

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

Event 109  
2026-03-13 - 10:38

Women, 400m Freestyle

13 years and older  
Results

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

Points: AQUA 2026

Rank				Age					Time	Pts		
<b>13 - 14 years</b>												
1.	WRONA, Jacque			14	UNATTACHED				<b>4:54.00</b>	505	CE	
	50m:	33.13	33.13	150m:	1:47.52	37.30	250m:	3:02.92	37.54	350m:	4:17.63	37.38
	100m:	1:10.22	37.09	200m:	2:25.38	37.86	300m:	3:40.25	37.33	400m:	4:54.00	36.37
2.	VAN LOON, Adele			14	Pointe-Claire Swim Club				<b>4:57.03</b>	490	CE	
	50m:	33.64	33.64	150m:	1:47.94	37.38	250m:	3:03.93	37.89	350m:	4:20.30	38.04
	100m:	1:10.56	36.92	200m:	2:26.04	38.10	300m:	3:42.26	38.33	400m:	4:57.03	36.73
3.	BOUHAREVICH, Olivia			13	C.N. Dollard-des-Ormeaux				<b>5:09.27</b>	434	CE	
	50m:	33.72	33.72	150m:	1:50.82	38.88	250m:	3:10.56	39.57	350m:	4:29.71	39.91
	100m:	1:11.94	38.22	200m:	2:30.99	40.17	300m:	3:49.80	39.24	400m:	5:09.27	39.56
4.	NEPTON-BRIGHT, Olivia			13	Pointe-Claire Swim Club				<b>5:11.03</b>	426	CE	
	50m:	34.76	34.76	150m:	1:54.05	39.72	250m:	3:13.59	39.80	350m:	4:32.86	39.46
	100m:	1:14.33	39.57	200m:	2:33.79	39.74	300m:	3:53.40	39.81	400m:	5:11.03	38.17
5.	DESCENT, Audrey			14	C.N. Dollard-des-Ormeaux				<b>5:16.57</b>	404	CE	
	50m:	34.05	34.05	150m:	1:53.50	40.55	250m:	3:14.54	41.42	350m:	4:36.96	41.29
	100m:	1:12.95	38.90	200m:	2:33.12	39.62	300m:	3:55.67	41.13	400m:	5:16.57	39.61
6.	SILES, Elena			13	C.N. Dollard-des-Ormeaux				<b>5:19.92</b>	392	CE	
	50m:	35.82	35.82	150m:	1:56.86	40.45	250m:	3:18.58	40.28	350m:	4:40.43	40.56
	100m:	1:16.41	40.59	200m:	2:38.30	41.44	300m:	3:59.87	41.29	400m:	5:19.92	39.49
7.	DESJARDINS, Emily			13	C.N. Dollard-des-Ormeaux				<b>5:27.50</b>	365	CE	
	50m:	36.33	36.33	150m:	1:58.60	41.46	250m:	3:23.18	42.43	350m:	4:47.76	41.77
	100m:	1:17.14	40.81	200m:	2:40.75	42.15	300m:	4:05.99	42.81	400m:	5:27.50	39.74
8.	KOTB, Salma			14	C.N. Dollard-des-Ormeaux				<b>5:28.89</b>	360	CE	
	50m:	36.62	36.62	150m:	1:57.63	41.24	250m:	3:22.68	42.37	350m:	4:47.63	42.24
	100m:	1:16.39	39.77	200m:	2:40.31	42.68	300m:	4:05.39	42.71	400m:	5:28.89	41.26
9.	SPANOYIANNIS, Helena			13	C.N. Dollard-des-Ormeaux				<b>5:31.03</b>	354	CE	
	50m:	35.30	35.30	150m:	1:59.22	42.16	250m:	3:26.71	43.52	350m:	4:52.31	41.18
	100m:	1:17.06	41.76	200m:	2:43.19	43.97	300m:	4:11.13	44.42	400m:	5:31.03	38.72
10.	TUFF, Adara			13	Beaconsfield Bluefins				<b>5:32.11</b>	350	CE	
	50m:	36.91	36.91	150m:	2:00.79	42.13	250m:	3:26.01	41.75	350m:	4:50.99	41.81
	100m:	1:18.66	41.75	200m:	2:44.26	43.47	300m:	4:09.18	43.17	400m:	5:32.11	41.12
11.	EID, Nadine			13	C.N. Dollard-des-Ormeaux				<b>5:37.38</b>	334	CE	
	50m:	38.47	38.47	150m:	2:03.14	43.35	250m:	3:29.54	43.24	350m:	4:57.20	43.09
	100m:	1:19.79	41.32	200m:	2:46.30	43.16	300m:	4:14.11	44.57	400m:	5:37.38	40.18
12.	ESPOSITO, Sophie			13	C.N. Dollard-des-Ormeaux				<b>5:38.75</b>	330	CE	
	50m:	36.82	36.82	150m:	2:01.31	43.02	250m:	3:29.92	44.13	350m:	4:57.61	43.97
	100m:	1:18.29	41.47	200m:	2:45.79	44.48	300m:	4:13.64	43.72	400m:	5:38.75	41.14
13.	RODGERS, Pema			13	Pointe-Claire Swim Club				<b>5:39.69</b>	327	CE	
	50m:	39.68	39.68	150m:	2:08.44	44.76	250m:	3:36.56	43.70	350m:	5:00.66	40.27
	100m:	1:23.68	44.00	200m:	2:52.86	44.42	300m:	4:20.39	43.83	400m:	5:39.69	39.03
14.	BERTRAND-BOUGIE, June			13	Beaconsfield Bluefins				<b>5:41.90</b>	321	CE	
	50m:	36.86	36.86	150m:	2:01.53	43.32	250m:	3:30.08	44.40	350m:	4:59.20	43.82
	100m:	1:18.21	41.35	200m:	2:45.68	44.15	300m:	4:15.38	45.30	400m:	5:41.90	42.70

