

Epreuve 10  
2026-04-10 - 17:00

Filles, 400m 4 nages

17 ans et moins  
Liste résultats

Quebec Provincial Age Group Records 17	4:26.42	HARVEY, Mary-Sophie	NN	Toronto	2016-12-16
Quebec Provincial Age Group Records 16	4:43.26	HARVEY, Mary-Sophie	NN	Trois-Rivieres	2016-04-30
Quebec Provincial Age Group Records 15	4:45.29	HORNER, Stephanie	BBF	Trois-Rivieres	2005-02-27
Quebec Provincial Age Group Records 14	4:40.94	HARVEY, Mary-Sophie	MEGO	Tualatin Hills (USA)	2013-12-13
Quebec Provincial Age Group Records 13	4:50.54	BACCUS, Bianca	PCSC	Quebec	2025-11-28
Quebec Provincial Age Group Records - 124	57.89	HARVEY, Mary-Sophie	MEGO	Trois-Rivieres	2012-04-21
Canadian Age Group Records 15 - 17	4:21.49	MCINTOSH, Summer	UNCAN	Toronto	2022-10-29
Canadian Age Group Records 13 - 14	4:38.16	MCINTOSH, Summer	ESWIM	Toronto	2019-12-13
Canadian Age Group Records 11 - 12	4:47.00	TAGHAVI, Shima	HYACK	Toronto	2024-12-13

Coupe Québec standard A - 16: 5:12.48 / Coupe Québec standard B 17 +: 5:49.50

Points: AQUA 2025

Rang	Age				Temps	Pts
<b>13 ans et moins</b>						
1.	<b>BOUHAREVICH, Olivia</b>				<b>5:21.15</b>	<b>503</b>
	50m: 33.35	33.35	150m: 1:54.06	41.23	250m: 3:19.75	45.36
	100m: 1:12.83	39.48	200m: 2:34.39	40.33	300m: 4:06.01	46.26
					350m: 4:44.65	38.64
					400m: 5:21.15	36.50
2.	<b>BEAUDOIN, Olivia</b>				<b>5:23.42</b>	<b>492</b>
	50m: 32.90	32.90	150m: 1:52.31	39.54	250m: 3:19.78	48.18
	100m: 1:12.77	39.87	200m: 2:31.60	39.29	300m: 4:09.18	49.40
					350m: 4:46.96	37.78
					400m: 5:23.42	36.46
3.	<b>CÔTÉ, Alexie</b>				<b>5:25.20</b>	<b>484</b>
	50m: 33.06	33.06	150m: 1:54.85	42.63	250m: 3:22.15	45.99
	100m: 1:12.22	39.16	200m: 2:36.16	41.31	300m: 4:09.55	47.40
					350m: 4:48.10	38.55
					400m: 5:25.20	37.10
4.	<b>BEAUCHAMP, Marie</b>				<b>5:29.06</b>	<b>467</b>
	50m: 37.60	37.60	150m: 1:58.63	39.82	250m: 3:27.09	48.35
	100m: 1:18.81	41.21	200m: 2:38.74	40.11	300m: 4:16.51	49.42
					350m: 4:53.04	36.53
					400m: 5:29.06	36.02
5.	<b>SENEZ BARCENAS, Eugénie Elma</b>				<b>5:32.02</b>	<b>455</b>
	50m: 35.20	35.20	150m: 1:56.17	40.48	250m: 3:25.18	48.47
	100m: 1:15.69	40.49	200m: 2:36.71	40.54	300m: 4:15.65	50.47
					350m: 4:55.02	39.37
					400m: 5:32.02	37.00
6.	<b>LABBÉ, Laurence</b>				<b>5:33.50</b>	<b>449</b>
	50m: 35.30	35.30	150m: 1:59.87	42.46	250m: 3:30.14	48.85
	100m: 1:17.41	42.11	200m: 2:41.29	41.42	300m: 4:19.98	49.84
					350m: 4:57.52	37.54
					400m: 5:33.50	35.98
7.	<b>DION, Callie</b>				<b>5:35.93</b>	<b>439</b>
	50m: 35.59	35.59	150m: 2:02.02	43.77	250m: 3:32.42	47.73
	100m: 1:18.25	42.66	200m: 2:44.69	42.67	300m: 4:19.58	47.16
					350m: 4:59.31	39.73
					400m: 5:35.93	36.62
8.	<b>SPINA, Isabella</b>				<b>5:44.95</b>	<b>406</b>
	50m: 36.72	36.72	150m: 2:04.31	45.25	250m: 3:35.87	46.51
	100m: 1:19.06	42.34	200m: 2:49.36	45.05	300m: 4:23.95	48.08
					350m: 5:05.09	41.14
					400m: 5:44.95	39.86
9.	<b>BOURNE, Cassandra</b>				<b>5:48.54</b>	<b>393</b>
	50m: 37.64	37.64	150m: 2:07.64	45.98	250m: 3:40.97	47.22
	100m: 1:21.66	44.02	200m: 2:53.75	46.11	300m: 4:30.70	49.73
					350m: 5:11.73	41.03
					400m: 5:48.54	36.81
10.	<b>DESJARDINS, Emily</b>				<b>5:50.70</b>	<b>386</b>
	50m: 37.24	37.24	150m: 2:06.36	44.79	250m: 3:44.07	52.72
	100m: 1:21.57	44.33	200m: 2:51.35	44.99	300m: 4:35.31	51.24
					350m: 5:14.07	38.76
					400m: 5:50.70	36.63
11.	<b>CHUNG, Emma</b>				<b>5:50.73</b>	<b>386</b>
	50m: 38.93	38.93	150m: 2:05.95	43.67	250m: 3:41.90	53.28
	100m: 1:22.28	43.35	200m: 2:48.62	42.67	300m: 4:32.57	50.67
					350m: 5:11.89	39.32
					400m: 5:50.73	38.84
12.	<b>SAYEGH, Florence</b>				<b>5:51.80</b>	<b>382</b>
	50m: 37.77	37.77	150m: 2:06.52	43.54	250m: 3:41.57	52.57
	100m: 1:22.98	45.21	200m: 2:49.00	42.48	300m: 4:34.97	53.40
					350m: 5:14.34	39.37
					400m: 5:51.80	37.46

