



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1
2026-02-21 - 9:00

Dames, 400m Libre

18 - 24 ans
Liste résultats

| Rang | | | Age | | | Soumis | | Temps | | Points |
|------|--------------------|---------|-------|-------|---------|---------|-------|----------------|-------|--------|
| 1. | __BRUCHIG, Larissa | | 19 | CNMT | | 4:54.06 | | 4:57.74 | | 7,00 |
| | 50m: | 32.50 | 32.50 | 150m: | 1:45.84 | 37.16 | 250m: | 3:02.33 | 38.74 | 38.95 |
| | 100m: | 1:08.68 | 36.18 | 200m: | 2:23.59 | 37.75 | 300m: | 3:41.07 | 38.74 | 37.72 |
| 2. | __BOUCHARD, Émilie | | 23 | LAVAL | | 5:30.24 | | 5:17.43 | | 5,00 |
| | 50m: | 33.01 | 33.01 | 150m: | 1:50.75 | 40.22 | 250m: | 3:14.08 | 41.67 | 41.12 |
| | 100m: | 1:10.53 | 37.52 | 200m: | 2:32.41 | 41.66 | 300m: | 3:55.44 | 41.36 | 40.87 |
| 3. | __AUDET, Pénélope | | 24 | DDO | | 5:45.40 | | 5:44.89 | | 4,00 |
| | 50m: | 37.62 | 37.62 | 150m: | 2:03.75 | 43.64 | 250m: | 3:33.74 | 45.01 | 44.02 |
| | 100m: | 1:20.11 | 42.49 | 200m: | 2:48.73 | 44.98 | 300m: | 4:18.56 | 44.82 | 42.31 |
| 4. | __NOËL, Mariane | | 19 | | | 5:38.00 | | 5:48.98 | | - |
| | 50m: | 35.02 | 35.02 | 150m: | 1:56.84 | 42.16 | 250m: | 3:27.62 | 46.22 | 48.20 |
| | 100m: | 1:14.68 | 39.66 | 200m: | 2:41.40 | 44.56 | 300m: | 4:14.09 | 46.47 | 46.69 |

Epreuve 1
2026-02-21 - 9:00

Messieurs, 400m Libre

18 - 24 ans
Liste résultats

| Rang | | | Age | | | Soumis | | Temps | | Points |
|------|-----------------------|---------|-------|-------|---------|---------|-------|----------------|-------|--------|
| 1. | __BOURBONNAIS, Mathis | | 21 | NSH | | 4:50.00 | | 4:48.63 | | 7,00 |
| | 50m: | 31.82 | 31.82 | 150m: | 1:43.94 | 36.83 | 250m: | 2:58.12 | 37.10 | 37.45 |
| | 100m: | 1:07.11 | 35.29 | 200m: | 2:21.02 | 37.08 | 300m: | 3:35.96 | 37.84 | 35.22 |
| 2. | __SAYED, Ahmed | | 22 | CITA | | 5:30.00 | | 5:07.40 | | 5,00 |
| | 50m: | 32.52 | 32.52 | 150m: | 1:47.01 | 38.22 | 250m: | 3:06.72 | 39.81 | 40.51 |
| | 100m: | 1:08.79 | 36.27 | 200m: | 2:26.91 | 39.90 | 300m: | 3:47.25 | 40.53 | 39.64 |
| 3. | __FORTIER, Romain | | 21 | R2P | | 5:30.00 | | 5:20.02 | | 4,00 |
| | 50m: | 36.46 | 36.46 | 150m: | 1:58.50 | 41.70 | 250m: | 3:20.88 | 40.48 | 40.57 |
| | 100m: | 1:16.80 | 40.34 | 200m: | 2:40.40 | 41.90 | 300m: | 4:01.56 | 40.68 | 37.89 |

Epreuve 1
2026-02-21 - 9:00

Dames, 400m Libre

25 - 29 ans
Liste résultats

| Rang | | | Age | | | Soumis | | Temps | | Points |
|------|----------------------|---------|-------|-------|---------|---------|-------|----------------|-------|--------|
| 1. | __TERRIEN, Stéphanie | | 28 | | | 5:20.00 | | 5:19.37 | | - |
| | 50m: | 34.59 | 34.59 | 150m: | 1:53.09 | 40.74 | 250m: | 3:15.75 | 41.79 | 41.80 |
| | 100m: | 1:12.35 | 37.76 | 200m: | 2:33.96 | 40.87 | 300m: | 3:56.89 | 41.14 | 40.68 |
| 2. | __PION, Marjolayne | | 27 | SHER | | 5:51.55 | | 5:32.23 | | 5,00 |
| | 50m: | 36.26 | 36.26 | 150m: | 1:59.50 | 42.44 | 250m: | 3:24.92 | 42.64 | 42.53 |
| | 100m: | 1:17.06 | 40.80 | 200m: | 2:42.28 | 42.78 | 300m: | 4:07.76 | 42.84 | 41.94 |
| 3. | __LIPES, Mikayla | | 27 | DDO | | 5:45.50 | | 5:46.72 | | 4,00 |
| | 50m: | 39.00 | 39.00 | 150m: | 2:04.27 | 43.66 | 250m: | 3:32.74 | 44.43 | 46.09 |
| | 100m: | 1:20.61 | 41.61 | 200m: | 2:48.31 | 44.04 | 300m: | 4:17.55 | 44.81 | 43.08 |
| 4. | __LECLERC, Rosemarie | | 27 | RL | | 6:11.84 | | 6:13.04 | | 3,00 |
| | 50m: | 39.98 | 39.98 | 150m: | 2:14.22 | 47.51 | 250m: | 3:50.49 | 47.65 | 47.87 |
| | 100m: | 1:26.71 | 46.73 | 200m: | 3:02.84 | 48.62 | 300m: | 4:38.89 | 48.40 | 46.28 |
| 5. | __BLAIS, Andréa | | 29 | MEGO | | 5:32.81 | | 6:16.45 | | 2,00 |
| | 50m: | 39.41 | 39.41 | 150m: | 2:09.91 | 46.12 | 250m: | 3:46.25 | 48.85 | 50.44 |
| | 100m: | 1:23.79 | 44.38 | 200m: | 2:57.40 | 47.49 | 300m: | 4:36.21 | 49.96 | 49.80 |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, Dames, 400m Libre, 25 - 29 ans

| Rang | Age | Soumis | Temps | Points |
|-----------------------------|---------------------|---------------------|----------------|--------|
| 6._BAILLARGEON, Corinne | 29 R2P | 7:00.00 | 6:55.24 | 1,00 |
| 50m: 45.00 45.00 | 150m: 2:27.68 52.59 | 250m: 4:13.80 52.92 | 350m: 6:02.61 | 54.67 |
| 100m: 1:35.09 50.09 | 200m: 3:20.88 53.20 | 300m: 5:07.94 54.14 | 400m: 6:55.24 | 52.63 |
| forf.nd._ALAIN, Anne-Sophie | 28 CALAC | forf.nd. | | - |

Epreuve 1 Messieurs, 400m Libre 25 - 29 ans
2026-02-21 - 9:00 Liste résultats

| Rang | Age | Soumis | Temps | Points |
|---------------------|---------------------|---------------------|----------------|--------|
| 1._VERSCHAEVE, Ward | 28 MACC | 6:59.00 | 5:14.01 | 7,00 |
| 50m: 35.57 35.57 | 150m: 1:53.97 39.56 | 250m: 3:14.66 40.04 | 350m: 4:34.62 | 39.20 |
| 100m: 1:14.41 38.84 | 200m: 2:34.62 40.65 | 300m: 3:55.42 40.76 | 400m: 5:14.01 | 39.39 |
| 2._IONNO, Alexandre | 28 CNMN | 5:40.21 | 5:27.38 | 5,00 |
| 50m: 34.63 34.63 | 150m: 1:53.70 40.03 | 250m: 3:18.72 44.29 | 350m: 4:45.81 | 42.67 |
| 100m: 1:13.67 39.04 | 200m: 2:34.43 40.73 | 300m: 4:03.14 44.42 | 400m: 5:27.38 | 41.57 |