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

Event 109, Girls, 400m Freestyle, 13 - 14 years

Rank			Age					Time	Pts			
15.	L'HEUREUX, Clara		14	Club de natation Saint-Laurent				<b>5:47.35</b>	306			
	50m:	37.30	37.30	150m:	2:04.67	44.94	250m:	3:35.02	45.32	350m:	5:04.90	45.62
	100m:	1:19.73	42.43	200m:	2:49.70	45.03	300m:	4:19.28	44.26	400m:	5:47.35	42.45
16.	ONORATI, Isabella		13	C.N. Dollard-des-Ormeaux				<b>5:47.84</b>	305	CE		
	50m:	37.27	37.27	150m:	2:05.52	44.82	250m:	3:35.87	45.09	350m:	5:04.73	43.61
	100m:	1:20.70	43.43	200m:	2:50.78	45.26	300m:	4:21.12	45.25	400m:	5:47.84	43.11
17.	ELIAS, Penelope		13	Beaconsfield Bluefins				<b>5:48.84</b>	302	CE		
	50m:	39.90	39.90	150m:	2:08.76	45.02	250m:	3:38.24	44.86	350m:	5:07.70	44.31
	100m:	1:23.74	43.84	200m:	2:53.38	44.62	300m:	4:23.39	45.15	400m:	5:48.84	41.14
18.	READY, Laurence		14	C.N. Dollard-des-Ormeaux				<b>5:53.26</b>	291			
	50m:	41.53	41.53	150m:	2:13.16	45.57	250m:	3:43.61	44.86	350m:	5:12.74	43.90
	100m:	1:27.59	46.06	200m:	2:58.75	45.59	300m:	4:28.84	45.23	400m:	5:53.26	40.52
19.	KRASNY, Olivia		13	C.N. Dollard-des-Ormeaux				<b>6:03.93</b>	266			
	50m:	39.16	39.16	150m:	2:12.84	47.83	250m:	3:48.36	49.42	350m:	5:24.09	48.48
	100m:	1:25.01	45.85	200m:	2:58.94	46.10	300m:	4:35.61	47.25	400m:	6:03.93	39.84
20.	MARTIN, Clara		14	Club de natation Saint-Laurent				<b>6:08.14</b>	257			
	50m:	41.24	41.24	150m:	2:15.00	47.66	250m:	3:48.68	45.83	350m:	5:23.71	47.08
	100m:	1:27.34	46.10	200m:	3:02.85	47.85	300m:	4:36.63	47.95	400m:	6:08.14	44.43
21.	WANG, Ziyue		14	Beaconsfield Bluefins				<b>6:16.47</b>	240			
	50m:	37.46	37.46	150m:	2:10.26	47.63	250m:	3:48.99	48.61	350m:		
	100m:	1:22.63	45.17	200m:	3:00.38	50.12	300m:	4:39.70	50.71	400m:	6:16.47	
22.	MCSWEENY, Emma		13	Pointe-Claire Swim Club				<b>7:01.13</b>	171			
	50m:	46.08	46.08	150m:	2:34.60	55.22	250m:	4:24.48	54.53	350m:	6:09.88	51.16
	100m:	1:39.38	53.30	200m:	3:29.95	55.35	300m:	5:18.72	54.24	400m:	7:01.13	51.25
DNS	FIGAROLS-DA CRUZ, Willow		13	Pointe-Claire Swim Club								