Epreuve 10, Filles, 400m 4 nages, 13 ans et moins

Rang					Age					Temps	Pts	
13.	PATRUTIU, Anna				10	Natation Gatineau				<b>5:54.34</b>	374	
	50m:	39.37	39.37	150m:	2:12.06	46.77	250m:	3:46.57	50.37	350m:	5:17.60	40.37
	100m:	1:25.29	45.92	200m:	2:56.20	44.14	300m:	4:37.23	50.66	400m:	5:54.34	36.74
14.	BÉLANGER, Laurence				13	Club Aquatique Charlesbourg				<b>5:59.11</b>	360	
	50m:	40.93	40.93	150m:	2:15.41	45.51	250m:	3:48.44	50.01	350m:	5:19.95	40.68
	100m:	1:29.90	48.97	200m:	2:58.43	43.02	300m:	4:39.27	50.83	400m:	5:59.11	39.16
15.	TUFF, Adara				13	Beaconsfield Bluefins				<b>6:00.94</b>	354	
	50m:	38.06	38.06	150m:	2:09.10	46.23	250m:	3:45.79	52.24	350m:	5:20.38	42.31
	100m:	1:22.87	44.81	200m:	2:53.55	44.45	300m:	4:38.07	52.28	400m:	6:00.94	40.56
16.	ESPOSITO, Sophie				13	C.N. Dollard-des-Ormeaux				<b>6:06.05</b>	339	
	50m:	37.78	37.78	150m:	2:09.99	45.64	250m:	3:50.30	54.82	350m:	5:26.13	41.68
	100m:	1:24.35	46.57	200m:	2:55.48	45.49	300m:	4:44.45	54.15	400m:	6:06.05	39.92
17.	MATTEAU, Florence				12	Côte-des-Neiges Notre-Dame-de-				<b>6:09.78</b>	329	
	50m:	40.32	40.32	150m:	2:18.01	48.09	250m:	3:56.11	49.22	350m:	5:29.21	42.91
	100m:	1:29.92	49.60	200m:	3:06.89	48.88	300m:	4:46.30	50.19	400m:	6:09.78	40.57
18.	LEE, Hana				12	Côte-des-Neiges Notre-Dame-de-				<b>6:15.25</b>	315	
	50m:	42.23	42.23	150m:	2:21.94	48.46	250m:	4:02.42	53.53	350m:	5:33.81	40.43
	100m:	1:33.48	51.25	200m:	3:08.89	46.95	300m:	4:53.38	50.96	400m:	6:15.25	41.44
19.	SEHIL, Zeyneb				12	C.N. Dollard-des-Ormeaux				<b>6:24.30</b>	293	
	50m:	42.77	42.77	150m:	2:22.94	47.71	250m:	4:02.12	50.18	350m:	5:39.96	45.84
	100m:	1:35.23	52.46	200m:	3:11.94	49.00	300m:	4:54.12	52.00	400m:	6:24.30	44.34
20.	SABERI, Ariana				11	Beaconsfield Bluefins				<b>6:24.91</b>	292	
	50m:	40.34	40.34	150m:	2:19.12	53.60	250m:	4:04.93	56.44	350m:	5:44.87	43.31