Epreuve 1 Dames, 400m Libre 30 - 34 ans
2026-02-21 - 9:00 Liste résultats

| Rang | Age | Soumis | Temps | Points |
|-------------------------|---------------------|---------------------|----------------|--------|
| 1._BLOUIN, Karine | 33 RIKI | 5:03.08 | 5:05.78 | 7,00 |
| 50m: 33.94 33.94 | 150m: 1:47.72 37.56 | 250m: 3:06.72 39.97 | 350m: 4:26.35 | 40.08 |
| 100m: 1:10.16 36.22 | 200m: 2:26.75 39.03 | 300m: 3:46.27 39.55 | 400m: 5:05.78 | 39.43 |
| 2._GUILBAULT, Elisabeth | 30 MNC | 5:10.00 | 5:18.73 | 5,00 |
| 50m: 35.05 35.05 | 150m: 1:54.19 39.71 | 250m: 3:14.53 39.33 | 350m: 4:37.81 | 42.56 |
| 100m: 1:14.48 39.43 | 200m: 2:35.20 41.01 | 300m: 3:55.25 40.72 | 400m: 5:18.73 | 40.92 |
| 3._LEGAULT, Laurence | 31 CNMM | 5:30.00 | 5:29.09 | 4,00 |
| 50m: 36.33 36.33 | 150m: 1:58.99 41.95 | 250m: 3:22.78 42.02 | 350m: 4:47.43 | 42.40 |
| 100m: 1:17.04 40.71 | 200m: 2:40.76 41.77 | 300m: 4:05.03 42.25 | 400m: 5:29.09 | 41.66 |
| 4._RICHARD, Catherine | 34 R2P | 5:48.55 | 5:35.32 | 3,00 |
| 50m: 36.71 36.71 | 150m: 1:59.59 41.91 | 250m: 3:24.58 42.17 | 350m: 4:52.24 | 44.28 |
| 100m: 1:17.68 40.97 | 200m: 2:42.41 42.82 | 300m: 4:07.96 43.38 | 400m: 5:35.32 | 43.08 |
| 5._BLAIR, Corinne | 31 | NT | 5:37.41 | - |
| 50m: 36.77 36.77 | 150m: 2:00.44 42.48 | 250m: 3:27.50 43.98 | 350m: 4:54.92 | 43.66 |
| 100m: 1:17.96 41.19 | 200m: 2:43.52 43.08 | 300m: 4:11.26 43.76 | 400m: 5:37.41 | 42.49 |
| 6._PÉRIARD, Frédérique | 31 MUST | 5:40.33 | 5:47.73 | 1,00 |
| 50m: 39.46 39.46 | 150m: 2:06.52 43.59 | 250m: 3:34.77 43.62 | 350m: 5:04.27 | 44.43 |
| 100m: 1:22.93 43.47 | 200m: 2:51.15 44.63 | 300m: 4:19.84 45.07 | 400m: 5:47.73 | 43.46 |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, 400m Libre

Epreuve 1

2026-02-21 - 9:00

Messieurs, 400m Libre

30 - 34 ans
Liste résultats

| Rang | | Age | | Soumis | Temps | Points |
|----------|---------------------------|---------------------|---------------------|---------------------|----------------|--------|
| 1. | __GUERARD, Reef | 31 | MACC | 4:40.00 | 4:44.75 | 7,00 |
| | 50m: 30.95 30.95 | 150m: 1:40.10 35.12 | 250m: 2:53.39 36.95 | 350m: 4:08.05 37.30 | | |
| | 100m: 1:04.98 34.03 | 200m: 2:16.44 36.34 | 300m: 3:30.75 37.36 | 400m: 4:44.75 36.70 | | |
| 2. | __VINCENT, Nicolas | 33 | CNSH | 5:00.00 | 4:49.98 | 5,00 |
| | 50m: 31.87 31.87 | 150m: 1:44.24 36.84 | 250m: 2:59.54 37.75 | 350m: 4:13.70 36.61 | | |
| | 100m: 1:07.40 35.53 | 200m: 2:21.79 37.55 | 300m: 3:37.09 37.55 | 400m: 4:49.98 36.28 | | |
| 3. | __BÉLAND, Raphaël | 34 | SHER | 5:10.00 | 4:58.02 | 4,00 |
| | 50m: 33.41 33.41 | 150m: 1:49.02 38.49 | 250m: 3:06.03 38.24 | 350m: 4:21.94 37.31 | | |
| | 100m: 1:10.53 37.12 | 200m: 2:27.79 38.77 | 300m: 3:44.63 38.60 | 400m: 4:58.02 36.08 | | |
| 4. | __ST-ONGE, Philippe | 32 | CASE | 5:15.00 | 5:04.54 | 3,00 |
| | 50m: 33.49 33.49 | 150m: 1:50.82 39.07 | 250m: 3:08.19 38.80 | 350m: 4:26.25 38.91 | | |
| | 100m: 1:11.75 38.26 | 200m: 2:29.39 38.57 | 300m: 3:47.34 39.15 | 400m: 5:04.54 38.29 | | |
| 5. | __MIRON, Xavier | 30 | CNMN | 5:09.10 | 5:04.83 | 2,00 |
| | 50m: 34.98 34.98 | 150m: 1:52.14 38.70 | 250m: 3:10.81 39.70 | 350m: 4:27.75 38.38 | | |
| | 100m: 1:13.44 38.46 | 200m: 2:31.11 38.97 | 300m: 3:49.37 38.56 | 400m: 5:04.83 37.08 | | |
| 6. | __RAMIREZ-ROMO, Sergio | 34 | CNMN | 4:59.99 | 5:11.23 | 1,00 |
| | 50m: 33.09 33.09 | 150m: 1:49.52 38.88 | 250m: 3:09.15 40.20 | 350m: 4:31.02 40.99 | | |
| | 100m: 1:10.64 37.55 | 200m: 2:28.95 39.43 | 300m: 3:50.03 40.88 | 400m: 5:11.23 40.21 | | |
| 7. | __MARCHAND, Steven | 32 | CNSH | 5:25.02 | 5:17.57 | - |
| | 50m: 29.52 29.52 | 150m: 1:42.60 39.23 | 250m: 3:09.39 43.89 | 350m: 4:37.00 43.16 | | |
| | 100m: 1:03.37 33.85 | 200m: 2:25.50 42.90 | 300m: 3:53.84 44.45 | 400m: 5:17.57 40.57 | | |
| forf.nd. | __RIEUSSEC, Jeremy | 34 | CAMO | forf.nd. | | - |
| forf.nd. | __LADOUCEUR, Marc-Antoine | 33 | MACC | forf.nd. | | - |

Epreuve 1

2026-02-21 - 9:00

Dames, 400m Libre

35 - 39 ans
Liste résultats

| Rang | | Age | | Soumis | Temps | Points |
|------|--------------------------|---------------------|---------------------|---------------------|----------------|--------|
| 1. | __MERCIER-AUBIN, Natacha | 38 | STL | 5:38.00 | 5:30.68 | 7,00 |
| | 50m: 35.37 35.37 | 150m: 1:55.79 40.82 | 250m: 3:20.72 42.71 | 350m: 4:48.09 43.63 | | |
| | 100m: 1:14.97 39.60 | 200m: 2:38.01 42.22 | 300m: 4:04.46 43.74 | 400m: 5:30.68 42.59 | | |
| 2. | __DUFRESNE, Sophie-Rose | 35 | MACC | 5:54.03 | 5:34.55 | 5,00 |
| | 50m: 36.94 36.94 | 150m: 2:00.42 42.57 | 250m: 3:27.37 43.47 | 350m: 4:53.41 42.79 | | |
| | 100m: 1:17.85 40.91 | 200m: 2:43.90 43.48 | 300m: 4:10.62 43.25 | 400m: 5:34.55 41.14 | | |
| 3. | __COTTON, Melissa | 35 | NG | 6:00.00 | 5:47.44 | 4,00 |
| | 50m: 38.90 38.90 | 150m: 2:04.97 43.20 | 250m: 3:33.37 44.38 | 350m: 5:03.62 45.39 | | |
| | 100m: 1:21.77 42.87 | 200m: 2:48.99 44.02 | 300m: 4:18.23 44.86 | 400m: 5:47.44 43.82 | | |
| 4. | __DESROCHERS, Stephanie | 35 | CNMN | 6:20.00 | 6:06.60 | 3,00 |
| | 50m: 39.83 39.83 | 150m: 2:09.39 45.80 | 250m: 3:44.31 47.89 | 350m: 5:20.26 47.93 | | |
| | 100m: 1:23.59 43.76 | 200m: 2:56.42 47.03 | 300m: 4:32.33 48.02 | 400m: 6:06.60 46.34 | | |
| 5. | __COUTURIER, Shona | 36 | MACC | 6:35.00 | 6:20.20 | 2,00 |
| | 50m: 40.90 40.90 | 150m: 2:16.19 48.11 | 250m: 3:53.50 49.28 | 350m: 5:33.50 49.28 | | |
| | 100m: 1:28.08 47.18 | 200m: 3:05.06 48.87 | 300m: 4:44.22 46.70 | 400m: 6:20.20 46.70 | | |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, Dames, 400m Libre, 35 - 39 ans

| Rang | Age | Soumis | Temps | Points |
|-----------------------|---------------------|---------------------|----------------|--------|
| 6._HARQUAIL, Samantha | 37 CASE | 7:20.00 | 7:24.01 | 1,00 |
| 50m: 45.72 45.72 | 150m: 2:34.14 56.31 | 250m: 4:31.19 58.95 | 350m: 6:28.82 | 58.57 |
| 100m: 1:37.83 52.11 | 200m: 3:32.24 58.10 | 300m: 5:30.25 59.06 | 400m: 7:24.01 | 55.19 |
| 7._DELISLE, Karine | 39 CNHR | 7:20.00 | 7:25.19 | - |
| 50m: 46.64 46.64 | 150m: 2:33.35 54.27 | 250m: 4:30.23 59.35 | 350m: | |
| 100m: 1:39.08 52.44 | 200m: 3:30.88 57.53 | 300m: | 400m: 7:25.19 | |

