

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

Event 120  
2026-03-13 - 17:19

Boys, 400m Freestyle

11 - 12 years  
Results

Coupe Espoir - 12: 6:04.09

Points: AQUA 2026

Rank					Age					Time	Pts	
1.	GENNARELLI, Liam				12	C.N. Dollard-des-Ormeaux				<b>4:58.27</b>	401	CE
	50m:	32.50	32.50	150m:	1:47.09	37.60	250m:	3:03.66	38.32	350m:	4:21.24	38.12
	100m:	1:09.49	36.99	200m:	2:25.34	38.25	300m:	3:43.12	39.46	400m:	4:58.27	37.03
2.	BINDER-LABROSSE, Liam				12	Pointe-Claire Swim Club				<b>5:09.49</b>	358	CE
	50m:	34.86	34.86	150m:	1:54.19	40.26	250m:	3:13.84	40.02	350m:	4:31.85	38.92
	100m:	1:13.93	39.07	200m:	2:33.82	39.63	300m:	3:52.93	39.09	400m:	5:09.49	37.64
3.	MILLER, Chase				12	Pointe-Claire Swim Club				<b>5:09.62</b>	358	CE
	50m:	34.10	34.10	150m:	1:53.44	39.25	250m:	3:13.70	39.98	350m:	4:33.04	39.65
	100m:	1:14.19	40.09	200m:	2:33.72	40.28	300m:	3:53.39	39.69	400m:	5:09.62	36.58
4.	TOUHAMI, Rhali				11	C.N. Dollard-des-Ormeaux				<b>5:14.93</b>	340	CE
	50m:	35.30	35.30	150m:	1:54.77	39.99	250m:	3:15.83	40.46	350m:	4:36.54	40.35
	100m:	1:14.78	39.48	200m:	2:35.37	40.60	300m:	3:56.19	40.36	400m:	5:14.93	38.39
5.	DEMERS, Gabriel				11	Club de natation Saint-Laurent				<b>5:17.02</b>	334	CE
	50m:	36.24	36.24	150m:	1:57.05	40.58	250m:	3:17.98	40.35	350m:	4:38.36	40.19
	100m:	1:16.47	40.23	200m:	2:37.63	40.58	300m:	3:58.17	40.19	400m:	5:17.02	38.66
6.	HASSAN, Adam				11	C.N. Dollard-des-Ormeaux				<b>5:20.19</b>	324	CE
	50m:	36.68	36.68	150m:	1:57.59	40.92	250m:	3:19.81	41.30	350m:	4:41.16	40.64
	100m:	1:16.67	39.99	200m:	2:38.51	40.92	300m:	4:00.52	40.71	400m:	5:20.19	39.03
7.	SERGERIE, Alexander				12	Pointe-Claire Swim Club				<b>5:26.73</b>	305	CE
	50m:	36.20	36.20	150m:	1:59.63	42.12	250m:	3:24.95	42.76	350m:	4:48.43	41.04
	100m:	1:17.51	41.31	200m:	2:42.19	42.56	300m:	4:07.39	42.44	400m:	5:26.73	38.30
8.	YANG, Zhiyu				12	Pointe-Claire Swim Club				<b>5:27.06</b>	304	CE
	50m:	36.04	36.04	150m:	1:59.78	42.55	250m:	3:24.61	42.28	350m:	4:48.40	40.65
	100m:	1:17.23	41.19	200m:	2:42.33	42.55	300m:	4:07.75	43.14	400m:	5:27.06	38.66
9.	CUI, Gabriel Jiarui				12	Pointe-Claire Swim Club				<b>5:27.83</b>	302	CE
	50m:	36.15	36.15	150m:	1:58.47	42.08	250m:	3:22.48	42.44	350m:	4:47.15	42.10
	100m:	1:16.39	40.24	200m:	2:40.04	41.57	300m:	4:05.05	42.57	400m:	5:27.83	40.68
10.	SENIK, Liam				12	Pointe-Claire Swim Club				<b>5:29.37</b>	297	CE
	50m:	35.77	35.77	150m:	1:59.21	42.12	250m:	3:24.40	43.26	350m:	4:49.14	42.77
	100m:	1:17.09	41.32	200m:	2:41.14	41.93	300m:	4:06.37	41.97	400m:	5:29.37	40.23
11.	MADER, Noren				12	C.N. Dollard-des-Ormeaux				<b>5:33.19</b>	287	CE
	50m:	39.22	39.22	150m:	2:03.93	42.22	250m:	3:28.91	42.96	350m:	4:52.68	41.52
	100m:	1:21.71	42.49	200m:	2:45.95	42.02	300m:	4:11.16	42.25	400m:	5:33.19	40.51
12.	KOTB, Adam				12	C.N. Dollard-des-Ormeaux				<b>5:35.25</b>	282	CE
	50m:	36.77	36.77	150m:	2:01.27	42.67	250m:	3:29.97	44.56	350m:	4:54.70	42.22
	100m:	1:18.60	41.83	200m:	2:45.41	44.14	300m:	4:12.48	42.51	400m:	5:35.25	40.55
13.	ROTARU, Marius				12	Club de natation Saint-Laurent				<b>5:37.47</b>	276	CE
	50m:	38.24	38.24	150m:	2:03.76	43.01	250m:	3:31.57	44.19	350m:	4:57.27	41.61
	100m:	1:20.75	42.51	200m:	2:47.38	43.62	300m:	4:15.66	44.09	400m:	5:37.47	40.20
14.	CASTRO, Daniel				12	C.N. Dollard-des-Ormeaux				<b>5:37.73</b>	276	CE
	50m:	38.56	38.56	150m:	2:06.16	43.98	250m:	3:33.12	42.53	350m:	4:58.49	43.31
	100m:	1:22.18	43.62	200m:	2:50.59	44.43	300m:	4:15.18	42.06	400m:	5:37.73	39.24
15.	BLANCHETTE, Arran				11	Pointe-Claire Swim Club				<b>5:38.15</b>	275	CE
	50m:	37.07	37.07	150m:	2:01.61	42.81	250m:	3:28.89	43.33	350m:	4:55.85	43.18
	100m:	1:18.80	41.73	200m:	2:45.56	43.95	300m:	4:12.67	43.78	400m:	5:38.15	42.30

