

Invitation "One and Done"
Pointe-Claire, 13- - 15-3-2026

Event 109

Women, 400m Freestyle

13 years and older

2026-03-13 - 10:24

Entry list

Coupe Espoir 13: 5:53.40; 14: 5:40.01; 15: 5:34.66; 16: 5:29.30; 17: 5:23.95

Entry time conversion: Linear conversion by percent (2%)

	Age		
1	WRONA, Jacque	14	UNATTACHED 4:52.55
2	DION, Chloe	15	C.N. Dollard-des-Ormeaux 4:54.95
3	VAN LOON, Adele	14	Pointe-Claire Swim Club 4:58.69
4	COMAND, Christina	16	C.N. Dollard-des-Ormeaux 5:01.67
5	DESCENT, Daphne	15	C.N. Dollard-des-Ormeaux 5:09.76
6	BOUHAREVICH, Olivia	13	C.N. Dollard-des-Ormeaux 5:09.82
7	MARK, Avery	15	Pointe-Claire Swim Club 5:03.76
8	NEPTON-BRIGHT, Olivia	13	Pointe-Claire Swim Club 5:12.58
9	SPANOYIANNIS, Helena	13	C.N. Dollard-des-Ormeaux 5:15.00
10	DESJARDINS, Emily	13	C.N. Dollard-des-Ormeaux 5:15.45
11	LEMARIE-MORRIS, Celia	15	C.N. Dollard-des-Ormeaux 5:11.97
12	GRIFFIN, Maya	16	C.N. Dollard-des-Ormeaux 5:12.81
13	CHUPRUN, Annika	15	C.N. Dollard-des-Ormeaux 5:22.22
14	KOTB, Salma	14	C.N. Dollard-des-Ormeaux 5:17.25
15	SILES, Elena	13	C.N. Dollard-des-Ormeaux 5:24.31
16	TUFF, Adara	13	Beaconsfield Bluefins 5:18.19
17	ESPOSITO, Sophie	13	C.N. Dollard-des-Ormeaux 5:26.90
18	ONORATI, Isabella	13	C.N. Dollard-des-Ormeaux 5:30.21
19	KRASNY, Olivia	13	C.N. Dollard-des-Ormeaux 5:24.52
20	DESCENT, Audrey	14	C.N. Dollard-des-Ormeaux 5:31.36
21	RODGERS, Pema	13	Pointe-Claire Swim Club 5:25.86
22	VANDERBY, Ophelia	15	Club de natation Saint-Laurent 5:34.21
23	READY, Laurence	14	C.N. Dollard-des-Ormeaux 5:33.79
24	POTHIER, Lorianne	17	Pointe-Claire Swim Club 5:40.33
25	NAUTH, Marianne	15	Beaconsfield Bluefins 5:49.03
26	ELIAS, Penelope	13	Beaconsfield Bluefins 5:46.03
27	EID, Nadine	13	C.N. Dollard-des-Ormeaux 5:53.38
28	L'HEUREUX, Clara	14	Club de natation Saint-Laurent 5:53.90
29	FIGAROLS-DA CRUZ, Willow	13	Pointe-Claire Swim Club 5:56.11
30	MARTIN, Clara	14	Club de natation Saint-Laurent 6:08.55
31	BERTRAND-BOUGIE, June	13	Beaconsfield Bluefins 6:21.38
32	MERCURI, Mackenzie	15	Beaconsfield Bluefins 6:23.35
33	MCSWEENY, Emma	13	Pointe-Claire Swim Club 6:43.91