

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

Event 119 Girls, 400m Freestyle 11 - 12 years  
 2026-03-13 - 16:58 Results

Coupe Espoir - 12: 6:14.82

Points: AQUA 2026

Rank					Age					Time	Pts	
1.	LAMONTAGNE, Emma				12	Pointe-Claire Swim Club				<b>4:58.68</b>	481	CE
	50m:	33.72	33.72	150m:	1:48.91	37.84	250m:	3:04.71	37.90	350m:	4:21.50	38.23
	100m:	1:11.07	37.35	200m:	2:26.81	37.90	300m:	3:43.27	38.56	400m:	4:58.68	37.18
2.	DION, Callie				12	C.N. Dollard-des-Ormeaux				<b>5:19.39</b>	394	CE
	50m:	34.33	34.33	150m:	1:53.78	40.70	250m:	3:17.63	42.14	350m:	4:40.43	41.30
	100m:	1:13.08	38.75	200m:	2:35.49	41.71	300m:	3:59.13	41.50	400m:	5:19.39	38.96
3.	BRANCHAUD, Chloe				12	Club de natation Saint-Laurent				<b>5:24.08</b>	377	CE
	50m:	37.50	37.50	150m:	2:01.12	42.51	250m:	3:24.63	42.07	350m:	4:45.51	40.18
	100m:	1:18.61	41.11	200m:	2:42.56	41.44	300m:	4:05.33	40.70	400m:	5:24.08	38.57
4.	SPINA, Isabella				11	Club de natation Saint-Laurent				<b>5:27.94</b>	364	CE
	50m:	36.96	36.96	150m:	2:00.62	42.48	250m:	3:25.10	42.25	350m:	4:47.32	41.26
	100m:	1:18.14	41.18	200m:	2:42.85	42.23	300m:	4:06.06	40.96	400m:	5:27.94	40.62
5.	ACKLE, Anabel				12	Pointe-Claire Swim Club				<b>5:31.18</b>	353	CE
	50m:	36.37	36.37	150m:	1:57.48	39.95	250m:	3:25.30	43.90	350m:	4:49.62	41.99
	100m:	1:17.53	41.16	200m:	2:41.40	43.92	300m:	4:07.63	42.33	400m:	5:31.18	41.56
6.	FAUCHER, Clara				12	Pointe-Claire Swim Club				<b>5:36.00</b>	338	CE
	50m:	37.43	37.43	150m:	2:02.20	43.30	250m:	3:29.46	44.01	350m:	4:55.52	42.42
	100m:	1:18.90	41.47	200m:	2:45.45	43.25	300m:	4:13.10	43.64	400m:	5:36.00	40.48
7.	PAQUETTE, Florence				11	Pointe-Claire Swim Club				<b>5:40.06</b>	326	CE
	50m:	36.88	36.88	150m:	2:02.62	43.38	250m:	3:30.74	44.81	350m:	4:58.23	43.34
	100m:	1:19.24	42.36	200m:	2:45.93	43.31	300m:	4:14.89	44.15	400m:	5:40.06	41.83
8.	ZHOU, Cindy				12	Pointe-Claire Swim Club				<b>5:42.85</b>	318	CE
	50m:	38.06	38.06	150m:	2:03.38	42.57	250m:	3:32.00	44.04	350m:	4:59.84	42.83
	100m:	1:20.81	42.75	200m:	2:47.96	44.58	300m:	4:17.01	45.01	400m:	5:42.85	43.01
9.	SEHIL, Zeyneb				12	C.N. Dollard-des-Ormeaux				<b>5:43.56</b>	316	CE
	50m:	37.76	37.76	150m:	2:03.81	43.38	250m:	3:32.27	44.37	350m:	5:00.87	44.16
	100m:	1:20.43	42.67	200m:	2:47.90	44.09	300m:	4:16.71	44.44	400m:	5:43.56	42.69
10.	AMBROSONE, Aria				11	Beaconsfield Bluefins				<b>5:45.28</b>	311	CE
	50m:	37.42	37.42	150m:	2:05.52	44.20	250m:	3:35.45	45.20	350m:	5:03.08	44.16
	100m:	1:21.32	43.90	200m:	2:50.25	44.73	300m:	4:18.92	43.47	400m:	5:45.28	42.20
11.	WYJAD, Olivia				12	Pointe-Claire Swim Club				<b>5:52.66</b>	292	CE
	50m:	37.05	37.05	150m:	2:06.57	45.68	250m:	3:39.40	46.35	350m:	5:11.17	44.70
	100m:	1:20.89	43.84	200m:	2:53.05	46.48	300m:	4:26.47	47.07	400m:	5:52.66	41.49
12.	YAO, Jessie				11	Pointe-Claire Swim Club				<b>5:56.41</b>	283	CE
	50m:	40.75	40.75	150m:	2:11.44	45.49	250m:	3:43.99	45.74	350m:	5:14.21	44.27
	100m:	1:25.95	45.20	200m:	2:58.25	46.81	300m:	4:29.94	45.95	400m:	5:56.41	42.20
13.	GUTIERREZ SALAZAR, Isabela				11	C.N. Dollard-des-Ormeaux				<b>5:56.97</b>	282	CE
	50m:	38.19	38.19	150m:	2:09.21	46.24	250m:	3:43.25	47.08	350m:	5:16.04	46.76
	100m:	1:22.97	44.78	200m:	2:56.17	46.96	300m:	4:29.28	46.03	400m:	5:56.97	40.93
14.	GHAZI ESFAHANI, Ariana				12	C.N. Dollard-des-Ormeaux				<b>5:57.03</b>	282	CE
	50m:	40.49	40.49	150m:			250m:	3:43.17	46.73	350m:		
	100m:	1:25.20	44.71	200m:	2:56.44		300m:	4:29.64	46.47	400m:	5:57.03	
15.	DI LAURO, Delfina				12	Pointe-Claire Swim Club				<b>5:57.73</b>	280	CE
	50m:	38.24	38.24	150m:	2:09.13	46.23	250m:	3:41.75	45.92	350m:	5:14.30	46.09
	100m:	1:22.90	44.66	200m:	2:55.83	46.70	300m:	4:28.21	46.46	400m:	5:57.73	43.43