Epreuve 1

Messieurs, 400m Libre

35 - 39 ans

2026-02-21 - 9:00

Liste résultats

| Rang | Age | Soumis | Temps | Points |
|----------------------|---------------------|---------------------|----------------|--------|
| 1._GADBOIS, Jonathan | 37 CNSH | 5:53.21 | 5:52.45 | 7,00 |
| 50m: 36.25 36.25 | 150m: 2:00.28 43.89 | 250m: 3:32.01 46.08 | 350m: 5:07.12 | 47.45 |
| 100m: 1:16.39 40.14 | 200m: 2:45.93 45.65 | 300m: 4:19.67 47.66 | 400m: 5:52.45 | 45.33 |
| 2._DROLET, Mathieu | 35 BLUE | 5:48.72 | 6:00.21 | 5,00 |
| 50m: | 150m: 2:04.29 45.03 | 250m: | 350m: | |
| 100m: 1:19.26 | 200m: | 300m: | 400m: 6:00.21 | |

Epreuve 1

Dames, 400m Libre

40 - 44 ans

2026-02-21 - 9:00

Liste résultats

| Rang | Age | Soumis | Temps | Points |
|---------------------------|---------------------|---------------------|----------------|--------|
| 1._CHAREST, Maude | 44 LAVAL | 5:00.31 | 4:52.57 | 7,00 |
| 50m: 32.54 32.54 | 150m: 1:44.78 36.41 | 250m: 2:59.26 37.27 | 350m: 4:14.73 | 37.87 |
| 100m: 1:08.37 35.83 | 200m: 2:21.99 37.21 | 300m: 3:36.86 37.60 | 400m: 4:52.57 | 37.84 |
| 2._GRÉGOIRE, Marie-Eve | 42 DDO | 5:11.86 | 5:08.44 | 5,00 |
| 50m: 34.41 34.41 | 150m: 1:52.00 39.49 | 250m: 3:11.15 39.45 | 350m: 4:30.38 | 39.63 |
| 100m: 1:12.51 38.10 | 200m: 2:31.70 39.70 | 300m: 3:50.75 39.60 | 400m: 5:08.44 | 38.06 |
| 3._O'GRADY, Catherine | 44 MPC | 5:20.00 | 5:21.27 | 4,00 |
| 50m: 36.57 36.57 | 150m: 1:57.10 40.87 | 250m: 3:19.54 41.18 | 350m: 4:41.08 | 40.58 |
| 100m: 1:16.23 39.66 | 200m: 2:38.36 41.26 | 300m: 4:00.50 40.96 | 400m: 5:21.27 | 40.19 |
| 4._RIOUX, Julie | 43 NG | 5:20.00 | 5:23.42 | 3,00 |
| 50m: 35.43 35.43 | 150m: 1:55.48 40.92 | 250m: 3:18.52 41.62 | 350m: 4:42.69 | 41.97 |
| 100m: 1:14.56 39.13 | 200m: 2:36.90 41.42 | 300m: 4:00.72 42.20 | 400m: 5:23.42 | 40.73 |
| 5._LEFEBVRE-SAUVÉ, Audrey | 41 CNMN | 5:35.00 | 5:23.66 | 2,00 |
| 50m: 36.56 36.56 | 150m: 1:58.07 41.29 | 250m: 3:20.71 41.23 | 350m: 4:43.87 | 41.54 |
| 100m: 1:16.78 40.22 | 200m: 2:39.48 41.41 | 300m: 4:02.33 41.62 | 400m: 5:23.66 | 39.79 |
| 6._BOILEAU, Geneviève | 44 R2P | 5:23.51 | 5:28.93 | 1,00 |
| 50m: 34.53 34.53 | 150m: 1:55.90 42.09 | 250m: 3:21.92 42.85 | 350m: 4:47.67 | 42.99 |
| 100m: 1:13.81 39.28 | 200m: 2:39.07 43.17 | 300m: 4:04.68 42.76 | 400m: 5:28.93 | 41.26 |
| 7._MATHIEU, Naïla | 42 CNHR | 5:58.88 | 5:49.96 | - |
| 50m: 39.76 39.76 | 150m: 2:09.03 44.85 | 250m: 3:39.10 44.73 | 350m: 5:07.60 | 43.85 |
| 100m: 1:24.18 44.42 | 200m: 2:54.37 45.34 | 300m: 4:23.75 44.65 | 400m: 5:49.96 | 42.36 |
| 8._PELLETIER, Gabrielle | 42 NG | 6:25.00 | 6:06.05 | - |
| 50m: 39.85 39.85 | 150m: 2:09.62 45.60 | 250m: 3:43.33 47.03 | 350m: 5:18.49 | 47.34 |
| 100m: 1:24.02 44.17 | 200m: 2:56.30 46.68 | 300m: 4:31.15 47.82 | 400m: 6:06.05 | 47.56 |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, Dames, 400m Libre, 40 - 44 ans

| Rang | Age | Soumis | Temps | Points |
|----------------------------------|---------------------|-----------------------|----------------|--------|
| 9._FONTAINE, Marie-Eve | 44 CNSH | 6:10.00 | 6:47.36 | - |
| 50m: 40.43 40.43 | 150m: 2:14.04 48.53 | 250m: 4:00.01 54.94 | 350m: 5:54.00 | 57.01 |
| 100m: 1:25.51 45.08 | 200m: 3:05.07 51.03 | 300m: 4:56.99 56.98 | 400m: 6:47.36 | 53.36 |
| 10._LEBEL, Anne | 41 LAVAL | 6:30.12 | 6:58.51 | - |
| 50m: 46.62 46.62 | 150m: 2:31.09 53.14 | 250m: 4:27.13 1:00.50 | 350m: 6:11.27 | 51.62 |
| 100m: 1:37.95 51.33 | 200m: 3:26.63 55.54 | 300m: 5:19.65 52.52 | 400m: 6:58.51 | 47.24 |
| forf.nd._PAUL, Jennifer Margaret | 44 CSLA | forf.nd. | | - |

Epreuve 1

Messieurs, 400m Libre

40 - 44 ans

2026-02-21 - 9:00

Liste résultats

| Rang | Age | Soumis | Temps | Points |
|---------------------------|---------------------|---------------------|----------------|--------|
| 1._DESPATIES, Marc | 44 CAMO | 4:52.35 | 4:49.05 | 7,00 |
| 50m: 34.22 34.22 | 150m: 1:46.34 35.57 | 250m: 2:59.93 37.82 | 350m: 4:14.06 | 36.64 |
| 100m: 1:10.77 36.55 | 200m: 2:22.11 35.77 | 300m: 3:37.42 37.49 | 400m: 4:49.05 | 34.99 |
| 2._SHOWERS, Matthew | 42 DDO | 5:01.60 | 4:50.56 | 5,00 |
| 50m: 32.32 32.32 | 150m: 1:44.05 36.41 | 250m: 2:59.03 37.16 | 350m: 4:13.77 | 37.08 |
| 100m: 1:07.64 35.32 | 200m: 2:21.87 37.82 | 300m: 3:36.69 37.66 | 400m: 4:50.56 | 36.79 |
| 3._TRUBIANO, Michael | 42 DDO | 5:01.61 | 4:54.80 | 4,00 |
| 50m: 33.37 33.37 | 150m: 1:47.91 37.52 | 250m: 3:02.81 36.51 | 350m: 4:17.69 | 37.04 |
| 100m: 1:10.39 37.02 | 200m: 2:26.30 38.39 | 300m: 3:40.65 37.84 | 400m: 4:54.80 | 37.11 |
| 4._LEMELIN, Mathieu | 42 CARO | 5:30.00 | 5:20.98 | 3,00 |
| 50m: 34.71 34.71 | 150m: 1:52.77 40.01 | 250m: 3:15.92 42.09 | 350m: 4:40.34 | 42.55 |
| 100m: 1:12.76 38.05 | 200m: 2:33.83 41.06 | 300m: 3:57.79 41.87 | 400m: 5:20.98 | 40.64 |
| 5._BROWN, Shawn | 42 DDO | 6:03.70 | 5:53.11 | 2,00 |
| 50m: 37.20 37.20 | 150m: 2:03.91 44.35 | 250m: 3:37.19 47.01 | 350m: 5:11.96 | 46.67 |
| 100m: 1:19.56 42.36 | 200m: 2:50.18 46.27 | 300m: 4:25.29 48.10 | 400m: 5:53.11 | 41.15 |
| 6._GREY, Trevor | 40 MACC | 5:54.10 | 6:08.15 | 1,00 |
| 50m: 40.89 40.89 | 150m: 2:12.67 46.93 | 250m: 3:48.91 48.19 | 350m: 5:23.50 | 46.85 |
| 100m: 1:25.74 44.85 | 200m: 3:00.72 48.05 | 300m: 4:36.65 47.74 | 400m: 6:08.15 | 44.65 |
| 7._LECUYER, Jean-François | 42 NG | 6:45.24 | 6:54.85 | - |
| 50m: 42.89 42.89 | 150m: 2:29.38 | 250m: | 350m: 6:08.05 | 52.51 |
| 100m: | 200m: | 300m: 5:15.54 | 400m: 6:54.85 | 46.80 |

