

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

Event 157

Women, 400m Medley

11 years and older

2026-03-15 - 14:00

Entry list

Coupe Espoir - 12: 7:07.48; 13: 6:43.06; 14: 6:27.79; 15: 6:21.68; 16: 6:15.58; 17: 6:09.47

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

	Age		
1	CUI, Yi	14	Pointe-Claire Swim Club 5:41.95
2	LU, Melissa	13	Pointe-Claire Swim Club 5:43.90
3	SPINA, Isabella	11	Club de natation Saint-Laurent 5:46.86
4	ROBINSON, Jasmine	14	Pointe-Claire Swim Club 6:04.05
5	ZHOU, Cindy	12	Pointe-Claire Swim Club 5:59.52
6	MARTINEZ, Valentina	14	Pointe-Claire Swim Club 6:08.58
7	TUFF, Adara	13	Beaconsfield Bluefins 6:05.00
8	BENSON, Allison	12	Beaconsfield Bluefins 6:15.00
9	SOUEIDAN, Katryna	11	Club de natation Saint-Laurent 6:19.22
10	BOUDREAU, Mila	12	Beaconsfield Bluefins 6:24.32
11	DI LAURO, Delfina	12	Pointe-Claire Swim Club 6:29.03
12	AMBROSONE, Aria	11	Beaconsfield Bluefins 6:40.00
13	BINNING, Abigail	12	Beaconsfield Bluefins 6:32.25
14	ZHANG, Ruoxi	14	Pointe-Claire Swim Club 6:48.61
15	BERTRAND-BOUGIE, June	13	Beaconsfield Bluefins 6:55.00
16	HERBERT, Alexia	15	Beaconsfield Bluefins 6:48.56
17	MCLAREN, Olivia	12	Pointe-Claire Swim Club 7:00.00
18	SCIANNAMBLO, Emmalie	13	Beaconsfield Bluefins 7:00.00
19	SABERI, Ariana	11	Beaconsfield Bluefins 6:55.43
20	CERCHEZ, Adelina	12	Beaconsfield Bluefins 7:05.00
21	SMITH, Mackenzie	11	Beaconsfield Bluefins 6:57.51
22	DURIAU, Beatrice	12	Beaconsfield Bluefins 7:02.25
23	LAUZON, Brielle	14	Pointe-Claire Swim Club 7:16.00
24	XIONG, Yuqi	11	Pointe-Claire Swim Club 7:17.63