

Coupe du Québec #2  
Montréal, 12 au 15 mars 2026

Epreuve 15  
2026-03-14 - 8:30

Dames, 400m 4 nages

Cat. générale  
Liste résultats Eliminatoires

Canadian Senior Records	4:23.65	MCINTOSH, Summer	UNCAN	Victoria	2025-06-11
Canadian Age Group Records 15 - 17	4:24.38	MCINTOSH, Summer	UNCAN	Toronto	2024-05-16
Canadian Age Group Records 13 - 14	4:46.69	BELLIO, Katrina	ESWIM	Toronto	2019-04-04
Canadian Age Group Records 11 - 12	4:50.21	MCINTOSH, Summer	ESWIM	Toronto	2019-04-04
Quebec Provincial Senior Records	4:35.56	HARVEY, Mary-Sophie	CAMO	Victoria	2025-06-11
Quebec Provincial Age Group Records 17	4:36.48	HARVEY, Mary-Sophie	NN	Rome (ITA)	2017-06-24
Quebec Provincial Age Group Records 16	4:47.55	HARVEY, Mary-Sophie	NN	Edmonton	2016-08-05
Quebec Provincial Age Group Records 15	4:45.36	HARVEY, Mary-Sophie	NN	Kihei (USA)	2014-08-28
Quebec Provincial Age Group Records 14	4:50.79	HARVEY, Mary-Sophie	NN	Saskatoon	2014-07-17
Quebec Provincial Age Group Records 13	4:55.58	HARVEY, Mary-Sophie	MEGO	Sherbrooke	2013-08-05
Quebec Provincial Age Group Records - 125:	06:41	HARVEY, Mary-Sophie	MEGO	Montreal	2011-07-28

Essais canadiens - 17: 5:05.36; 18 +: 5:00.92 / Omnium canadien : 5:06.78

Points: AQUA 2025

Rang			Age			Temps				Pts		
1.	BROUSSEAU, Charlotte		18	Club aquatique Montréal		<b>5:04.47</b>				654	A	
	<i>TQ Omnium</i>											
	50m:	31.23	31.23	150m:	1:47.69	41.40	250m:	3:11.39	45.93	350m:	4:30.79	36.76
	100m:	1:06.29	35.06	200m:	2:25.46	37.77	300m:	3:54.03	42.64	400m:	5:04.47	33.68
2.	FERGUSON, Taylor		14	Pointe-Claire Swim Club		<b>5:08.18</b>				631	A	
	50m:	31.73	31.73	150m:	1:47.25	38.74	250m:	3:11.93	47.07	350m:	4:34.21	36.30
	100m:	1:08.51	36.78	200m:	2:24.86	37.61	300m:	3:57.91	45.98	400m:	5:08.18	33.97
3.	DAGSAAN, Jadyn		16	Pointe-Claire Swim Club		<b>5:08.25</b>				630	A	
	50m:	32.54	32.54	150m:	1:49.72	41.05	250m:	3:14.37	46.57	350m:	4:34.93	36.33
	100m:	1:08.67	36.13	200m:	2:27.80	38.08	300m:	3:58.60	44.23	400m:	5:08.25	33.32
4.	KRAUSS, Ellie		17	Natation Gatineau		<b>5:09.44</b>				623	A	