	100m:	1:25.52	45.18	200m:	3:08.49	49.37	300m:	5:01.56	56.63	400m:	6:24.91	40.04
21.	BOUDREAU, Mila				12	Beaconsfield Bluefins				<b>6:25.95</b>	290	
	50m:	43.45	43.45	150m:	2:22.14	50.11	250m:	4:07.85	55.31	350m:	5:46.40	42.18
	100m:	1:32.03	48.58	200m:	3:12.54	50.40	300m:	5:04.22	56.37	400m:	6:25.95	39.55
22.	ZEMOURI, Luna				11	Côte-des-Neiges Notre-Dame-de-				<b>6:33.31</b>	274	
	50m:	42.64	42.64	150m:	2:24.89	48.51	250m:	4:07.58	55.17	350m:	5:48.08	44.23
	100m:	1:36.38	53.74	200m:	3:12.41	47.52	300m:	5:03.85	56.27	400m:	6:33.31	45.23
23.	BISSADA, Julia				11	Côte-des-Neiges Notre-Dame-de-				<b>6:54.82</b>	233	
	50m:	47.95	47.95	150m:	2:38.37	54.14	250m:	4:27.81	57.71	350m:	6:10.57	45.61
	100m:	1:44.23	56.28	200m:	3:30.10	51.73	300m:	5:24.96	57.15	400m:	6:54.82	44.25
24.	MARCU, Eva				11	Beaconsfield Bluefins				<b>6:57.20</b>	229	
	50m:	48.84	48.84	150m:	2:36.28	50.66	250m:	4:25.40	1:00.62	350m:	6:12.25	48.06
	100m:	1:45.62	56.78	200m:	3:24.78	48.50	300m:	5:24.19	58.79	400m:	6:57.20	44.95
disq.	AUBIN, Naomie				12	Club De Natation Sherbrooke						
disq.	LAWTON, Michelle				11	Beaconsfield Bluefins						

14 - 15 ans

1.	DION, Chloe				15	C.N. Dollard-des-Ormeaux				<b>5:16.62</b>	525	
	50m:	34.16	34.16	150m:	1:54.53	42.38	250m:	3:20.28	44.99	350m:	4:41.13	35.65
	100m:	1:12.15	37.99	200m:	2:35.29	40.76	300m:	4:05.48	45.20	400m:	5:16.62	35.49
2.	LINDSAY, Estelle				14	Rouge et Or/Université Laval				<b>5:29.93</b>	464	
	50m:	34.51	34.51	150m:	1:57.56	43.02	250m:	3:25.59	46.81	350m:	4:52.94	39.36
	100m:	1:14.54	40.03	200m:	2:38.78	41.22	300m:	4:13.58	47.99	400m:	5:29.93	36.99
3.	LOISELLE, Camille				15	club aquatique st-eustache				<b>5:30.62</b>	461	
	50m:	33.86	33.86	150m:	1:55.78	42.18	250m:	3:24.27	47.35	350m:	4:52.07	39.60
	100m:	1:13.60	39.74	200m:	2:36.92	41.14	300m:	4:12.47	48.20	400m:	5:30.62	38.55