Epreuve 1

Dames, 400m Libre

45 - 49 ans

2026-02-21 - 9:00

Liste résultats

| Rang | Age | Soumis | Temps | Points |
|-------------------------|---------------------|---------------------|----------------|--------|
| 1._THIBAULT, Nancy | 47 NSH | 4:55.00 | 4:55.56 | 7,00 |
| 50m: 34.14 34.14 | 150m: 1:48.52 37.26 | 250m: 3:03.34 37.36 | 350m: 4:18.63 | 37.52 |
| 100m: 1:11.26 37.12 | 200m: 2:25.98 37.46 | 300m: 3:41.11 37.77 | 400m: 4:55.56 | 36.93 |
| 2._DESCHAMPS, Stéphanie | 48 CNMT | 5:19.10 | 5:21.12 | 5,00 |
| 50m: 34.71 34.71 | 150m: 1:53.33 39.98 | 250m: 3:15.37 41.25 | 350m: 4:39.50 | 42.32 |
| 100m: 1:13.35 38.64 | 200m: 2:34.12 40.79 | 300m: 3:57.18 41.81 | 400m: 5:21.12 | 41.62 |
| 3._CROTEAU, Catherine | 48 CITA | 5:55.00 | 5:31.16 | 4,00 |
| 50m: 36.57 36.57 | 150m: 1:58.88 41.98 | 250m: 3:24.55 43.30 | 350m: 4:50.03 | 42.23 |
| 100m: 1:16.90 40.33 | 200m: 2:41.25 42.37 | 300m: 4:07.80 43.25 | 400m: 5:31.16 | 41.13 |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, Dames, 400m Libre, 45 - 49 ans

| Rang | | | Age | | Soumis | | Temps | | Points |
|----------|--------------------|---------------|-------|---------------|----------|---------------|----------------|---------|--------|
| 4. | CROCHETIÈRE, Elyse | | 47 | NG | 5:34.96 | | 5:33.80 | | 3,00 |
| | 50m: | 37.60 37.60 | 150m: | 2:01.13 42.39 | 250m: | 3:26.92 42.68 | 350m: | 4:52.36 | 43.01 |
| | 100m: | 1:18.74 41.14 | 200m: | 2:44.24 43.11 | 300m: | 4:09.35 42.43 | 400m: | 5:33.80 | 41.44 |
| 5. | TYO, Maia | | 48 | DDO | 5:44.62 | | 5:43.73 | | 2,00 |
| | 50m: | 39.14 39.14 | 150m: | 2:05.65 43.64 | 250m: | 3:32.83 43.57 | 350m: | 5:00.37 | 43.88 |
| | 100m: | 1:22.01 42.87 | 200m: | 2:49.26 43.61 | 300m: | 4:16.49 43.66 | 400m: | 5:43.73 | 43.36 |
| 6. | CHIARADIA, Renata | | 48 | | 6:40.00 | | 5:57.63 | | - |
| | 50m: | 38.30 38.30 | 150m: | 2:06.80 45.21 | 250m: | 3:39.21 46.32 | 350m: | 5:12.85 | 46.87 |
| | 100m: | 1:21.59 43.29 | 200m: | 2:52.89 46.09 | 300m: | 4:25.98 46.77 | 400m: | 5:57.63 | 44.78 |
| 7. | KOBIELA, Marta | | 45 | MUMS | 6:01.89 | | 6:03.73 | | - |
| | 50m: | 39.83 39.83 | 150m: | 2:12.52 46.77 | 250m: | 3:46.33 46.63 | 350m: | 5:18.97 | 45.49 |
| | 100m: | 1:25.75 45.92 | 200m: | 2:59.70 47.18 | 300m: | 4:33.48 47.15 | 400m: | 6:03.73 | 44.76 |
| 8. | NANTEL, Julie | | 49 | CNMN | 6:23.26 | | 6:26.69 | | - |
| | 50m: | 43.74 43.74 | 150m: | 2:21.74 49.86 | 250m: | 4:01.99 50.28 | 350m: | 5:40.30 | 49.10 |
| | 100m: | 1:31.88 48.14 | 200m: | 3:11.71 49.97 | 300m: | 4:51.20 49.21 | 400m: | 6:26.69 | 46.39 |
| 9. | HUBBARD, Jocelyn | | 49 | DDO | 7:00.30 | | 6:35.19 | | - |
| | 50m: | 43.87 43.87 | 150m: | 2:22.63 49.81 | 250m: | 4:05.20 51.09 | 350m: | 5:47.74 | 51.41 |
| | 100m: | 1:32.82 48.95 | 200m: | 3:14.11 51.48 | 300m: | 4:56.33 51.13 | 400m: | 6:35.19 | 47.45 |
| 10. | MOREAU, Brigitte | | 49 | CNHR | 6:29.00 | | 6:38.54 | | - |
| | 50m: | 43.63 43.63 | 150m: | 2:21.78 49.89 | 250m: | 4:03.18 50.69 | 350m: | 5:46.76 | 51.74 |
| | 100m: | 1:31.89 48.26 | 200m: | 3:12.49 50.71 | 300m: | 4:55.02 51.84 | 400m: | 6:38.54 | 51.78 |
| 11. | MORRIS, Helen | | 46 | DDO | 7:00.30 | | 6:59.53 | | - |
| | 50m: | 43.96 43.96 | 150m: | 2:27.03 52.70 | 250m: | 4:17.68 55.57 | 350m: | 6:08.23 | 55.11 |
| | 100m: | 1:34.33 50.37 | 200m: | 3:22.11 55.08 | 300m: | 5:13.12 55.44 | 400m: | 6:59.53 | 51.30 |
| forf.nd. | TOURANGEAU, Annick | | 48 | | forf.nd. | | | | - |

Epreuve 1
2026-02-21 - 9:00

Messieurs, 400m Libre

45 - 49 ans
Liste résultats

| Rang | | | Age | | Soumis | | Temps | | Points |
|------|--------------------|---------------|-------|---------------|---------|---------------|----------------|---------|--------|
| 1. | FILION, Guillaume | | 47 | MACC | 4:41.25 | | 4:36.84 | | 7,00 |
| | 50m: | 30.68 30.68 | 150m: | 1:38.26 34.24 | 250m: | 2:47.98 34.92 | 350m: | 3:59.85 | 36.55 |
| | 100m: | 1:04.02 33.34 | 200m: | 2:13.06 34.80 | 300m: | 3:23.30 35.32 | 400m: | 4:36.84 | 36.99 |
| 2. | RICHARD, J-P | | 49 | DDO | 4:49.90 | | 4:45.34 | | 5,00 |
| | 50m: | 32.59 32.59 | 150m: | 1:45.04 36.71 | 250m: | 2:58.21 36.42 | 350m: | 4:10.58 | 35.30 |
| | 100m: | 1:08.33 35.74 | 200m: | 2:21.79 36.75 | 300m: | 3:35.28 37.07 | 400m: | 4:45.34 | 34.76 |
| 3. | VAILLANCOURT, Marc | | 46 | STL | 4:51.07 | | 4:48.35 | | 4,00 |
| | 50m: | 33.36 33.36 | 150m: | 1:45.78 36.40 | 250m: | 2:59.40 36.85 | 350m: | 4:12.98 | 36.63 |
| | 100m: | 1:09.38 36.02 | 200m: | 2:22.55 36.77 | 300m: | 3:36.35 36.95 | 400m: | 4:48.35 | 35.37 |
| 4. | FREMETH, Neil | | 45 | DDO | 5:10.83 | | 5:10.07 | | 3,00 |
| | 50m: | 33.10 33.10 | 150m: | 1:49.22 38.54 | 250m: | 3:07.66 39.62 | 350m: | 4:28.78 | 40.86 |
| | 100m: | 1:10.68 37.58 | 200m: | 2:28.04 38.82 | 300m: | 3:47.92 40.26 | 400m: | 5:10.07 | 41.29 |
| 5. | MEYER, Florian | | 49 | MACC | 5:09.59 | | 5:13.38 | | 2,00 |
| | 50m: | 34.63 34.63 | 150m: | 1:49.55 38.08 | 250m: | 3:08.07 39.47 | 350m: | 4:31.54 | 42.42 |
| | 100m: | 1:11.47 36.84 | 200m: | 2:28.60 39.05 | 300m: | 3:49.12 41.05 | 400m: | 5:13.38 | 41.84 |
| 6. | GIRARD, Marc-André | | 46 | JET | 5:38.56 | | 5:20.41 | | 1,00 |
| | 50m: | 38.76 38.76 | 150m: | 2:00.29 41.12 | 250m: | 3:21.84 40.15 | 350m: | 4:41.14 | 39.64 |
| | 100m: | 1:19.17 40.41 | 200m: | 2:41.69 41.40 | 300m: | 4:01.50 39.66 | 400m: | 5:20.41 | 39.27 |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, Messieurs, 400m Libre, 45 - 49 ans

