

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

Event 158

Men, 400m Medley

11 years and older

2026-03-15 - 13:53

Results

Coupe Espoir - 12: 6:54.22; 13: 6:28.86; 14: 6:06.32; 15: 5:55.05; 16: 5:46.59; 17: 5:40.96

Points: AQUA 2026

Rank				Age					Time	Pts		
<b>11 - 12 years</b>												
1.	BINDER-LABROSSE, Liam			12	Pointe-Claire Swim Club				<b>5:55.37</b>	317	CE	
	50m:	37.20	37.20	150m:	2:06.55	44.16	250m:	3:43.21	52.62	350m:	5:16.85	39.59
	100m:	1:22.39	45.19	200m:	2:50.59	44.04	300m:	4:37.26	54.05	400m:	5:55.37	38.52
2.	TABBARAH, Ibrahim Adam			11	Club de natation Saint-Laurent				<b>6:23.41</b>	253	CE	
	50m:	43.00	43.00	150m:	2:20.64	47.86	250m:	4:03.36	54.94	350m:	5:43.04	43.14
	100m:	1:32.78	49.78	200m:	3:08.42	47.78	300m:	4:59.90	56.54	400m:	6:23.41	40.37
3.	KANG-AUGER, Cedric			12	Club de natation Saint-Laurent				<b>6:25.30</b>	249	CE	
	50m:	41.42	41.42	150m:	2:17.42	45.25	250m:	4:00.58	56.64	350m:	5:42.66	43.26
	100m:	1:32.17	50.75	200m:	3:03.94	46.52	300m:	4:59.40	58.82	400m:	6:25.30	42.64
4.	LI, Vincent			12	Club de natation Saint-Laurent				<b>6:25.60</b>	248	CE	
	50m:	42.82	42.82	150m:	2:24.19	47.71	250m:	4:06.49	54.05	350m:	5:44.30	42.66
	100m:	1:36.48	53.66	200m:	3:12.44	48.25	300m:	5:01.64	55.15	400m:	6:25.60	41.30
5.	CHANG, Cheng Yen			12	Pointe-Claire Swim Club				<b>6:29.42</b>	241	CE	
	50m:	38.95	38.95	150m:	2:23.64	51.53	250m:	4:05.90	52.60	350m:	5:47.26	44.91
	100m:	1:32.11	53.16	200m:	3:13.30	49.66	300m:	5:02.35	56.45	400m:	6:29.42	42.16
6.	AYOUB, Julian			11	Pointe-Claire Swim Club				<b>6:30.75</b>	239	CE	
	50m:	44.15	44.15	150m:	2:30.75	50.53	250m:	4:13.05	51.86	350m:	5:49.61	42.20
	100m:	1:40.22	56.07	200m:	3:21.19	50.44	300m:	5:07.41	54.36	400m:	6:30.75	41.14
7.	ROBERTS, Jacob			11	Pointe-Claire Swim Club				<b>6:35.74</b>	230	CE	
	50m:	40.26	40.26	150m:	2:23.05	51.46	250m:	4:09.58	56.10	350m:	5:52.72	45.30
	100m:	1:31.59	51.33	200m:	3:13.48	50.43	300m:	5:07.42	57.84	400m:	6:35.74	43.02
8.	LIU, Victor			12	Pointe-Claire Swim Club				<b>6:41.61</b>	220	CE	
	50m:	42.89	42.89	150m:	2:27.91	51.92	250m:	4:13.43	54.74	350m:	5:55.03	45.00
	100m:	1:35.99	53.10	200m:	3:18.69	50.78	300m:	5:10.03	56.60	400m:	6:41.61	46.58
9.	GOLDEN, Liam			12	Beaconsfield Bluefins				<b>6:58.36</b>	194		
	50m:	44.04	44.04	150m:	2:29.42	54.49	250m:	4:21.60	59.44	350m:	6:11.80	48.15
	100m:	1:34.93	50.89	200m:	3:22.16	52.74	300m:	5:23.65	1:02.05	400m:	6:58.36	46.56
10.	MCSWEENY, Ethan			11	Pointe-Claire Swim Club				<b>7:04.95</b>	185		
	50m:	50.16	50.16	150m:	2:43.24	58.31	250m:	4:37.46	59.19	350m:	6:22.63	46.06
	100m:	1:44.93	54.77	200m:	3:38.27	55.03	300m:	5:36.57	59.11	400m:	7:04.95	42.32
11.	MACIAGOWSKI, Leonard			12	Beaconsfield Bluefins				<b>7:06.78</b>	183		
	50m:	42.19	42.19	150m:	2:29.56	50.83	250m:	4:23.54	1:01.20	350m:	6:21.91	50.86
	100m:	1:38.73	56.54	200m:	3:22.34	52.78	300m:	5:31.05	1:07.51	400m:	7:06.78	44.87
DNS	PETRESCU, Nicolas			11	Beaconsfield Bluefins							
<b>13 - 14 years</b>												
1.	NIKITIN, Philippe Charles			14	Pointe-Claire Swim Club				<b>5:10.59</b>	475	CE	
	50m:	31.25	31.25	150m:	1:48.40	39.77	250m:	3:13.13	45.33	350m:	4:36.30	37.11
	100m:	1:08.63	37.38	200m:	2:27.80	39.40	300m:	3:59.19	46.06	400m:	5:10.59	34.29
2.	PAQUETTE, Olivier			14	Pointe-Claire Swim Club				<b>5:14.67</b>	457	CE	
	50m:	32.43	32.43	150m:	1:51.70	40.28	250m:	3:17.83	46.56	350m:	4:40.21	36.29
	100m:	1:11.42	38.99	200m:	2:31.27	39.57	300m:	4:03.92	46.09	400m:	5:14.67	34.46

