

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

Event 110
2026-03-13 - 11:10

Men, 400m Freestyle

13 years and older
Results

Coupe Espoir 13: 5:41.80; 14: 5:21.98; 15: 5:12.07; 16: 5:04.64; 17: 4:59.69

Points: AQUA 2026

Rank				Age					Time	Pts		
13 - 14 years												
1.	MCDONALD, Jacob			14	C.N. Dollard-des-Ormeaux				4:33.46	520	CE	
	50m:	30.61	30.61	150m:	1:39.37	34.72	250m:	2:49.56	34.79	350m:	3:59.71	35.24
	100m:	1:04.65	34.04	200m:	2:14.77	35.40	300m:	3:24.47	34.91	400m:	4:33.46	33.75
2.	PAQUETTE, Olivier			14	Pointe-Claire Swim Club				4:35.31	509	CE	
	50m:	30.42	30.42	150m:	1:39.94	34.95	250m:	2:50.65	35.05	350m:	4:00.99	34.80
	100m:	1:04.99	34.57	200m:	2:15.60	35.66	300m:	3:26.19	35.54	400m:	4:35.31	34.32
3.	NIKITIN, Philippe Charles			14	Pointe-Claire Swim Club				4:37.70	496	CE	
	50m:	30.96	30.96	150m:	1:41.31	35.61	250m:	2:52.22	35.53	350m:	4:03.76	35.81
	100m:	1:05.70	34.74	200m:	2:16.69	35.38	300m:	3:27.95	35.73	400m:	4:37.70	33.94
4.	XUE, Eric			14	C.N. Dollard-des-Ormeaux				4:43.51	467	CE	
	50m:	31.52	31.52	150m:	1:43.65	36.62	250m:	2:56.95	36.50	350m:	4:09.07	35.88
	100m:	1:07.03	35.51	200m:	2:20.45	36.80	300m:	3:33.19	36.24	400m:	4:43.51	34.44
5.	MCMICHAEL, Harvey			13	Pointe-Claire Swim Club				4:44.11	464	CE	
	50m:	31.73	31.73	150m:	1:44.04	36.57	250m:	2:57.18	36.40	350m:	4:09.85	35.84
	100m:	1:07.47	35.74	200m:	2:20.78	36.74	300m:	3:34.01	36.83	400m:	4:44.11	34.26
6.	ONESI, Liam			13	C.N. Dollard-des-Ormeaux				4:50.45	434	CE	
	50m:	31.83	31.83	150m:	1:45.54	37.35	250m:	3:00.42	37.72	350m:	4:14.66	36.67
	100m:	1:08.19	36.36	200m:	2:22.70	37.16	300m:	3:37.99	37.57	400m:	4:50.45	35.79
7.	TROTIER, Charles			14	C.N. Dollard-des-Ormeaux				4:55.21	413	CE	
	50m:	33.17	33.17	150m:	1:45.85	36.96	250m:	3:00.85	37.42	350m:	4:16.90	37.95
	100m:	1:08.89	35.72	200m:	2:23.43	37.58	300m:	3:38.95	38.10	400m:	4:55.21	38.31
8.	BALTARU, Mark			14	Club Aquatique les Piranhas du				4:57.05	406	CE	
	50m:	31.54	31.54	150m:	1:45.75	38.41	250m:	3:04.28	39.53	350m:	4:20.41	36.99
	100m:	1:07.34	35.80	200m:	2:24.75	39.00	300m:	3:43.42	39.14	400m:	4:57.05	36.64
9.	FAN, Ryan			14	Pointe-Claire Swim Club				5:07.97	364	CE	
	50m:	34.03	34.03	150m:	1:51.54	39.18	250m:	3:10.81	39.54	350m:	4:29.69	39.04
	100m:	1:12.36	38.33	200m:	2:31.27	39.73	300m:	3:50.65	39.84	400m:	5:07.97	38.28
10.	MITREA, Victor Gabriel			14	Pointe-Claire Swim Club				5:14.08	343	CE	
	50m:	34.36	34.36	150m:	1:54.58	40.87	250m:	3:15.53	40.64	350m:	4:35.74	39.97
	100m:	1:13.71	39.35	200m:	2:34.89	40.31	300m:	3:55.77	40.24	400m:	5:14.08	38.34
11.	SERVIO, Aidan			13	C.N. Dollard-des-Ormeaux				5:17.85	331	CE	
	50m:	33.84	33.84	150m:	1:53.46	40.62	250m:	3:16.59	41.32	350m:	4:38.49	40.64
	100m:	1:12.84	39.00	200m:	2:35.27	41.81	300m:	3:57.85	41.26	400m:	5:17.85	39.36
12.	AMBROSONE, Karson			13	Beaconsfield Bluefins				5:20.23	324	CE	
	50m:	32.62	32.62	150m:	1:54.35	41.93	250m:	3:17.83	41.69	350m:	4:41.56	41.83
	100m:	1:12.42	39.80	200m:	2:36.14	41.79	300m:	3:59.73	41.90	400m:	5:20.23	38.67
13.	KABAL-BAKER, Lionel			13	Pointe-Claire Swim Club				5:26.06	307	CE	
	50m:	35.89	35.89	150m:	1:57.82	40.86	250m:	3:22.42	42.07	350m:	4:45.88	41.26
	100m:	1:16.96	41.07	200m:	2:40.35	42.53	300m:	4:04.62	42.20	400m:	5:26.06	40.18
14.	TRUBIANO, Aj			13	C.N. Dollard-des-Ormeaux				5:30.80	293	CE	
	50m:	36.67	36.67	150m:	2:00.54	42.42	250m:	3:25.87	42.73	350m:	4:49.43	41.15
	100m:	1:18.12	41.45	200m:	2:43.14	42.60	300m:	4:08.28	42.41	400m:	5:30.80	41.37