	50m:	31.50	31.50	150m:	1:49.05	41.46	250m:	3:14.88	45.53	350m:	4:35.82	35.30
	100m:	1:07.59	36.09	200m:	2:29.35	40.30	300m:	4:00.52	45.64	400m:	5:09.44	33.62
5.	BACCUS, Bianca		14	Pointe-Claire Swim Club		<b>5:09.88</b>				621	A	
	50m:	32.62	32.62	150m:	1:51.21	41.73	250m:	3:15.19	44.82	350m:	4:36.03	36.56
	100m:	1:09.48	36.86	200m:	2:30.37	39.16	300m:	3:59.47	44.28	400m:	5:09.88	33.85
6.	MOFFET, Raphaëlle		13	Club aquatique Montréal		<b>5:11.11</b>				613	A	
	50m:	32.19	32.19	150m:	1:49.57	41.75	250m:	3:16.09	47.02	350m:	4:36.88	36.07
	100m:	1:07.82	35.63	200m:	2:29.07	39.50	300m:	4:00.81	44.72	400m:	5:11.11	34.23
7.	KARAGIANNIS, Maria-Theoni		18	Club de Natation SAMAK		<b>5:15.94</b>				585	A	
	50m:	32.53	32.53	150m:	1:49.66	41.24	250m:	3:15.47	46.87	350m:	4:39.72	38.68
	100m:	1:08.42	35.89	200m:	2:28.60	38.94	300m:	4:01.04	45.57	400m:	5:15.94	36.22
8.	BOYER, Mariane		17	Natation Gatineau		<b>5:16.26</b>				584	A	
	50m:	33.84	33.84	150m:	1:55.37	44.30	250m:	3:21.59	44.28	350m:	4:41.95	36.45
	100m:	1:11.07	37.23	200m:	2:37.31	41.94	300m:	4:05.50	43.91	400m:	5:16.26	34.31
9.	MALENFANT, Viviane		18	Club de natation région de Qué		<b>5:17.18</b>				579	A	
	50m:	34.56	34.56	150m:	1:54.09	41.13	250m:	3:18.93	45.36	350m:	4:41.86	38.12
	100m:	1:12.96	38.40	200m:	2:33.57	39.48	300m:	4:03.74	44.81	400m:	5:17.18	35.32
10.	GORDON, Erika		17	Pointe-Claire Swim Club		<b>5:19.70</b>				565	A	
	50m:	33.89	33.89	150m:	1:53.88	41.29	250m:	3:20.23	46.70	350m:	4:44.50	36.94
	100m:	1:12.59	38.70	200m:	2:33.53	39.65	300m:	4:07.56	47.33	400m:	5:19.70	35.20
11.	AUGER, Sophie		15	Pointe-Claire Swim Club		<b>5:20.98</b>				558	B	
	50m:	32.65	32.65	150m:	1:54.39	43.67	250m:	3:24.14	46.65	350m:	4:46.60	35.94
	100m:	1:10.72	38.07	200m:	2:37.49	43.10	300m:	4:10.66	46.52	400m:	5:20.98	34.38
12.	PERRY, Ella		12	Pointe-Claire Swim Club		<b>5:21.96</b>				553	B	
	50m:	33.55	33.55	150m:	1:55.61	41.74	250m:	3:22.84	46.52	350m:	4:46.42	36.89
	100m:	1:13.87	40.32	200m:	2:36.32	40.71	300m:	4:09.53	46.69	400m:	5:21.96	35.54