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Event 120, Boys, 400m Freestyle, 11 - 12 years

Rank			Age					Time	Pts	
16.	BRADSHAW, Brody		11	C.N. Dollard-des-Ormeaux				<b>5:42.97</b>	263	CE
	50m:	39.37 39.37	150m:	2:06.90	43.85	250m:	3:35.27 44.37	350m:	5:02.43 43.09	
	100m:	1:23.05 43.68	200m:	2:50.90	44.00	300m:	4:19.34 44.07	400m:	5:42.97 40.54	
17.	FIGAROLS-DA CRUZ, Noah		12	Pointe-Claire Swim Club				<b>5:42.98</b>	263	CE
	50m:	38.01 38.01	150m:	2:04.03	43.93	250m:	3:32.32 44.38	350m:	5:01.39 44.16	
	100m:	1:20.10 42.09	200m:	2:47.94	43.91	300m:	4:17.23 44.91	400m:	5:42.98 41.59	
18.	TABBARAH, Ibrahim Adam		11	Club de natation Saint-Laurent				<b>5:43.07</b>	263	CE
	50m:	39.76 39.76	150m:	2:06.50	43.42	250m:	3:34.89 44.37	350m:	5:02.34 43.47	
	100m:	1:23.08 43.32	200m:	2:50.52	44.02	300m:	4:18.87 43.98	400m:	5:43.07 40.73	
19.	RICQ, Devun		12	C.N. Dollard-des-Ormeaux				<b>5:43.96</b>	261	CE
	50m:	37.50 37.50	150m:	2:04.53	44.30	250m:	3:33.31 44.79	350m:	5:00.87 43.62	
	100m:	1:20.23 42.73	200m:	2:48.52	43.99	300m:	4:17.25 43.94	400m:	5:43.96 43.09	
20.	YANG, Junyu		12	Pointe-Claire Swim Club				<b>5:45.94</b>	257	CE
	50m:	38.35 38.35	150m:	2:07.74	45.59	250m:	3:36.29 44.68	350m:	5:04.93 44.72	
	100m:	1:22.15 43.80	200m:	2:51.61	43.87	300m:	4:20.21 43.92	400m:	5:45.94 41.01	
21.	KOOMSATIRA, Jackson		12	C.N. Dollard-des-Ormeaux				<b>5:50.97</b>	246	CE
	50m:	37.49 37.49	150m:	2:07.12	45.48	250m:	3:39.18 45.41	350m:	5:09.07 44.20	
	100m:	1:21.64 44.15	200m:	2:53.77	46.65	300m:	4:24.87 45.69	400m:	5:50.97 41.90	
22.	AYOUB, Julian		11	Pointe-Claire Swim Club				<b>5:51.26</b>	245	CE
	50m:	38.65 38.65	150m:	2:07.89	44.72	250m:	3:37.71 44.91	350m:	5:07.09 43.91	
	100m:	1:23.17 44.52	200m:	2:52.80	44.91	300m:	4:23.18 45.47	400m:	5:51.26 44.17	
23.	PETRESCU, Nicolas		11	Beaconsfield Bluefins				<b>5:55.17</b>	237	CE
	50m:	40.16 40.16	150m:	2:13.05	45.58	250m:	3:46.27 45.50	350m:	5:14.74 43.88	
	100m:	1:27.47 47.31	200m:	3:00.77	47.72	300m:	4:30.86 44.59	400m:	5:55.17 40.43	
24.	OSORIO PALACIOS, Juan Jose		11	Pointe-Claire Swim Club				<b>5:55.44</b>	236	CE
	50m:	39.74 39.74	150m:	2:12.01	46.94	250m:	3:42.43 46.19	350m:	5:14.10 45.98	
	100m:	1:25.07 45.33	200m:	2:56.24	44.23	300m:	4:28.12 45.69	400m:	5:55.44 41.34	
25.	ROBERTS, Jacob		11	Pointe-Claire Swim Club				<b>5:55.61</b>	236	CE
	50m:	40.49 40.49	150m:	2:09.85	44.96	250m:	3:40.60 45.32	350m:	5:11.39 45.78	
	100m:	1:24.89 44.40	200m:	2:55.28	45.43	300m:	4:25.61 45.01	400m:	5:55.61 44.22	
26.	WONG, Hansko		12	C.N. Dollard-des-Ormeaux				<b>5:56.06</b>	235	CE
	50m:	39.02 39.02	150m:	2:13.37	47.13	250m:	3:46.06 45.97	350m:	5:17.87 44.30	
	100m:	1:26.24 47.22	200m:	3:00.09	46.72	300m:	4:33.57 47.51	400m:	5:56.06 38.19	
27.	LAMARRE, Laurent		12	C.N. Dollard-des-Ormeaux				<b>5:58.26</b>	231	CE
	50m:	40.38 40.38	150m:	2:12.83	46.73	250m:	3:46.70 46.58	350m:	5:15.57 43.20	
	100m:	1:26.10 45.72	200m:	3:00.12	47.29	300m:	4:32.37 45.67	400m:	5:58.26 42.69	
28.	NGUYEN, Uy The		11	Club de natation Saint-Laurent				<b>5:58.63</b>	230	CE
	50m:	40.66 40.66	150m:	2:12.11	44.80	250m:	3:43.87 44.99	350m:	5:16.14 45.29	
	100m:	1:27.31 46.65	200m:	2:58.88	46.77	300m:	4:30.85 46.98	400m:	5:58.63 42.49	
29.	LI, Vincent		12	Club de natation Saint-Laurent				<b>6:01.00</b>	226	CE
	50m:	38.95 38.95	150m:	2:09.80	46.10	250m:	3:43.95 47.23	350m:	5:17.74 46.44	
	100m:	1:23.70 44.75	200m:	2:56.72	46.92	300m:	4:31.30 47.35	400m:	6:01.00 43.26	
30.	MIR-ALINAGHI, Daniel		12	C.N. Dollard-des-Ormeaux				<b>6:02.80</b>	222	CE
	50m:	40.25 40.25	150m:	2:15.28	47.63	250m:	3:48.74 46.47	350m:	5:19.86 44.85	
	100m:	1:27.65 47.40	200m:	3:02.27	46.99	300m:	4:35.01 46.27	400m:	6:02.80 42.94	
31.	CHANG, Cheng Yen		12	Pointe-Claire Swim Club				<b>6:03.70</b>	221	CE
	50m:	40.07 40.07	150m:	2:12.46	46.59	250m:	3:45.07 46.22	350m:	5:19.29 46.58	
	100m:	1:25.87 45.80	200m:	2:58.85	46.39	300m:	4:32.71 47.64	400m:	6:03.70 44.41	