| Rang | Age | Soumis | Temps | Points |
|---------------------------|---------------------|-----------------------|----------------|--------|
| 7._ROUSSEAU, Philippe | 49 CNSH | 5:25.01 | 5:26.01 | - |
| 50m: 35.48 35.48 | 150m: 1:58.07 41.94 | 250m: 3:23.27 42.55 | 350m: 4:46.75 | 40.64 |
| 100m: 1:16.13 40.65 | 200m: 2:40.72 42.65 | 300m: 4:06.11 42.84 | 400m: 5:26.01 | 39.26 |
| 8._TREMBLAY, Soleil | 47 CNMT | NT | 6:29.04 | - |
| 50m: 45.12 45.12 | 150m: 2:18.86 47.77 | 250m: 3:58.29 50.27 | 350m: 5:39.85 | 51.05 |
| 100m: 1:31.09 45.97 | 200m: 3:08.02 49.16 | 300m: 4:48.80 50.51 | 400m: 6:29.04 | 49.19 |
| 9._ROUCH, Olivier | 48 CAPN | 6:30.00 | 6:30.95 | - |
| 50m: 38.74 38.74 | 150m: 2:10.52 47.55 | 250m: 3:52.29 51.56 | 350m: 5:39.21 | 53.60 |
| 100m: 1:22.97 44.23 | 200m: 3:00.73 50.21 | 300m: 4:45.61 53.32 | 400m: 6:30.95 | 51.74 |
| 10._RICHARD, Pierrot | 47 SHER | 6:42.00 | 6:44.87 | - |
| 50m: 42.73 42.73 | 150m: 2:18.91 49.96 | 250m: 4:03.38 52.59 | 350m: 5:52.52 | 54.27 |
| 100m: 1:28.95 46.22 | 200m: 3:10.79 51.88 | 300m: 4:58.25 54.87 | 400m: 6:44.87 | 52.35 |
| 11._LAGHNIMI, Abderrahman | 45 CNMN | 7:30.00 | 7:30.37 | - |
| 50m: 47.78 47.78 | 150m: 2:36.06 55.84 | 250m: 4:34.52 59.66 | 350m: 6:33.96 | 58.60 |
| 100m: 1:40.22 52.44 | 200m: 3:34.86 58.80 | 300m: 5:35.36 1:00.84 | 400m: 7:30.37 | 56.41 |

Epreuve 1
2026-02-21 - 9:00

Dames, 400m Libre

50 - 54 ans
Liste résultats

| Rang | Age | Soumis | Temps | Points |
|---------------------------|---------------------|---------------------|----------------|--------|
| 1._BÉLANGER, Annie | 51 MACC | 6:30.00 | 5:16.31 | 7,00 |
| 50m: 35.19 35.19 | 150m: 1:54.97 40.30 | 250m: 3:15.97 40.65 | 350m: 4:36.81 | 40.15 |
| 100m: 1:14.67 39.48 | 200m: 2:35.32 40.35 | 300m: 3:56.66 40.69 | 400m: 5:16.31 | 39.50 |
| 2._ROY, Amelie | 50 MPC | 5:26.00 | 5:20.35 | 5,00 |
| 50m: 36.42 36.42 | 150m: 1:57.20 40.71 | 250m: 3:19.14 41.02 | 350m: 4:40.54 | 40.76 |
| 100m: 1:16.49 40.07 | 200m: 2:38.12 40.92 | 300m: 3:59.78 40.64 | 400m: 5:20.35 | 39.81 |
| 3._TANGUAY, Véronique | 50 CNMN | 5:21.58 | 5:25.76 | 4,00 |
| 50m: 35.32 35.32 | 150m: 1:55.45 40.82 | 250m: 3:19.98 42.59 | 350m: 4:44.66 | 42.09 |
| 100m: 1:14.63 39.31 | 200m: 2:37.39 41.94 | 300m: 4:02.57 42.59 | 400m: 5:25.76 | 41.10 |
| 4._LABERGE, Kathleen | 53 CNSH | 5:39.85 | 5:36.79 | 3,00 |
| 50m: 35.71 35.71 | 150m: 1:58.75 42.36 | 250m: 3:26.34 44.22 | 350m: 4:54.44 | 44.06 |
| 100m: 1:16.39 40.68 | 200m: 2:42.12 43.37 | 300m: 4:10.38 44.04 | 400m: 5:36.79 | 42.35 |
| 5._POULIN, Nathalie | 52 MUST | 5:35.36 | 5:40.28 | 2,00 |
| 50m: 36.76 36.76 | 150m: 1:59.20 42.19 | 250m: 3:26.70 44.10 | 350m: 4:56.22 | 44.87 |
| 100m: 1:17.01 40.25 | 200m: 2:42.60 43.40 | 300m: 4:11.35 44.65 | 400m: 5:40.28 | 44.06 |
| 6._DUMONT, Hélène | 54 CNHR | 7:20.00 | 7:09.12 | 1,00 |
| 50m: 47.76 47.76 | 150m: 2:36.96 55.45 | 250m: 4:26.96 55.19 | 350m: 6:16.11 | 54.42 |
| 100m: 1:41.51 53.75 | 200m: 3:31.77 54.81 | 300m: 5:21.69 54.73 | 400m: 7:09.12 | 53.01 |
| forf.nd._GIROUX, Caroline | 54 CNDA | forf.nd. | | - |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, 400m Libre

Epreuve 1
2026-02-21 - 9:00

Messieurs, 400m Libre

50 - 54 ans
Liste résultats

| Rang | | Age | | Soumis | Temps | Points |
|----------|------------------------------|---------------------|---------------------|---------------------|----------------|--------|
| 1. | __MARIN, Thierry | 51 | MACC | 4:40.00 | 4:40.09 | 7,00 |
| | 50m: 32.36 32.36 | 150m: 1:41.51 34.97 | 250m: 2:52.46 35.04 | 350m: 4:04.15 36.17 | | |
| | 100m: 1:06.54 34.18 | 200m: 2:17.42 35.91 | 300m: 3:27.98 35.52 | 400m: 4:40.09 35.94 | | |
| 2. | __CHIASSON, Steven | 51 | CNHR | 5:16.87 | 4:56.39 | 5,00 |
| | 50m: 34.07 34.07 | 150m: 1:49.01 37.95 | 250m: 3:05.37 38.10 | 350m: 4:20.21 37.22 | | |
| | 100m: 1:11.06 36.99 | 200m: 2:27.27 38.26 | 300m: 3:42.99 37.62 | 400m: 4:56.39 36.18 | | |
| 3. | __MERCURE, Stéphane | 51 | STL | 5:05.50 | 4:58.54 | 4,00 |
| | 50m: 33.00 33.00 | 150m: 1:48.27 38.06 | 250m: 3:04.19 38.03 | 350m: 4:21.23 38.42 | | |
| | 100m: 1:10.21 37.21 | 200m: 2:26.16 37.89 | 300m: 3:42.81 38.62 | 400m: 4:58.54 37.31 | | |
| 4. | __LAMONTAGNE-LACASSE, Martin | 53 | CNMM | 5:45.00 | 5:32.50 | 3,00 |
| | 50m: 37.23 37.23 | 150m: 2:00.73 42.28 | 250m: 3:25.80 42.32 | 350m: 4:51.40 42.81 | | |
| | 100m: 1:18.45 41.22 | 200m: 2:43.48 42.75 | 300m: 4:08.59 42.79 | 400m: 5:32.50 41.10 | | |
| 5. | __LAROSE, Romain | 53 | CNHR | 5:45.00 | 5:32.72 | 2,00 |
| | 50m: 36.32 36.32 | 150m: 1:59.64 42.80 | 250m: 3:25.27 42.94 | 350m: 4:50.27 42.37 | | |
| | 100m: 1:16.84 40.52 | 200m: 2:42.33 42.69 | 300m: 4:07.90 42.63 | 400m: 5:32.72 42.45 | | |
| 6. | __PLANQUE, Frederic | 52 | CASE | 6:50.00 | 6:52.35 | 1,00 |
| | 50m: 40.12 40.12 | 150m: 2:17.30 50.37 | 250m: 4:05.08 55.08 | 350m: 5:55.84 55.36 | | |
| | 100m: 1:26.93 46.81 | 200m: 3:10.00 52.70 | 300m: 5:00.48 55.40 | 400m: 6:52.35 56.51 | | |
| forf.nd. | __CLICHE, Sylvain | 54 | CASO | forf.nd. | - | - |

