

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

Event 157
2026-03-15 - 13:30

Women, 400m Medley

11 years and older
Results

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

Points: AQUA 2026

Rank				Age					Time	Pts		
11 - 12 years												
1.	ZHOU, Cindy			12	Pointe-Claire Swim Club				5:59.13	395	CE	
	50m:	38.22	38.22	150m:	2:09.80	47.49	250m:	3:45.61	49.52	350m:	5:18.83	41.69
	100m:	1:22.31	44.09	200m:	2:56.09	46.29	300m:	4:37.14	51.53	400m:	5:59.13	40.30
2.	SPINA, Isabella			11	Club de natation Saint-Laurent				5:59.97	392	CE	
	50m:	38.57	38.57	150m:	2:11.22	47.95	250m:	3:46.19	47.28	350m:	5:18.69	42.51
	100m:	1:23.27	44.70	200m:	2:58.91	47.69	300m:	4:36.18	49.99	400m:	5:59.97	41.28
3.	AMBROSONE, Aria			11	Beaconsfield Bluefins				6:28.37	312	CE	
	50m:	40.34	40.34	150m:	2:17.44	48.74	250m:	4:04.05	57.63	350m:	5:46.21	42.28
	100m:	1:28.70	48.36	200m:	3:06.42	48.98	300m:	5:03.93	59.88	400m:	6:28.37	42.16
4.	SOUEIDAN, Katryna			11	Club de natation Saint-Laurent				6:31.41	305	CE	
	50m:	40.03	40.03	150m:	2:19.26	52.03	250m:	4:06.01		350m:	5:49.31	45.32
	100m:	1:27.23	47.20	200m:			300m:	5:03.99	57.98	400m:	6:31.41	42.10
5.	DI LAURO, Delfina			12	Pointe-Claire Swim Club				6:36.34	294	CE	
	50m:	39.66	39.66	150m:	2:19.83	49.67	250m:	4:05.20	56.40	350m:	5:50.20	46.50
	100m:	1:30.16	50.50	200m:	3:08.80	48.97	300m:	5:03.70	58.50	400m:	6:36.34	46.14
6.	BENSON, Allison			12	Beaconsfield Bluefins				6:37.19	292	CE	
	50m:	43.43	43.43	150m:	2:27.99	53.38	250m:	4:10.08	49.75	350m:	5:49.96	48.80
	100m:	1:34.61	51.18	200m:	3:20.33	52.34	300m:	5:01.16	51.08	400m:	6:37.19	47.23
7.	BOUDREAU, Mila			12	Beaconsfield Bluefins				6:40.36	285	CE	
	50m:	42.25	42.25	150m:	2:26.19	52.67	250m:	4:15.71	56.49	350m:	5:58.72	45.46
	100m:	1:33.52	51.27	200m:	3:19.22	53.03	300m:	5:13.26	57.55	400m:	6:40.36	41.64
8.	BINNING, Abigail			12	Beaconsfield Bluefins				6:48.60	268	CE	
	50m:	41.88	41.88	150m:	2:25.31	49.05	250m:	4:20.19	1:03.97	350m:	6:06.46	43.03
	100m:	1:36.26	54.38	200m:	3:16.22	50.91	300m:	5:23.43	1:03.24	400m:	6:48.60	42.14
9.	SABERI, Ariana			11	Beaconsfield Bluefins				6:54.91	256	CE	
	50m:	41.01	41.01	150m:	2:30.55	1:00.79	250m:	4:27.73	1:01.36	350m:	6:13.39	43.47
	100m:	1:29.76	48.75	200m:	3:26.37	55.82	300m:	5:29.92	1:02.19	400m:	6:54.91	41.52
10.	XIONG, Yuqi			11	Pointe-Claire Swim Club				6:55.02	256	CE	
	50m:	46.74	46.74	150m:	2:38.81	51.39	250m:	4:25.87	57.46	350m:	6:09.69	46.09
	100m:	1:47.42	1:00.68	200m:	3:28.41	49.60	300m:	5:23.60	57.73	400m:	6:55.02	45.33
11.	MARCU, Eva			11	Beaconsfield Bluefins				7:02.43	243	CE	
	50m:	49.06	49.06	150m:	2:39.41	50.99	250m:	4:28.19	57.78	350m:	6:17.07	48.51
	100m:	1:48.42	59.36	200m:	3:30.41	51.00	300m:	5:28.56	1:00.37	400m:	7:02.43	45.36
12.	MCLAREN, Olivia			12	Pointe-Claire Swim Club				7:03.92	240	CE	
	50m:	47.94	47.94	150m:	2:40.96	49.83	250m:	4:33.63	1:01.51	350m:	6:21.91	47.46
	100m:	1:51.13	1:03.19	200m:	3:32.12	51.16	300m:	5:34.45	1:00.82	400m:	7:03.92	42.01
13.	DURIAU, Beatrice			12	Beaconsfield Bluefins				7:04.72	239	CE	
	50m:	43.61	43.61	150m:	2:32.14	54.25	250m:	4:27.69	1:04.47	350m:	6:19.84	47.55
	100m:	1:37.89	54.28	200m:	3:23.22	51.08	300m:	5:32.29	1:04.60	400m:	7:04.72	44.88
14.	CERCHEZ, Adelina			12	Beaconsfield Bluefins				7:16.23	220		
	50m:	42.50	42.50	150m:	2:35.11	59.74	250m:	4:36.26	1:02.33	350m:	6:28.57	49.63
	100m:	1:35.37	52.87	200m:	3:33.93	58.82	300m:	5:38.94	1:02.68	400m:	7:16.23	47.66