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

Event 158, Boys, 400m Medley, 13 - 14 years

Rank					Age					Time	Pts	
3.	RICCI, Adriano				13	Pointe-Claire Swim Club				<b>5:23.65</b>	420	CE
	50m:	32.44	32.44	150m:	1:53.70	42.66	250m:	3:21.84	47.51	350m:	4:47.61	37.09
	100m:	1:11.04	38.60	200m:	2:34.33	40.63	300m:	4:10.52	48.68	400m:	5:23.65	36.04
4.	BOUDREAU, Owen				14	Beaconsfield Bluefins				<b>5:27.56</b>	405	CE
	50m:	33.13	33.13	150m:	1:55.13	42.47	250m:	3:25.95	45.89	350m:	4:50.97	38.18
	100m:	1:12.66	39.53	200m:	2:40.06	44.93	300m:	4:12.79	46.84	400m:	5:27.56	36.59
5.	BAI, Yifan				14	Pointe-Claire Swim Club				<b>5:40.14</b>	362	CE
	50m:	33.52	33.52	150m:	1:58.68	44.77	250m:	3:35.01	52.91	350m:	5:04.72	36.88
	100m:	1:13.91	40.39	200m:	2:42.10	43.42	300m:	4:27.84	52.83	400m:	5:40.14	35.42
6.	FAN, Ryan				14	Pointe-Claire Swim Club				<b>5:40.60</b>	360	CE
	50m:	34.41	34.41	150m:	1:59.65	45.38	250m:	3:35.56	50.56	350m:	5:03.33	37.78
	100m:	1:14.27	39.86	200m:	2:45.00	45.35	300m:	4:25.55	49.99	400m:	5:40.60	37.27
7.	AMBROSONE, Karson				13	Beaconsfield Bluefins				<b>5:46.92</b>	341	CE
	50m:	34.95	34.95	150m:	2:03.58	42.93	250m:	3:38.98	52.95	350m:	5:09.47	38.48
	100m:	1:20.65	45.70	200m:	2:46.03	42.45	300m:	4:30.99	52.01	400m:	5:46.92	37.45
8.	CARLSEN, Zackary				13	Beaconsfield Bluefins				<b>6:22.43</b>	254	CE
	50m:	34.42	34.42	150m:	2:10.21	49.28	250m:	3:59.29	58.93	350m:	5:40.00	42.48
	100m:	1:20.93	46.51	200m:	3:00.36	50.15	300m:	4:57.52	58.23	400m:	6:22.43	42.43
9.	RANDLE, Wesley				13	Beaconsfield Bluefins				<b>6:33.71</b>	233	
	50m:	36.40	36.40	150m:	2:15.56	50.08	250m:	4:01.99	56.37	350m:	5:48.44	47.80
	100m:	1:25.48	49.08	200m:	3:05.62	50.06	300m:	5:00.64	58.65	400m:	6:33.71	45.27
10.	XU, Zhile				13	Beaconsfield Bluefins				<b>6:34.61</b>	232	
	50m:	43.93	43.93	150m:	2:27.06	48.45	250m:	4:09.32	55.33	350m:	5:49.98	43.47
	100m:	1:38.61	54.68	200m:	3:13.99	46.93	300m:	5:06.51	57.19	400m:	6:34.61	44.63
11.	EMELCIUC, Daniel				13	Beaconsfield Bluefins				<b>6:38.59</b>	225	
	50m:	42.63	42.63	150m:	2:32.65	55.97	250m:	4:16.51	49.84	350m:	5:55.64	44.71
	100m:	1:36.68	54.05	200m:	3:26.67	54.02	300m:	5:10.93	54.42	400m:	6:38.59	42.95
DNS	YU, Haiyang				13	Beaconsfield Bluefins						

15 years and older

1.	ZWEIG, Harley				15	C.N. Dollard-des-Ormeaux				<b>5:19.87</b>	435	CE
	50m:	33.43	33.43	150m:	1:50.65	40.87	250m:	3:18.36	46.68	350m:	4:43.53	36.79
	100m:	1:09.78	36.35	200m:	2:31.68	41.03	300m:	4:06.74	48.38	400m:	5:19.87	36.34
2.	GAO, Simon				15	Club de natation Saint-Laurent				<b>5:22.26</b>	426	CE
	50m:	32.32	32.32	150m:	1:53.39	43.03	250m:	3:22.65	46.49	350m:	4:46.61	36.72
	100m:	1:10.36	38.04	200m:	2:36.16	42.77	300m:	4:09.89	47.24	400m:	5:22.26	35.65
3.	ZHANG, Zhenru				15	Pointe-Claire Swim Club				<b>5:33.43</b>	384	CE
	50m:	31.79	31.79	150m:	1:53.60	42.56	250m:	3:25.63	50.02	350m:	4:55.48	39.06
	100m:	1:11.04	39.25	200m:	2:35.61	42.01	300m:	4:16.42	50.79	400m:	5:33.43	37.95
4.	LI, Yuan Di				15	Beaconsfield Bluefins				<b>5:54.11</b>	321	CE
	50m:	35.50	35.50	150m:	2:02.99	44.96	250m:	3:39.52	54.05	350m:	5:16.31	40.99
	100m:	1:18.03	42.53	200m:	2:45.47	42.48	300m:	4:35.32	55.80	400m:	5:54.11	37.80
DNS	KAMGAING OLOMO, Gil Landry				16	C.N. Dollard-des-Ormeaux						