Epreuve 10, Filles, 400m 4 nages, 14 - 15 ans

Rang				Age					Temps	Pts		
4.	CHEVALIER, Eva			15	Club Aquatique Charlesbourg				<b>5:36.40</b>	438		
	50m:	34.86	34.86	150m:	1:59.53	44.90	250m:	3:32.60	48.67	350m:	5:00.25	38.72
	100m:	1:14.63	39.77	200m:	2:43.93	44.40	300m:	4:21.53	48.93	400m:	5:36.40	36.15
5.	PAQUETTE, Florence			14	Club De Natation Sherbrooke				<b>5:37.47</b>	433		
	50m:	35.30	35.30	150m:	1:58.55	42.39	250m:	3:28.82	48.39	350m:	4:58.64	39.30
	100m:	1:16.16	40.86	200m:	2:40.43	41.88	300m:	4:19.34	50.52	400m:	5:37.47	38.83
6.	ROAN, Chloe			15	Côte-des-Neiges Notre-Dame-de-				<b>5:40.84</b>	421		
	50m:	34.89	34.89	150m:	1:59.18	43.73	250m:	3:33.37	50.76	350m:	5:02.10	38.70
	100m:	1:15.45	40.56	200m:	2:42.61	43.43	300m:	4:23.40	50.03	400m:	5:40.84	38.74
7.	SAVARD-FORGET, Rose			14	Nsh				<b>5:41.30</b>	419		
	50m:	37.49	37.49	150m:	2:06.07	45.02	250m:	3:36.95	48.52	350m:	5:04.91	38.40
	100m:	1:21.05	43.56	200m:	2:48.43	42.36	300m:	4:26.51	49.56	400m:	5:41.30	36.39
8.	TOVAR QUINTANA, Andrea			15	Club Aquatique Charlesbourg				<b>5:49.34</b>	391		
	50m:	34.51	34.51	150m:	2:03.74	46.71	250m:	3:38.34	49.42	350m:	5:10.54	41.41
	100m:	1:17.03	42.52	200m:	2:48.92	45.18	300m:	4:29.13	50.79	400m:	5:49.34	38.80
9.	DESCENT, Audrey			14	C.N. Dollard-des-Ormeaux				<b>5:52.24</b>	381		
	50m:	37.79	37.79	150m:	2:09.80	42.51	250m:	3:43.74	52.03	350m:	5:14.52	39.00
	100m:	1:27.29	49.50	200m:	2:51.71	41.91	300m:	4:35.52	51.78	400m:	5:52.24	37.72
10.	LABBÉ, Mathilde			14	Nsh				<b>5:52.59</b>	380		
	50m:	35.36	35.36	150m:	2:03.39	43.81	250m:	3:36.82	51.29	350m:	5:11.41	42.11
	100m:	1:19.58	44.22	200m:	2:45.53	42.14	300m:	4:29.30	52.48	400m:	5:52.59	41.18
11.	KOTB, Salma			14	C.N. Dollard-des-Ormeaux				<b>5:55.53</b>	371		
	50m:	35.22	35.22	150m:	2:03.86	46.15	250m:	3:41.60	52.26	350m:	5:16.03	41.71
	100m:	1:17.71	42.49	200m:	2:49.34	45.48	300m:	4:34.32	52.72	400m:	5:55.53	39.50
12.	HO, Chloe			14	Côte-des-Neiges Notre-Dame-de-				<b>6:03.86</b>	346		
	50m:	38.59	38.59	150m:	2:10.27	45.45	250m:	3:48.07	52.28	350m:	5:24.73	42.78
	100m:	1:24.82	46.23	200m:	2:55.79	45.52	300m:	4:41.95	53.88	400m:	6:03.86	39.13
13.	COROVINA, Elizaveta			14	Cote Saint-Luc Aquatics				<b>6:07.59</b>	335		
	50m:	38.06	38.06	150m:	2:10.80	45.77	250m:	3:50.36	55.62	350m:	5:27.49	40.99
	100m:	1:25.03	46.97	200m:	2:54.74	43.94	300m:	4:46.50	56.14	400m:	6:07.59	40.10
disq.	FORTIN, Flavie			14	Rouge et Or/Université Laval							