Epreuve 1
2026-02-21 - 9:00

Dames, 400m Libre

55 - 59 ans
Liste résultats

| Rang | | Age | | Soumis | Temps | Points |
|------|-----------------------|-----------------------|-----------------------|-----------------------|----------------|--------|
| 1. | __FRANK, Emily | 59 | DDO | 5:45.30 | 5:36.00 | 7,00 |
| | 50m: 37.29 37.29 | 150m: 2:02.30 42.90 | 250m: 3:28.84 43.34 | 350m: 4:54.99 42.90 | | |
| | 100m: 1:19.40 42.11 | 200m: 2:45.50 43.20 | 300m: 4:12.09 43.25 | 400m: 5:36.00 41.01 | | |
| 2. | __CHAPDELAINE, Josée | 59 | CNMM | 5:40.00 | 5:43.06 | 5,00 |
| | 50m: 39.48 39.48 | 150m: 2:05.22 43.25 | 250m: 3:32.81 43.70 | 350m: 5:00.08 43.49 | | |
| | 100m: 1:21.97 42.49 | 200m: 2:49.11 43.89 | 300m: 4:16.59 43.78 | 400m: 5:43.06 42.98 | | |
| 3. | __BOZZER, Paola | 55 | STL | 6:07.27 | 5:58.01 | 4,00 |
| | 50m: 40.33 40.33 | 150m: 2:11.46 46.15 | 250m: 3:43.67 46.00 | 350m: 5:15.04 45.59 | | |
| | 100m: 1:25.31 44.98 | 200m: 2:57.67 46.21 | 300m: 4:29.45 45.78 | 400m: 5:58.01 42.97 | | |
| 4. | __PITRE, Jackie | 55 | CNHR | 6:59.67 | 6:43.66 | 3,00 |
| | 50m: 46.31 46.31 | 150m: 2:28.69 51.74 | 250m: 4:11.99 51.96 | 350m: 5:55.64 51.70 | | |
| | 100m: 1:36.95 50.64 | 200m: 3:20.03 51.34 | 300m: 5:03.94 51.95 | 400m: 6:43.66 48.02 | | |
| 5. | __MÉNARD, France | 59 | RL | 6:56.62 | 7:00.25 | 2,00 |
| | 50m: 45.71 45.71 | 150m: 2:30.32 53.45 | 250m: 4:19.96 55.19 | 350m: 6:08.52 53.70 | | |
| | 100m: 1:36.87 51.16 | 200m: 3:24.77 54.45 | 300m: 5:14.82 54.86 | 400m: 7:00.25 51.73 | | |
| 6. | __CARAVIAS, Mary | 56 | STL | 8:40.00 | 8:03.93 | 1,00 |
| | 50m: 56.79 56.79 | 150m: 2:58.91 1:00.95 | 250m: 5:00.17 1:00.90 | 350m: 7:03.97 1:02.39 | | |
| | 100m: 1:57.96 1:01.17 | 200m: 3:59.27 1:00.36 | 300m: 6:01.58 1:01.41 | 400m: 8:03.93 59.96 | | |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, 400m Libre

Epreuve 1

2026-02-21 - 9:00

Messieurs, 400m Libre

55 - 59 ans
Liste résultats

| Rang | | | | Age | | | | Soumis | | | | Temps | Points |
|------|---------------------|---------|-------|-------|---------|-------|-------|---------|-------|----------------|---------|-------|--------|
| 1. | 1._GIROUX, Martin | | | 58 | MPC | | | 4:35.00 | | 4:29.81 | | 7,00 | |
| | 50m: | 30.65 | 30.65 | 150m: | 1:38.86 | 34.47 | 250m: | 2:48.35 | 34.92 | 350m: | 3:57.65 | 34.42 | |
| | 100m: | 1:04.39 | 33.74 | 200m: | 2:13.43 | 34.57 | 300m: | 3:23.23 | 34.88 | 400m: | 4:29.81 | 32.16 | |
| 2. | 2._HASSON, Jascha | | | 55 | CAMO | | | 4:32.20 | | 4:29.82 | | 5,00 | |
| | 50m: | 31.92 | 31.92 | 150m: | 1:39.02 | 33.68 | 250m: | 2:47.92 | 34.32 | 350m: | 3:56.57 | 34.11 | |
| | 100m: | 1:05.34 | 33.42 | 200m: | 2:13.60 | 34.58 | 300m: | 3:22.46 | 34.54 | 400m: | 4:29.82 | 33.25 | |
| 3. | 3._DINH, Fabrice | | | 55 | MUMS | | | 5:30.00 | | 5:12.98 | | 4,00 | |
| | 50m: | 37.44 | 37.44 | 150m: | 1:57.85 | 40.39 | 250m: | 3:17.26 | 39.60 | 350m: | 4:35.94 | 38.54 | |
| | 100m: | 1:17.46 | 40.02 | 200m: | 2:37.66 | 39.81 | 300m: | 3:57.40 | 40.14 | 400m: | 5:12.98 | 37.04 | |
| 4. | 4._BOYER, Luc | | | 58 | DDO | | | 6:00.20 | | 5:53.48 | | 3,00 | |
| | 50m: | 38.43 | 38.43 | 150m: | 2:07.74 | | 250m: | 3:40.15 | 46.95 | 350m: | 5:12.43 | 46.08 | |
| | 100m: | | | 200m: | 2:53.20 | 45.46 | 300m: | 4:26.35 | 46.20 | 400m: | 5:53.48 | 41.05 | |
| 5. | 5._JIMÉNEZ, Horacio | | | 57 | MACC | | | 6:00.00 | | 5:53.61 | | 2,00 | |
| | 50m: | 41.33 | 41.33 | 150m: | 2:06.56 | 44.85 | 250m: | 3:37.34 | 45.21 | 350m: | 5:11.20 | 47.06 | |
| | 100m: | 1:21.71 | 40.38 | 200m: | 2:52.13 | 45.57 | 300m: | 4:24.14 | 46.80 | 400m: | 5:53.61 | 42.41 | |
| 6. | 6._LAUTIER, Thierry | | | 57 | | | | 5:45.00 | | 6:16.57 | | - | |
| | 50m: | 39.23 | 39.23 | 150m: | 2:12.17 | 47.53 | 250m: | | | 350m: | 5:26.71 | | |
| | 100m: | 1:24.64 | 45.41 | 200m: | 3:00.55 | 48.38 | 300m: | | | 400m: | 6:16.57 | 49.86 | |

Epreuve 1

2026-02-21 - 9:00

Dames, 400m Libre

60 - 64 ans
Liste résultats

| Rang | | | | Age | | | | Soumis | | | | Temps | Points |
|------|----------------------|---------|-------|-------|---------|---------|-------|---------|-------|----------------|---------|-------|--------|
| 1. | 1._LOWENSTEYN, Ilka | | | 61 | CSLA | | | 4:56.00 | | 4:55.86 | | 7,00 | |
| | 50m: | 35.30 | 35.30 | 150m: | 1:49.81 | 37.55 | 250m: | 3:04.90 | 37.48 | 350m: | 4:19.42 | 37.10 | |
| | 100m: | 1:12.26 | 36.96 | 200m: | 2:27.42 | 37.61 | 300m: | 3:42.32 | 37.42 | 400m: | 4:55.86 | 36.44 | |
| 2. | 2._HANSEN, Hillary | | | 64 | MPC | | | 5:26.00 | | 5:25.99 | | 5,00 | |
| | 50m: | 36.91 | 36.91 | 150m: | 1:58.19 | 41.28 | 250m: | 3:21.26 | 41.08 | 350m: | 4:45.04 | 41.99 | |
| | 100m: | 1:16.91 | 40.00 | 200m: | 2:40.18 | 41.99 | 300m: | 4:03.05 | 41.79 | 400m: | 5:25.99 | 40.95 | |
| 3. | 3._DUHAMEL, Marie | | | 63 | CNSH | | | 6:23.00 | | 6:32.54 | | 4,00 | |
| | 50m: | 43.24 | 43.24 | 150m: | 2:22.09 | 50.47 | 250m: | 4:03.40 | 50.56 | 350m: | 5:44.18 | 50.34 | |
| | 100m: | 1:31.62 | 48.38 | 200m: | 3:12.84 | 50.75 | 300m: | 4:53.84 | 50.44 | 400m: | 6:32.54 | 48.36 | |
| 4. | 4._NEAULT, Chantal | | | 62 | CNSH | | | 6:45.00 | | 6:34.73 | | 3,00 | |
| | 50m: | 42.38 | 42.38 | 150m: | 2:19.51 | 50.06 | 250m: | 4:02.98 | 51.60 | 350m: | 5:46.44 | 51.78 | |
| | 100m: | 1:29.45 | 47.07 | 200m: | 3:11.38 | 51.87 | 300m: | 4:54.66 | 51.68 | 400m: | 6:34.73 | 48.29 | |
| 5. | 5._TREMBLAY, Daniele | | | 61 | STL | | | 7:15.00 | | 7:16.02 | | 2,00 | |
| | 50m: | 48.40 | 48.40 | 150m: | 2:36.29 | 54.32 | 250m: | 4:26.92 | 55.61 | 350m: | 6:20.30 | 56.91 | |
| | 100m: | 1:41.97 | 53.57 | 200m: | 3:31.31 | 55.02 | 300m: | 5:23.39 | 56.47 | 400m: | 7:16.02 | 55.72 | |
| 6. | 6._DUCHESNEAU, Lucie | | | 62 | CNQ | | | NT | | 7:33.71 | | 1,00 | |
| | 50m: | 49.51 | 49.51 | 150m: | 2:41.60 | 57.89 | 250m: | 4:39.77 | 59.16 | 350m: | 6:38.16 | 59.52 | |
| | 100m: | 1:43.71 | 54.20 | 200m: | 3:40.61 | 59.01 | 300m: | 5:38.64 | 58.87 | 400m: | 7:33.71 | 55.55 | |
| 7. | 7._ULRICH, maryse | | | 63 | CAPN | | | 8:42.30 | | 7:35.59 | | - | |
| | 50m: | 51.68 | 51.68 | 150m: | 2:49.46 | 1:00.04 | 250m: | 4:47.86 | 59.43 | 350m: | 6:43.64 | 57.66 | |
| | 100m: | 1:49.42 | 57.74 | 200m: | 3:48.43 | 58.97 | 300m: | 5:45.98 | 58.12 | 400m: | 7:35.59 | 51.95 | |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, Dames, 400m Libre, 60 - 64 ans