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Event 157, Women, 400m Medley

13 - 14 years

1.	LY, Mia Mei		14	Pointe-Claire Swim Club		5:41.10	461	CE
	50m: 35.79	35.79	150m: 2:03.61	43.05	250m: 3:36.44	49.40	350m: 5:03.73	37.75
	100m: 1:20.56	44.77	200m: 2:47.04	43.43	300m: 4:25.98	49.54	400m: 5:41.10	37.37
2.	MARTINEZ, Valentina		14	Pointe-Claire Swim Club		5:53.34	415	CE
	50m: 36.31	36.31	150m: 2:03.29	44.95	250m: 3:40.09	54.60	350m: 5:14.58	42.57
	100m: 1:18.34	42.03	200m: 2:45.49	42.20	300m: 4:32.01	51.92	400m: 5:53.34	38.76
3.	LU, Melissa		13	Pointe-Claire Swim Club		5:58.53	397	CE
	50m: 42.67	42.67	150m: 2:18.18	46.34	250m: 3:51.40	49.44	350m: 5:20.35	39.54
	100m: 1:31.84	49.17	200m: 3:01.96	43.78	300m: 4:40.81	49.41	400m: 5:58.53	38.18
4.	CUI, Yi		14	Pointe-Claire Swim Club		6:04.15	379	CE
	50m: 34.64	34.64	150m: 2:05.71	46.96	250m: 3:46.96	53.62	350m: 5:23.14	41.36
	100m: 1:18.75	44.11	200m: 2:53.34	47.63	300m: 4:41.78	54.82	400m: 6:04.15	41.01
5.	ZHANG, Ruoxi		14	Pointe-Claire Swim Club		6:12.17	355	CE
	50m: 36.98	36.98	150m: 2:13.58	48.95	250m: 3:52.50	53.99	350m: 5:31.82	43.83
	100m: 1:24.63	47.65	200m: 2:58.51	44.93	300m: 4:47.99	55.49	400m: 6:12.17	40.35
6.	TUFF, Adara		13	Beaconsfield Bluefins		6:17.77	339	CE
	50m: 38.84	38.84	150m: 2:15.78	48.12	250m: 3:57.61	53.99	350m: 5:36.30	41.95
	100m: 1:27.66	48.82	200m: 3:03.62	47.84	300m: 4:54.35	56.74	400m: 6:17.77	41.47
7.	ROBINSON, Jasmine		14	Pointe-Claire Swim Club		6:25.11	320	CE
	50m: 40.80	40.80	150m: 2:20.34	47.13	250m: 4:03.82	55.89	350m: 5:41.85	43.98
	100m: 1:33.21	52.41	200m: 3:07.93	47.59	300m: 4:57.87	54.05	400m: 6:25.11	43.26
8.	SCIANNAMBLO, Emmalie		13	Beaconsfield Bluefins		6:46.92	271	
	50m: 39.91	39.91	150m:		250m: 4:18.90	58.62	350m: 6:02.65	45.77
	100m: 1:33.32	53.41	200m: 3:20.28		300m: 5:16.88	57.98	400m: 6:46.92	44.27
9.	BERTRAND-BOUGIE, June		13	Beaconsfield Bluefins		6:48.60	268	