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Epreuve 15, Dames, 400m 4 nages, Elimatoire, Cat. générale

Rang			Age					Temps	Pts			
13.	SHINK, Ariane		19	Club de natation région de Qué				<b>5:22.26</b>	552	B		
	50m:	32.79	32.79	150m:	1:53.29	42.00	250m:	3:22.48	47.47	350m:	4:46.18	35.73
	100m:	1:11.29	38.50	200m:	2:35.01	41.72	300m:	4:10.45	47.97	400m:	5:22.26	36.08
14.	GUY, Roxane		18	Club de natation région de Qué				<b>5:22.39</b>	551	B		
	50m:	34.95	34.95	150m:	1:55.32	41.37	250m:	3:21.66	45.77	350m:	4:45.83	38.01
	100m:	1:13.95	39.00	200m:	2:35.89	40.57	300m:	4:07.82	46.16	400m:	5:22.39	36.56
15.	SHINK, Laurie		17	Club de natation région de Qué				<b>5:22.63</b>	550	B		
	50m:	34.56	34.56	150m:	1:56.64	43.04	250m:	3:23.69	46.40	350m:	4:46.52	37.80
	100m:	1:13.60	39.04	200m:	2:37.29	40.65	300m:	4:08.72	45.03	400m:	5:22.63	36.11
16.	MONETTE, Mathilde		16	Neptune Natation				<b>5:22.86</b>	549	B		
	50m:	32.73	32.73	150m:	1:53.38	41.53	250m:	3:21.60	47.72	350m:	4:46.90	38.16
	100m:	1:11.85	39.12	200m:	2:33.88	40.50	300m:	4:08.74	47.14	400m:	5:22.86	35.96
17.	BATTISTI, Alicia		18	club aquatique st-eustache				<b>5:24.87</b>	538	B		
	50m:	33.73	33.73	150m:	1:55.50	42.34	250m:	3:23.66	47.22	350m:	4:49.11	37.44
	100m:	1:13.16	39.43	200m:	2:36.44	40.94	300m:	4:11.67	48.01	400m:	5:24.87	35.76
18.	LETENDRE, Emma		16	Club De Natation Sherbrooke				<b>5:24.99</b>	538	B		
	50m:	33.27	33.27	150m:	1:54.48	40.68	250m:	3:21.53	45.73	350m:	4:47.07	39.23
	100m:	1:13.80	40.53	200m:	2:35.80	41.32	300m:	4:07.84	46.31	400m:	5:24.99	37.92
19.	GOSELIN, Mélia		15	Rouge et Or/Université Laval				<b>5:25.39</b>	536	B		
	50m:	34.32	34.32	150m:	1:56.75	41.86	250m:	3:23.91	45.97	350m:	4:49.06	37.69
	100m:	1:14.89	40.57	200m:	2:37.94	41.19	300m:	4:11.37	47.46	400m:	5:25.39	36.33
20.	LEMELIN, Émie		16	Club de natation région de Qué				<b>5:25.70</b>	534	B		
	50m:	35.39	35.39	150m:	1:56.65	40.55	250m:	3:24.60	49.60	350m:	4:50.47	37.35
	100m:	1:16.10	40.71	200m:	2:35.00	38.35	300m:	4:13.12	48.52	400m:	5:25.70	35.23
21.	BEAUDOIN, Marie-Laurence		17	Rouge et Or/Université Laval				<b>5:26.26</b>	532	C		
	50m:	32.86	32.86	150m:	1:54.88	44.57	250m:	3:25.79	47.73	350m:	4:50.82	37.81
	100m:	1:10.31	37.45	200m:	2:38.06	43.18	300m:	4:13.01	47.22	400m:	5:26.26	35.44
22.	MARCON, Isabella		19	C.N. Dollard-des-Ormeaux				<b>5:26.48</b>	531	C		
	50m:	33.57	33.57	150m:	1:56.36	41.31	250m:	3:25.44	47.91	350m:	4:51.19	35.66
	100m:	1:15.05	41.48	200m:	2:37.53	41.17	300m:	4:15.53	50.09	400m:	5:26.48	35.29
23.	LAMBERT, Jade		14	Neptune Natation				<b>5:27.35</b>	526	C		
	50m:	34.82	34.82	150m:	1:57.58	42.35	250m:	3:26.38	49.14	350m:	4:51.49	37.88
	100m:	1:15.23	40.41	200m:	2:37.24	39.66	300m:	4:13.61	47.23	400m:	5:27.35	35.86
24.	MASSICOTTE, Anabelle		16	Club de natation Mégophias				<b>5:27.40</b>	526	C		
	50m:	32.92	32.92	150m:	1:59.88	43.65	250m:	3:27.16	45.12	350m:	4:51.37	38.33
	100m:	1:16.23	43.31	200m:	2:42.04	42.16	300m:	4:13.04	45.88	400m:	5:27.40	36.03
25.	PITTS, Payton J		16	Kingston Blue Marlins				<b>5:28.29</b>	522	C		
	50m:	32.96	32.96	150m:	1:53.66	42.06	250m:	3:23.60	49.93	350m:	4:52.00	38.79
	100m:	1:11.60	38.64	200m:	2:33.67	40.01	300m:	4:13.21	49.61	400m:	5:28.29	36.29
26.	QUEVILLON, Liliane		20	Neptune Natation				<b>5:29.05</b>	518	C		
	50m:	32.92	32.92	150m:	1:54.65	41.94	250m:	3:24.76	47.67	350m:	4:52.13	38.12
	100m:	1:12.71	39.79	200m:	2:37.09	42.44	300m:	4:14.01	49.25	400m:	5:29.05	36.92
27.	SYLVESTRE, Justine		18	Neptune Natation				<b>5:29.32</b>	517	C		
	50m:	34.87	34.87	150m:	1:59.22	43.15	250m:	3:29.65	47.74	350m:	4:53.96	35.90
	100m:	1:16.07	41.20	200m:	2:41.91	42.69	300m:	4:18.06	48.41	400m:	5:29.32	35.36
28.	PRICE, Loriane		18	Club de Natation SAMAK				<b>5:29.48</b>	516	C		
	50m:	32.70	32.70	150m:	1:54.18	43.12	250m:	3:25.89	48.76	350m:	4:53.44	37.02
	100m:	1:11.06	38.36	200m:	2:37.13	42.95	300m:	4:16.42	50.53	400m:	5:29.48	36.04