15 years and older

1.	DION, Chloe		15	C.N. Dollard-des-Ormeaux				<b>4:48.05</b>	537	CE		
	50m:	33.55	33.55	150m:	1:45.91	36.37	250m:	2:58.94	36.82	350m:	4:12.10	36.76
	100m:	1:09.54	35.99	200m:	2:22.12	36.21	300m:	3:35.34	36.40	400m:	4:48.05	35.95
2.	CHUPRUN, Annika		15	C.N. Dollard-des-Ormeaux				<b>5:18.50</b>	397	CE		
	50m:	36.07	36.07	150m:	1:56.54	40.58	250m:	3:18.04	40.93	350m:	4:39.96	41.03
	100m:	1:15.96	39.89	200m:	2:37.11	40.57	300m:	3:58.93	40.89	400m:	5:18.50	38.54
3.	LEMARIE-MORRIS, Celia		15	C.N. Dollard-des-Ormeaux				<b>5:19.11</b>	395	CE		
	50m:	36.07	36.07	150m:	1:57.69	40.40	250m:	3:19.52	40.76	350m:	4:40.91	40.18
	100m:	1:17.29	41.22	200m:	2:38.76	41.07	300m:	4:00.73	41.21	400m:	5:19.11	38.20
4.	DESCENT, Daphne		15	C.N. Dollard-des-Ormeaux				<b>5:19.32</b>	394	CE		
	50m:	36.16	36.16	150m:	1:55.85	40.54	250m:	3:18.14	41.37	350m:	4:40.53	41.19
	100m:	1:15.31	39.15	200m:	2:36.77	40.92	300m:	3:59.34	41.20	400m:	5:19.32	38.79
5.	GRIFFIN, Maya		16	C.N. Dollard-des-Ormeaux				<b>5:23.09</b>	380	CE		
	50m:	35.76	35.76	150m:	1:56.65	40.81	250m:	3:19.03	41.23	350m:	4:41.46	40.95
	100m:	1:15.84	40.08	200m:	2:37.80	41.15	300m:	4:00.51	41.48	400m:	5:23.09	41.63
6.	VANDERBY, Ophelia		15	Club de natation Saint-Laurent				<b>5:23.53</b>	379	CE		
	50m:	35.06	35.06	150m:	1:53.72	40.47	250m:	3:16.29	41.90	350m:	4:42.36	43.75
	100m:	1:13.25	38.19	200m:	2:34.39	40.67	300m:	3:58.61	42.32	400m:	5:23.53	41.17
7.	MARK, Avery		15	Pointe-Claire Swim Club				<b>5:26.89</b>	367	CE		
	50m:	36.86	36.86	150m:	2:00.02	41.73	250m:	3:23.71	41.61	350m:	4:47.03	41.65
	100m:	1:18.29	41.43	200m:	2:42.10	42.08	300m:	4:05.38	41.67	400m:	5:26.89	39.86

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

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Event 109, Women, 400m Freestyle, 15 years and older

Rank			Age						Time	Pts
8.	NAUTH, Marianne		15		Beaconsfield Bluefins				<b>5:40.74</b>	324
	50m:	37.21 37.21	150m:	2:02.66 43.80	250m:	3:27.37 41.71	350m:	4:57.35 45.38		
	100m:	1:18.86 41.65	200m:	2:45.66 43.00	300m:	4:11.97 44.60	400m:	5:40.74 43.39		
9.	MERCURI, Mackenzie		15		Beaconsfield Bluefins				<b>5:49.48</b>	300
	50m:	37.65 37.65	150m:	2:04.11 43.86	250m:	3:33.73 44.90	350m:	5:04.43 45.75		
	100m:	1:20.25 42.60	200m:	2:48.83 44.72	300m:	4:18.68 44.95	400m:	5:49.48 45.05		
10.	BLANCHETTE, Lea		15		Beaconsfield Bluefins				<b>5:52.40</b>	293
	50m:	37.35 37.35	150m:	2:04.22 44.47	250m:	3:35.12 45.45	350m:	5:08.27 46.51		
	100m:	1:19.75 42.40	200m:	2:49.67 45.45	300m:	4:21.76 46.64	400m:	5:52.40 44.13		
11.	POTHIER, Loriann		17		Pointe-Claire Swim Club				<b>6:08.94</b>	255
	50m:	40.09 40.09	150m:	2:12.25 47.19	250m:	3:48.43 47.70	350m:	5:25.51 47.97		
	100m:	1:25.06 44.97	200m:	3:00.73 48.48	300m:	4:37.54 49.11	400m:	6:08.94 43.43		
DNS	COMAND, Christina		16		C.N. Dollard-des-Ormeaux					