| Rang | | | | Age | | | | Soumis | Temps | Points | | |
|----------|-------------------|---------|-------|-------|---------|---------|-------|----------|----------------|--------|---------|---------|
| 8. | __MASSY, Sylvie | | | 63 | CNSH | | | 7:55.00 | 8:00.01 | - | | |
| | 50m: | 54.30 | 54.30 | 150m: | 2:55.87 | 1:01.79 | 250m: | 4:59.90 | 1:00.91 | 350m: | 7:03.08 | 1:01.43 |
| | 100m: | 1:54.08 | 59.78 | 200m: | 3:58.99 | 1:03.12 | 300m: | 6:01.65 | 1:01.75 | 400m: | 8:00.01 | 56.93 |
| forf.nd. | __RODRIGUEZ, Alma | | | 60 | MPC | | | forf.nd. | | - | | |

Epreuve 1

Messieurs, 400m Libre

60 - 64 ans

2026-02-21 - 9:00

Liste résultats

| Rang | | | | Age | | | | Soumis | Temps | Points | | |
|------|------------------------|---------|-------|-------|---------|---------|-------|---------|----------------|--------|---------|-------|
| 1. | __JACOBS, Calvin | | | 63 | CSLA | | | 5:10.00 | 5:02.65 | 7,00 | | |
| | 50m: | 34.42 | 34.42 | 150m: | 1:49.90 | 37.91 | 250m: | 3:07.27 | 38.90 | 350m: | 4:25.51 | 39.21 |
| | 100m: | 1:11.99 | 37.57 | 200m: | 2:28.37 | 38.47 | 300m: | 3:46.30 | 39.03 | 400m: | 5:02.65 | 37.14 |
| 2. | __LAMBERT, Christopher | | | 62 | DDO | | | 5:48.00 | 5:39.46 | 5,00 | | |
| | 50m: | 39.84 | 39.84 | 150m: | 2:06.85 | 43.84 | 250m: | 3:34.44 | 43.47 | 350m: | 5:00.39 | 42.71 |
| | 100m: | 1:23.01 | 43.17 | 200m: | 2:50.97 | 44.12 | 300m: | 4:17.68 | 43.24 | 400m: | 5:39.46 | 39.07 |
| 3. | __LANDRY, Daniel | | | 64 | CNSH | | | 5:40.00 | 5:46.50 | 4,00 | | |
| | 50m: | 36.21 | 36.21 | 150m: | 1:58.98 | 42.36 | 250m: | 3:28.87 | 45.81 | 350m: | 5:01.73 | 46.37 |
| | 100m: | 1:16.62 | 40.41 | 200m: | 2:43.06 | 44.08 | 300m: | 4:15.36 | 46.49 | 400m: | 5:46.50 | 44.77 |
| 4. | __LÉVEILLÉ, Stéphan | | | 61 | MACC | | | 5:48.07 | 5:46.76 | 3,00 | | |
| | 50m: | 38.10 | 38.10 | 150m: | 2:04.50 | 43.85 | 250m: | 3:33.67 | 44.56 | 350m: | 5:03.91 | 45.22 |
| | 100m: | 1:20.65 | 42.55 | 200m: | 2:49.11 | 44.61 | 300m: | 4:18.69 | 45.02 | 400m: | 5:46.76 | 42.85 |
| 5. | __BEAULIEU, Jean-Yves | | | 64 | CNMN | | | 6:43.56 | 6:34.45 | 2,00 | | |
| | 50m: | 41.10 | 41.10 | 150m: | 2:21.69 | 51.98 | 250m: | 4:06.52 | 52.20 | 350m: | 5:50.39 | 50.81 |
| | 100m: | 1:29.71 | 48.61 | 200m: | 3:14.32 | 52.63 | 300m: | 4:59.58 | 53.06 | 400m: | 6:34.45 | 44.06 |
| 6. | __BRASSARD, Eric | | | 62 | CNMN | | | 6:41.96 | 6:35.17 | 1,00 | | |
| | 50m: | 42.74 | 42.74 | 150m: | 2:24.00 | 52.31 | 250m: | 4:08.63 | 52.01 | 350m: | 5:50.88 | 49.91 |
| | 100m: | 1:31.69 | 48.95 | 200m: | 3:16.62 | 52.62 | 300m: | 5:00.97 | 52.34 | 400m: | 6:35.17 | 44.29 |
| 7. | __THOMAS, Stephane | | | 64 | CNHR | | | 6:30.00 | 6:56.28 | - | | |
| | 50m: | 42.78 | 42.78 | 150m: | 2:21.63 | 51.01 | 250m: | 4:09.14 | 53.97 | 350m: | 6:00.86 | 57.32 |
| | 100m: | 1:30.62 | 47.84 | 200m: | 3:15.17 | 53.54 | 300m: | 5:03.54 | 54.40 | 400m: | 6:56.28 | 55.42 |
| 8. | __REY, Olivier | | | 61 | MACC | | | 6:50.00 | 6:59.15 | - | | |
| | 50m: | 42.91 | 42.91 | 150m: | 2:23.56 | 51.41 | 250m: | 4:11.06 | 53.55 | 350m: | 6:01.95 | 55.73 |
| | 100m: | 1:32.15 | 49.24 | 200m: | 3:17.51 | 53.95 | 300m: | 5:06.22 | 55.16 | 400m: | 6:59.15 | 57.20 |
| 9. | __BAUER, Brent | | | 61 | RID | | | 7:41.94 | 7:54.26 | - | | |
| | 50m: | 51.08 | 51.08 | 150m: | 2:50.71 | 1:01.50 | 250m: | 4:54.86 | 1:02.11 | 350m: | 6:57.39 | |
| | 100m: | 1:49.21 | 58.13 | 200m: | 3:52.75 | 1:02.04 | 300m: | | | 400m: | 7:54.26 | 56.87 |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, 400m Libre

Epreuve 1

2026-02-21 - 9:00

Dames, 400m Libre

65 - 69 ans
Liste résultats

| Rang | | Age | | Soumis | Temps | Points |
|------|--------------------------|-----------------------|---------------------|---------------|----------------|--------|
| 1. | __MARSHALL, Lynn | 65 | CARMA | 5:10.00 | 5:01.20 | - |
| | 50m: 35.30 35.30 | 150m: 1:51.73 38.36 | 250m: 3:08.48 38.39 | 350m: 4:24.35 | 37.76 | |
| | 100m: 1:13.37 38.07 | 200m: 2:30.09 38.36 | 300m: 3:46.59 38.11 | 400m: 5:01.20 | 36.85 | |
| 2. | __MASBOURIAN, Anita | 66 | CAMO | 7:45.86 | 7:07.96 | 5,00 |
| | 50m: 46.72 46.72 | 150m: | 250m: | 350m: | | |
| | 100m: | 200m: | 300m: | 400m: 7:07.96 | | |
| 3. | __LARAMÉE, Marie-Thérèse | 66 | DDO | 7:27.94 | 7:35.15 | 4,00 |
| | 50m: 49.59 49.59 | 150m: 2:44.29 58.27 | 250m: 4:41.65 58.86 | 350m: 6:39.84 | 59.29 | |
| | 100m: 1:46.02 56.43 | 200m: 3:42.79 58.50 | 300m: 5:40.55 58.90 | 400m: 7:35.15 | 55.31 | |
| 4. | __BEAULIEU, Louise | 65 | CAMO | 7:53.54 | 7:45.82 | 3,00 |
| | 50m: 51.90 51.90 | 150m: 2:50.83 1:00.64 | 250m: 4:50.31 59.49 | 350m: 6:49.04 | 59.88 | |
| | 100m: 1:50.19 58.29 | 200m: 3:50.82 59.99 | 300m: 5:49.16 58.85 | 400m: 7:45.82 | 56.78 | |