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Rang				Age						Temps	Pts	
29.	FELX, Lily			17	Elite					<b>5:29.60</b>	516	C
	50m:	35.48	35.48	150m:	1:56.79	43.32	250m:	3:25.30	48.62	350m:	4:52.60	40.24
	100m:	1:13.47	37.99	200m:	2:36.68	39.89	300m:	4:12.36	47.06	400m:	5:29.60	37.00
30.	MARTINEAU, Alyssa			15	Natation Gatineau					<b>5:29.72</b>	515	C
	50m:	33.82	33.82	150m:	1:55.91	40.98	250m:	3:25.00	48.64	350m:	4:51.88	36.37
	100m:	1:14.93	41.11	200m:	2:36.36	40.45	300m:	4:15.51	50.51	400m:	5:29.72	37.84
31.	DESJARDINS, Katelyn			15	Pointe-Claire Swim Club					<b>5:29.84</b>	514	R
	50m:	32.69	32.69	150m:	1:55.39	43.15	250m:	3:24.21	44.37	350m:	4:50.08	38.56
	100m:	1:12.24	39.55	200m:	2:39.84	44.45	300m:	4:11.52	47.31	400m:	5:29.84	39.76
32.	BROCHU, Aleni			14	Natation Gatineau					<b>5:30.94</b>	509	R
	50m:	35.77	35.77	150m:	1:57.32	41.59	250m:	3:27.09	49.49	350m:	4:54.31	37.21
	100m:	1:15.73	39.96	200m:	2:37.60	40.28	300m:	4:17.10	50.01	400m:	5:30.94	36.63
33.	TESSIER, Ellyanne			13	Club de natation région de Qué					<b>5:31.39</b>	507	
	50m:	36.88	36.88	150m:	2:06.09	47.37	250m:	3:31.90	42.87	350m:	4:54.39	39.64
	100m:	1:18.72	41.84	200m:	2:49.03	42.94	300m:	4:14.75	42.85	400m:	5:31.39	37.00
34.	MORGANS, Leanna			15	Dartmouth Crusaders Swim Club					<b>5:36.92</b>	483	
	50m:	33.12	33.12	150m:	1:55.99	45.48	250m:	3:31.80	52.10	350m:	5:01.59	36.77
	100m:	1:10.51	37.39	200m:	2:39.70	43.71	300m:	4:24.82	53.02	400m:	5:36.92	35.33
35.	SÉGUIN, Daphnée			21	Club de natation Mégophias					<b>5:39.07</b>	474	
	50m:	33.67	33.67	150m:	1:58.30	44.23	250m:	3:30.23	49.44	350m:	5:00.23	40.31
	100m:	1:14.07	40.40	200m:	2:40.79	42.49	300m:	4:19.92	49.69	400m:	5:39.07	38.84
36.	TRACY, Hazel Jean E			18	Phoenix Swimming					<b>5:43.07</b>	457	
	50m:	36.92	36.92	150m:	2:05.09	45.53	250m:	3:35.99	47.59	350m:	5:04.50	40.72
	100m:	1:19.56	42.64	200m:	2:48.40	43.31	300m:	4:23.78	47.79	400m:	5:43.07	38.57
37.	WRIGHT, Hazel			16	Fredericton Aquanaut Swim Team					<b>5:43.28</b>	456	
	50m:	33.86	33.86	150m:	2:00.07	44.81	250m:	3:33.76	46.96	350m:	5:03.43	40.66
	100m:	1:15.26	41.40	200m:	2:46.80	46.73	300m:	4:22.77	49.01	400m:	5:43.28	39.85
38.	GUHA, Anjali			17	Club de natation Phoenix Sague					<b>5:53.00</b>	420	
	50m:	38.63	38.63	150m:	2:08.56	45.81	250m:	3:43.32	51.08	350m:	5:14.67	41.17
	100m:	1:22.75	44.12	200m:	2:52.24	43.68	300m:	4:33.50	50.18	400m:	5:53.00	38.33
39.	ANDRAS, Maria			17	Cote Saint-Luc Aquatics					<b>5:57.91</b>	403	
	50m:	37.20	37.20	150m:	2:09.21	49.34	250m:	3:43.96	49.13	350m:	5:16.48	44.00
	100m:	1:19.87	42.67	200m:	2:54.83	45.62	300m:	4:32.48	48.52	400m:	5:57.91	41.43
40.	RIOPEL, Mila			17	Dorval Swim Club					<b>5:59.98</b>	396	
	50m:	36.38	36.38	150m:	2:08.46	48.94	250m:	3:46.78	51.30	350m:	5:19.76	41.66
	100m:	1:19.52	43.14	200m:	2:55.48	47.02	300m:	4:38.10	51.32	400m:	5:59.98	40.22
disq.	FORTIER, Charlie-Rose			14	Club De Natation Sherbrooke							9.1