	50m: 44.38	44.38	150m: 2:30.87	52.67	250m: 4:22.38	59.72	350m: 6:06.70	43.25
	100m: 1:38.20	53.82	200m: 3:22.66	51.79	300m: 5:23.45	1:01.07	400m: 6:48.60	41.90
10.	ELIAS, Penelope		13	Beaconsfield Bluefins		6:51.88	262	
	50m: 45.83	45.83	150m: 2:36.86	56.02	250m: 4:25.84	55.99	350m: 6:08.99	43.84
	100m: 1:40.84	55.01	200m: 3:29.85	52.99	300m: 5:25.15	59.31	400m: 6:51.88	42.89
11.	WANG, Ziyue		14	Beaconsfield Bluefins		6:56.50	253	
	50m: 42.17	42.17	150m: 2:29.03	53.12	250m: 4:19.87	59.20	350m: 6:10.58	46.57
	100m: 1:35.91	53.74	200m: 3:20.67	51.64	300m: 5:24.01	1:04.14	400m: 6:56.50	45.92
12.	LAUZON, Brielle		14	Pointe-Claire Swim Club		7:04.60	239	
	50m: 46.52	46.52	150m: 2:39.19	57.25	250m: 4:32.63	1:00.56	350m: 6:19.08	48.50
	100m: 1:41.94	55.42	200m: 3:32.07	52.88	300m: 5:30.58	57.95	400m: 7:04.60	45.52

15 years and older

1.	WRONA, Sophie		17	UNATTACHED		6:05.18	376	CE
	50m: 30.31	30.31	150m: 2:09.69	50.43	250m: 3:50.76	53.08	350m: 5:25.09	40.30
	100m: 1:19.26	48.95	200m: 2:57.68	47.99	300m: 4:44.79	54.03	400m: 6:05.18	40.09
2.	NAUTH, Marianne		15	Beaconsfield Bluefins		6:42.77	280	
	50m: 40.16	40.16	150m: 2:17.57	52.33	250m: 4:08.59	1:03.48	350m: 5:55.57	46.38
	100m: 1:25.24	45.08	200m: 3:05.11	47.54	300m: 5:09.19	1:00.60	400m: 6:42.77	47.20
3.	MERCURI, Mackenzie		15	Beaconsfield Bluefins		6:47.37	271	
	50m: 42.23	42.23	150m: 2:27.02	50.89	250m: 4:17.10	56.01	350m: 6:02.35	47.78
	100m: 1:36.13	53.90	200m: 3:21.09	54.07	300m: 5:14.57	57.47	400m: 6:47.37	45.02

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Event 157, Women, 400m Medley, 15 years and older

Rank							Age					Time	Pts
4.	HERBERT, Alexia						15	Beaconsfield Bluefins				7:09.38	231
	50m:	45.36	45.36	150m:	2:40.53	56.25	250m:	4:34.12	59.25	350m:	6:21.81	48.60	
	100m:	1:44.28	58.92	200m:	3:34.87	54.34	300m:	5:33.21	59.09	400m:	7:09.38	47.57	