Epreuve 1

2026-02-21 - 9:00

Messieurs, 400m Libre

65 - 69 ans
Liste résultats

| Rang | | Age | | Soumis | Temps | Points |
|------|---------------------|---------------------|-----------------------|---------------|----------------|--------|
| 1. | __AMYOT, Marc | 69 | RL | 5:59.00 | 5:55.02 | 7,00 |
| | 50m: 38.65 38.65 | 150m: 2:06.85 45.31 | 250m: 3:39.17 46.15 | 350m: 5:10.54 | 45.13 | |
| | 100m: 1:21.54 42.89 | 200m: 2:53.02 46.17 | 300m: 4:25.41 46.24 | 400m: 5:55.02 | 44.48 | |
| 2. | __BOILY, Pierre | 66 | CNMT | 6:20.68 | 6:03.31 | 5,00 |
| | 50m: 40.83 40.83 | 150m: 2:10.18 45.30 | 250m: 3:43.08 46.57 | 350m: 5:16.45 | 46.46 | |
| | 100m: 1:24.88 44.05 | 200m: 2:56.51 46.33 | 300m: 4:29.99 46.91 | 400m: 6:03.31 | 46.86 | |
| 3. | __CYR, Richard | 68 | CNMT | 6:00.09 | 6:25.06 | 4,00 |
| | 50m: | 150m: | 250m: | 350m: | | |
| | 100m: | 200m: | 300m: | 400m: 6:25.06 | | |
| 4. | __POITRAS, Gaétan | 69 | MACC | 6:50.00 | 6:28.69 | 3,00 |
| | 50m: 42.16 42.16 | 150m: 2:19.75 50.60 | 250m: 4:00.06 50.10 | 350m: 5:40.48 | 50.56 | |
| | 100m: 1:29.15 46.99 | 200m: 3:09.96 50.21 | 300m: 4:49.92 49.86 | 400m: 6:28.69 | 48.21 | |
| 5. | __VILLENEUVE, André | 65 | MACC | 9:00.00 | 7:33.95 | 2,00 |
| | 50m: 46.57 46.57 | 150m: 2:38.83 57.75 | 250m: 4:39.06 1:00.40 | 350m: 6:37.56 | 58.05 | |
| | 100m: 1:41.08 54.51 | 200m: 3:38.66 59.83 | 300m: 5:39.51 1:00.45 | 400m: 7:33.95 | 56.39 | |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, 400m Libre

Epreuve 1

2026-02-21 - 9:00

Dames, 400m Libre

70 - 74 ans
Liste résultats

| Rang | Age | Soumis | Temps | Points |
|-----------------------|-----------------------|-----------------------|----------------|---------|
| 1._GAUDREAU, Marie | 70 BRO | 8:00.00 | 7:16.55 | 7,00 |
| 50m: 47.02 47.02 | 150m: 2:32.06 53.92 | 250m: 4:25.09 57.39 | 350m: 6:19.78 | 57.67 |
| 100m: 1:38.14 51.12 | 200m: 3:27.70 55.64 | 300m: 5:22.11 57.02 | 400m: 7:16.55 | 56.77 |
| 2._CAMPBELL, Louise | 70 LAVAL | 7:36.36 | 7:22.97 | 5,00 |
| 50m: 50.60 50.60 | 150m: 2:41.23 55.85 | 250m: 4:34.04 56.42 | 350m: 6:28.04 | 56.71 |
| 100m: 1:45.38 54.78 | 200m: 3:37.62 56.39 | 300m: 5:31.33 57.29 | 400m: 7:22.97 | 54.93 |
| 3._LETHIECQ, Monique | 71 BRO | 8:00.00 | 7:46.52 | 4,00 |
| 50m: 53.69 53.69 | 150m: 2:53.59 1:00.41 | 250m: 4:50.56 57.92 | 350m: 6:50.37 | 59.69 |
| 100m: 1:53.18 59.49 | 200m: 3:52.64 59.05 | 300m: 5:50.68 1:00.12 | 400m: 7:46.52 | 56.15 |
| 4._DION, Lise | 72 CAMO | 8:25.30 | 8:32.94 | 3,00 |
| 50m: 54.80 54.80 | 150m: 3:05.33 1:06.16 | 250m: 5:17.23 1:06.17 | 350m: 7:29.18 | 1:05.80 |
| 100m: 1:59.17 1:04.37 | 200m: 4:11.06 1:05.73 | 300m: 6:23.38 1:06.15 | 400m: 8:32.94 | 1:03.76 |

Epreuve 1

2026-02-21 - 9:00

Messieurs, 400m Libre

70 - 74 ans
Liste résultats

| Rang | Age | Soumis | Temps | Points |
|---------------------|-----------------------|---------------------|----------------|--------|
| 1._HÉTU, Daniel | 70 CAMO | 6:20.34 | 6:20.37 | 7,00 |
| 50m: 41.72 41.72 | 150m: 2:18.10 49.23 | 250m: 3:56.76 48.87 | 350m: 5:33.89 | 48.31 |
| 100m: 1:28.87 47.15 | 200m: 3:07.89 49.79 | 300m: 4:45.58 48.82 | 400m: 6:20.37 | 46.48 |
| 2._DESJARDINS, Paul | 71 CAMO | 7:00.12 | 6:41.21 | 5,00 |
| 50m: 45.00 45.00 | 150m: 2:27.65 51.97 | 250m: 4:10.99 51.74 | 350m: 5:53.33 | 50.24 |
| 100m: 1:35.68 50.68 | 200m: 3:19.25 51.60 | 300m: 5:03.09 52.10 | 400m: 6:41.21 | 47.88 |
| 3._LACHANCE, Bruno | 74 MNC | 7:22.31 | 7:26.03 | 4,00 |
| 50m: 50.25 50.25 | 150m: 2:41.38 57.11 | 250m: 4:37.25 57.93 | 350m: 6:31.57 | 56.70 |
| 100m: 1:44.27 54.02 | 200m: 3:39.32 57.94 | 300m: 5:34.87 57.62 | 400m: 7:26.03 | 54.46 |
| 4._FRÈVE, Guy | 73 MNC | 7:38.94 | 7:41.48 | 3,00 |
| 50m: 51.71 51.71 | 150m: 2:48.91 59.61 | 250m: 4:48.76 59.47 | 350m: 6:46.04 | 58.18 |
| 100m: 1:49.30 57.59 | 200m: 3:49.29 1:00.38 | 300m: 5:47.86 59.10 | 400m: 7:41.48 | 55.44 |
| disq._TURCOT, René | 72 CAMO | 7:17.58 | | - |

Epreuve 1

2026-02-21 - 9:00

Dames, 400m Libre

75 - 79 ans
Liste résultats

| Rang | Age | Soumis | Temps | Points |
|-----------------------|-----------------------|-----------------------|----------------|---------|
| 1._COURTOIS, Lina | 75 MACC | 9:00.00 | 8:27.29 | 7,00 |
| 50m: 54.15 54.15 | 150m: 3:01.64 1:05.33 | 250m: 5:14.79 1:06.68 | 350m: 7:26.61 | 1:05.97 |
| 100m: 1:56.31 1:02.16 | 200m: 4:08.11 1:06.47 | 300m: 6:20.64 1:05.85 | 400m: 8:27.29 | 1:00.68 |



Coupe des maîtres #5 - 30e Coupe de Montréal
Montréal, 21-2-2026

Epreuve 1, 400m Libre

Epreuve 1

2026-02-21 - 9:00

Messieurs, 400m Libre

80 - 84 ans

Liste résultats

| Rang | | | Age | | Soumis | | Temps | | Points | | | |
|------|--------------------|---------|---------|-------|----------|---------|----------------|---------|---------|-------|---------|---------|
| 1. | _BERGER, Christian | | 82 | BRO | 12:00.00 | | 9:51.76 | 7,00 | | | | |
| | 50m: | 1:04.62 | 1:04.62 | 150m: | 3:34.01 | 1:15.56 | 250m: | 6:09.20 | 1:19.12 | 350m: | 8:44.17 | 1:17.46 |
| | 100m: | 2:18.45 | 1:13.83 | 200m: | 4:50.08 | 1:16.07 | 300m: | 7:26.71 | 1:17.51 | 400m: | 9:51.76 | 1:07.59 |