16 - 17 ans

1.	BROUILLARD, Camille			16	Club de natation Mégophias				<b>5:18.63</b>	515		
	50m:	33.58	33.58	150m:	1:55.59	43.12	250m:	3:19.00	41.54	350m:	4:41.27	39.73
	100m:	1:12.47	38.89	200m:	2:37.46	41.87	300m:	4:01.54	42.54	400m:	5:18.63	37.36
2.	LICTAOA, Mikha			16	Côte-des-Neiges Notre-Dame-de-				<b>5:31.59</b>	457		
	50m:			150m:	1:57.39	42.21	250m:	3:28.49	48.92	350m:	4:54.45	37.37
	100m:	1:15.18		200m:	2:39.57	42.18	300m:	4:17.08	48.59	400m:	5:31.59	37.14
3.	STESIN, Alice			16	Côte-des-Neiges Notre-Dame-de-				<b>5:42.89</b>	413		
	50m:	37.77	37.77	150m:	2:06.56	44.59	250m:	3:34.65	44.69	350m:	5:03.35	42.23
	100m:	1:21.97	44.20	200m:	2:49.96	43.40	300m:	4:21.12	46.47	400m:	5:42.89	39.54
4.	BOUCHARD, Marie			16	Rouge et Or/Université Laval				<b>5:51.96</b>	382		
	50m:	36.73	36.73	150m:	2:04.28	45.01	250m:	3:42.05	54.11	350m:	5:14.92	39.08
	100m:	1:19.27	42.54	200m:	2:47.94	43.66	300m:	4:35.84	53.79	400m:	5:51.96	37.04
5.	TASSE, Elizabeth			17	Cote Saint-Luc Aquatics				<b>5:55.60</b>	370		
	50m:	36.40	36.40	150m:	2:06.09	44.87	250m:	3:41.32	51.68	350m:	5:15.27	41.75
	100m:	1:21.22	44.82	200m:	2:49.64	43.55	300m:	4:33.52	52.20	400m:	5:55.60	40.33

Epreuve 10, Filles, 400m 4 nages

hc.	MASSICOTTE, Anabelle		16	Club de natation Mégophias		<b>5:06.90</b>	576					
	Qc A											
	50m:	32.62	32.62	150m:	1:52.07	40.94	250m:	3:14.06	42.16	350m:	4:32.76	35.56
	100m:	1:11.13	38.51	200m:	2:31.90	39.83	300m:	3:57.20	43.14	400m:	5:06.90	34.14
hc.	BEAUDOIN, Marie-Laurence		17	Rouge et Or/Université Laval		<b>5:09.34</b>	563					
	Qc B											
	50m:	32.20	32.20	150m:	1:49.66	40.48	250m:	3:15.09	45.02	350m:	4:35.38	34.84
	100m:	1:09.18	36.98	200m:	2:30.07	40.41	300m:	4:00.54	45.45	400m:	5:09.34	33.96
hc.	LETENDRE, Emma		16	Club De Natation Sherbrooke		<b>5:15.00</b>	533					
	50m:	32.81	32.81	150m:	1:50.82	39.35	250m:	3:14.09	45.09	350m:	4:38.26	37.84
	100m:	1:11.47	38.66	200m:	2:29.00	38.18	300m:	4:00.42	46.33	400m:	5:15.00	36.74