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Rank			Age					Time	Pts			
16.	SIMA, Josephine		11	Pointe-Claire Swim Club				<b>6:17.98</b>	237			
	50m:	40.69	40.69	150m:	2:19.03	50.79	250m:	3:56.56	48.36	350m:	5:34.35	48.32
	100m:	1:28.24	47.55	200m:	3:08.20	49.17	300m:	4:46.03	49.47	400m:	6:17.98	43.63
17.	FAUCHER, Katrina		12	Beaconsfield Bluefins				<b>6:18.53</b>	236			
	50m:	41.32	41.32	150m:	2:18.15	49.46	250m:	3:56.80	49.02	350m:	5:35.35	48.88
	100m:	1:28.69	47.37	200m:	3:07.78	49.63	300m:	4:46.47	49.67	400m:	6:18.53	43.18
18.	DIXON, Charlotte		11	Pointe-Claire Swim Club				<b>6:44.67</b>	193			
	50m:	42.11	42.11	150m:	2:22.62	51.19	250m:			350m:	5:53.56	55.53
	100m:	1:31.43	49.32	200m:	3:14.46	51.84	300m:	4:58.03		400m:	6:44.67	51.11
19.	MARCUS, Eva		11	Beaconsfield Bluefins				<b>6:47.66</b>	189			
	50m:	42.60	42.60	150m:	2:24.21	51.19	250m:	4:11.53	53.59	350m:	5:56.25	52.37
	100m:	1:33.02	50.42	200m:	3:17.94	53.73	300m:	5:03.88	52.35	400m:	6:47.66	51.41
20.	LAUZON, Scarlett		11	Pointe-Claire Swim Club				<b>6:58.04</b>	175			
	50m:	47.29	47.29	150m:	2:32.41	53.81	250m:	4:20.49	53.63	350m:	6:08.35	53.94
	100m:	1:38.60	51.31	200m:	3:26.86	54.45	300m:	5:14.41	53.92	400m:	6:58.04	49.69
DNS	GRAHAM, Emma		12	Beaconsfield Bluefins								
DNS	AOUAMEUR, Lea		12	Club de natation Saint-Laurent								