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Rank			Age						Time	Pts		
32.	GOLDEN, Liam		12		Beaconsfield Bluefins				<b>6:10.38</b>	209		
	50m:	39.38	39.38	150m:	2:12.97	47.48	250m:	3:49.86	48.60	350m:	5:26.56	47.66
	100m:	1:25.49	46.11	200m:	3:01.26	48.29	300m:	4:38.90	49.04	400m:	6:10.38	43.82
33.	BETINJANE, Roy		11		Club de natation Saint-Laurent				<b>6:19.60</b>	194		
	50m:	42.97	42.97	150m:	2:20.03	49.94	250m:	3:58.07	48.60	350m:	5:34.73	47.86
	100m:	1:30.09	47.12	200m:	3:09.47	49.44	300m:	4:46.87	48.80	400m:	6:19.60	44.87
34.	BOLANIS, Sonny		12		Pointe-Claire Swim Club				<b>6:19.93</b>	194		
	50m:	43.29	43.29	150m:	2:21.25	49.77	250m:	3:59.77	48.16	350m:	5:38.16	48.75
	100m:	1:31.48	48.19	200m:	3:11.61	50.36	300m:	4:49.41	49.64	400m:	6:19.93	41.77
35.	LEWIS, Liam		11		Pointe-Claire Swim Club				<b>6:28.95</b>	180		
	50m:	43.20	43.20	150m:	2:21.42	49.27	250m:	4:01.24	49.94	350m:	5:41.76	50.60
	100m:	1:32.15	48.95	200m:	3:11.30	49.88	300m:	4:51.16	49.92	400m:	6:28.95	47.19