Invitation "One and Done"
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Event 110, Boys, 400m Freestyle, 13 - 14 years

Rank			Age					Time	Pts			
15.	FARAG, Youssef Ahmed Karam		13	Pointe-Claire Swim Club				5:37.40	277	CE		
	50m:	35.94	35.94	150m:	2:01.64	43.89	250m:	3:28.91	43.98	350m:	4:55.17	42.33
	100m:	1:17.75	41.81	200m:	2:44.93	43.29	300m:	4:12.84	43.93	400m:	5:37.40	42.23
16.	CARON, Joshua		13	Pointe-Claire Swim Club				5:42.88	264			
	50m:	36.96	36.96	150m:	2:02.88	43.64	250m:	3:30.90	44.78	350m:	5:00.84	45.09
	100m:	1:19.24	42.28	200m:	2:46.12	43.24	300m:	4:15.75	44.85	400m:	5:42.88	42.04
17.	BEDIC, Logan		14	Pointe-Claire Swim Club				5:43.30	263			
	50m:	36.75	36.75	150m:	2:02.38	43.95	250m:	3:31.48	44.08	350m:	5:00.94	44.04
	100m:	1:18.43	41.68	200m:	2:47.40	45.02	300m:	4:16.90	45.42	400m:	5:43.30	42.36
18.	ZAYED, Zayden		13	Pointe-Claire Swim Club				5:44.95	259			
	50m:	37.99	37.99	150m:	2:05.43	43.98	250m:	3:33.36	43.08	350m:	5:02.36	43.67
	100m:	1:21.45	43.46	200m:	2:50.28	44.85	300m:	4:18.69	45.33	400m:	5:44.95	42.59
19.	RANDLE, Wesley		13	Beaconsfield Bluefins				5:47.28	254			
	50m:	35.46	35.46	150m:	2:03.14	45.08	250m:	3:36.04	46.62	350m:	5:07.05	44.15
	100m:	1:18.06	42.60	200m:	2:49.42	46.28	300m:	4:22.90	46.86	400m:	5:47.28	40.23
20.	LEWIS, Benjamin		14	C.N. Dollard-des-Ormeaux				5:50.14	247			
	50m:	39.26	39.26	150m:	2:10.34	46.26	250m:			350m:		
	100m:	1:24.08	44.82	200m:	2:56.93	46.59	300m:	4:27.81		400m:	5:50.14	
21.	MASTROPAOLO, William		14	Beaconsfield Bluefins				5:50.61	246			
	50m:	37.37	37.37	150m:	2:08.02	45.04	250m:	3:40.40	45.09	350m:	5:11.19	43.75
	100m:	1:22.98	45.61	200m:	2:55.31	47.29	300m:	4:27.44	47.04	400m:	5:50.61	39.42
22.	XU, Zhile		13	Beaconsfield Bluefins				5:50.74	246			
	50m:	36.22	36.22	150m:	2:08.21	46.10	250m:	3:40.22	46.67	350m:	5:13.02	45.94
	100m:	1:22.11	45.89	200m:	2:53.55	45.34	300m:	4:27.08	46.86	400m:	5:50.74	37.72
23.	EMELCIUC, Daniel		13	Beaconsfield Bluefins				6:09.97	210			
	50m:	42.67	42.67	150m:	2:18.14	47.66	250m:	3:54.01	46.75	350m:	5:29.47	47.45
	100m:	1:30.48	47.81	200m:	3:07.26	49.12	300m:	4:42.02	48.01	400m:	6:09.97	40.50
24.	FLAHERTY, Ryan		14	Beaconsfield Bluefins				6:33.32	174			
	50m:	37.50	37.50	150m:	2:12.58	49.37	250m:	3:55.39	51.38	350m:		
	100m:	1:23.21	45.71	200m:	3:04.01	51.43	300m:	4:50.37	54.98	400m:	6:33.32	
25.	BOUSETTE, Cameron		13	Beaconsfield Bluefins				6:49.00	155			
	50m:	47.22	47.22	150m:			250m:			350m:	6:06.76	50.95
	100m:	1:39.65	52.43	200m:	3:26.98		300m:	5:15.81		400m:	6:49.00	42.24
DNS	NAIPAUL, Felix		13	Beaconsfield Bluefins								

