:	1:01.43	1:01.43	150m:	3:21.64	1:10.28	250m:	5:39.89	1:09.28	350m:	7:58.60	1:08.73
	100m:	2:11.36	1:09.93	200m:	4:30.61	1:08.97	300m:	6:49.87	1:09.98	400m:	9:04.49	1:05.89
4.	SOUTHIÈRE, Angele		76	Club de Natation Memphremagog				9:06.47	307			
	50m:	1:00.86	1:00.86	150m:	3:19.07	1:11.17	250m:	5:37.87	1:09.03	400m:	9:06.47	1:08.62
	100m:	2:07.90	1:07.04	200m:	4:28.84	1:09.77	350m:	7:57.85	2:19.98			
5.	RINFRET, Monique		76	La Vague de Brossard				9:07.46	305			
	50m:	1:03.24	1:03.24	150m:	3:22.73	1:10.62	250m:	5:43.51	1:10.08	350m:	8:00.89	1:08.39
	100m:	2:12.11	1:08.87	200m:	4:33.43	1:10.70	300m:	6:52.50	1:08.99	400m:	9:07.46	1:06.57

Event 8
2026-04-25 - 9:00

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

80 - 84 years
Results

Canadian Master Records	7:03.25	SÉVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux	2023-03-18
Quebec Provincial Master Records	7:03.25	SÉVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux	2023-03-18

Points: AQUA Master 2025

Rank			Age					Time	Pts			
1.	ROLLAND LINKE, Michelle		82	C.N. Dollard-des-Ormeaux				9:25.86	310			
	50m:	1:06.23	1:06.23	150m:	3:29.81	1:12.28	250m:	5:56.91	1:12.72	350m:	8:20.06	1:10.20
	100m:	2:17.53	1:11.30	200m:	4:44.19	1:14.38	300m:	7:09.86	1:12.95	400m:	9:25.86	1:05.80

Event 8
2026-04-25 - 9:00

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

90 - 94 years
Results

Canadian Master Records	9:19.42	OLIVER, Judith	MPC	Etobicoke	2023-05-07
Quebec Provincial Master Records	9:19.42	OLIVER, Judith	MPC	Etobicoke	2023-05-07

Points: AQUA Master 2025

Rank			Age					Time	Pts		
1.	WALDIE, Mae		91	Pointe-Claire Masters				9:50.23	717		
	50m:	1:06.58	1:06.58	250m:	6:08.98	1:13.81	400m:	9:50.23	2:26.94		
	200m:	4:55.17	3:48.59	300m:	7:23.29	1:14.31					