15 years and older

1.	BELCOURT, Jesse		16	C.N. Dollard-des-Ormeaux				4:27.47	556	CE		
	50m:	29.72	29.72	150m:	1:36.73	33.93	250m:	2:45.81	34.83	350m:	3:54.63	34.17
	100m:	1:02.80	33.08	200m:	2:10.98	34.25	300m:	3:20.46	34.65	400m:	4:27.47	32.84
2.	LINDSAY, Benjamin		15	C.N. Dollard-des-Ormeaux				4:36.92	501	CE		
	50m:	29.97	29.97	150m:	1:40.00	35.95	250m:	2:50.81	35.75	350m:	4:02.40	35.46
	100m:	1:04.05	34.08	200m:	2:15.06	35.06	300m:	3:26.94	36.13	400m:	4:36.92	34.52
3.	ONORATI, Matteo		16	C.N. Dollard-des-Ormeaux				4:41.26	478	CE		
	50m:	31.11	31.11	150m:	1:41.08	35.62	250m:	2:53.16	36.14	350m:	4:05.64	36.12
	100m:	1:05.46	34.35	200m:	2:17.02	35.94	300m:	3:29.52	36.36	400m:	4:41.26	35.62
4.	AMBROSONE, London		15	C.N. Dollard-des-Ormeaux				4:45.42	457	CE		
	50m:	31.15	31.15	150m:	1:42.60	36.40	250m:	2:56.63	37.20	350m:	4:10.56	36.12
	100m:	1:06.20	35.05	200m:	2:19.43	36.83	300m:	3:34.44	37.81	400m:	4:45.42	34.86

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

Event 110, Men, 400m Freestyle, 15 years and older

Rank				Age					Time	Pts		
5.	GAO, Simon			15	Club de natation Saint-Laurent				4:48.88	441	CE	
	50m:	31.40	31.40	150m:	1:42.36	36.24	250m:	2:56.89	37.18	350m:	4:12.43	37.62
	100m:	1:06.12	34.72	200m:	2:19.71	37.35	300m:	3:34.81	37.92	400m:	4:48.88	36.45
6.	KANNENBERG, Andreas			15	Pointe-Claire Swim Club				4:55.69	411	CE	
	50m:	32.74	32.74	150m:	1:47.14	38.03	250m:	3:04.15	37.66	350m:	4:19.44	36.83
	100m:	1:09.11	36.37	200m:	2:26.49	39.35	300m:	3:42.61	38.46	400m:	4:55.69	36.25
7.	ZWEIG, Harley			15	C.N. Dollard-des-Ormeaux				4:55.72	411	CE	
	50m:	31.56	31.56	150m:	1:46.23	38.06	250m:	3:03.05	38.42	350m:	4:19.83	38.27
	100m:	1:08.17	36.61	200m:	2:24.63	38.40	300m:	3:41.56	38.51	400m:	4:55.72	35.89
8.	DI MARIA, Alex			16	Club de natation Saint-Laurent				4:57.31	404	CE	
	50m:	34.09	34.09	150m:	1:50.37	37.97	250m:	3:06.26	37.41	350m:	4:21.97	36.74
	100m:	1:12.40	38.31	200m:	2:28.85	38.48	300m:	3:45.23	38.97	400m:	4:57.31	35.34
9.	FARINAS-DAVIS, Samuel			15	Pointe-Claire Swim Club				5:00.31	392	CE	
	50m:	32.13	32.13	150m:	1:46.64	37.73	250m:	3:03.72	38.56	350m:	4:21.48	38.73
	100m:	1:08.91	36.78	200m:	2:25.16	38.52	300m:	3:42.75	39.03	400m:	5:00.31	38.83
10.	THIESSEN, Wyatt			15	Beaconsfield Bluefins				5:17.23	333		
	50m:	33.65	33.65	150m:	1:51.56	39.63	250m:	3:12.11	40.14	350m:	4:35.18	42.55
	100m:	1:11.93	38.28	200m:	2:31.97	40.41	300m:	3:52.63	40.52	400m:	5:17.23	42.05
11.	LOULOUDOV, Michael			15	Pointe-Claire Swim Club				5:58.13	231		
	50m:	39.01	39.01	150m:	2:09.59	45.80	250m:	3:42.99	47.01	350m:	5:15.45	47.06
	100m:	1:23.79	44.78	200m:	2:55.98	46.39	300m:	4:28.39	45.40	400m:	5:58.13	42.68