

Epreuve 15  
2026-04-11 - 17:00

Garçons, 400m 4 nages

17 ans et moins  
Liste résultats

Quebec Provincial Age Group Records 17	4:18.56	PAQUIN-FOISY, Etienne	ELITE	Toronto	2014-12-05
Quebec Provincial Age Group Records 16	4:22.15	GONZALEZ BARBOZA, Sebastian	CAMO	Montreal	2022-05-06
Quebec Provincial Age Group Records 15	4:26.93	DUBORD, Marshal	PPO	Tualatin Hills (USA)	2013-12-13
Quebec Provincial Age Group Records 14	4:31.15	DUBORD, Marshal	PPO	Pointe-Claire	2012-12-14
Quebec Provincial Age Group Records 13	4:45.52	BUSTAMANTE, Kevin	CAMO	Montreal	2007-12-16
Quebec Provincial Age Group Records - 124	54.20	ORIWOL, Tobias	PCSC	???	1998-03-01
Canadian Age Group Records 15 - 17	4:09.22	PRATT, Cole	CASC	Toronto	2019-12-13
Canadian Age Group Records 13 - 14	4:21.08	KIM, Laon	HYACK	Coquitlam	2022-11-13
Canadian Age Group Records 11 - 12	4:46.95	XU, Will	WSC	Victoria	2026-03-05

Coupe Québec standard A - 16: 4:50.41 / Coupe Québec standard B 17 +: 5:22.53

Points: AQUA 2025

Rang	Age	Temps	Pts					
<b>13 ans et moins</b>								
1.	LAPARÉ-THIBAUT, Éliott	13	club aquatique st-eustache	<b>5:07.35</b>	445			
	50m: 32.80 32.80	150m: 1:50.13	40.64	250m: 3:13.96	44.04	350m: 4:32.94	34.71	
	100m: 1:09.49	36.69	200m: 2:29.92	39.79	300m: 3:58.23	44.27	400m: 5:07.35	34.41
2.	LAGHNEJ, Mohamed Ali	13	C.N. Dollard-des-Ormeaux	<b>5:11.21</b>	429			
	50m: 31.58 31.58	150m: 1:48.39	40.27	250m: 3:14.05	45.09	350m: 4:34.80	35.77	
	100m: 1:08.12	36.54	200m: 2:28.96	40.57	300m: 3:59.03	44.98	400m: 5:11.21	36.41
3.	GENNARELLI, Liam	12	C.N. Dollard-des-Ormeaux	<b>5:19.01</b>	398			
	50m: 33.85 33.85	150m: 1:55.50	41.05	250m: 3:22.32	46.14	350m: 4:45.33	35.73	
	100m: 1:14.45	40.60	200m: 2:36.18	40.68	300m: 4:09.60	47.28	400m: 5:19.01	33.68
4.	OUELLET, Pierre-Louis	13	Les Dauphins de Rimouski	<b>5:20.40</b>	393			
	50m: 33.95 33.95	150m: 1:57.53	42.29	250m: 3:23.97	44.66	350m: 4:44.93	36.22	
	100m: 1:15.24	41.29	200m: 2:39.31	41.78	300m: 4:08.71	44.74	400m: 5:20.40	35.47
5.	COLOOS, Justin	13	club aquatique st-eustache	<b>5:25.91</b>	373			
	50m: 35.81 35.81	150m: 1:58.61	41.38	250m: 3:26.65	47.36	350m: 4:50.93	36.18	
	100m: 1:17.23	41.42	200m: 2:39.29	40.68	300m: 4:14.75	48.10	400m: 5:25.91	34.98
6.	BEAUDOIN, Nathan	12	C.N. Dollard-des-Ormeaux	<b>5:26.98</b>	370			
	50m: 34.49 34.49	150m: 1:59.23	44.30	250m: 3:27.57	43.95	350m: 4:50.24	37.64	
	100m: 1:14.93	40.44	200m: 2:43.62	44.39	300m: 4:12.60	45.03	400m: 5:26.98	36.74
7.	BIROLLEAU-SGARD, Sam	13	Natation Gatineau	<b>5:32.73</b>	351			
	50m: 34.00 34.00	150m: 1:56.15	42.57	250m: 3:26.70	48.57	350m: 4:55.36	38.25	
	100m: 1:13.58	39.58	200m: 2:38.13	41.98	300m: 4:17.11	50.41	400m: 5:32.73	37.37
8.	WU, ZeHui	13	Côte-des-Neiges Notre-Dame-de-	<b>5:34.14</b>	347			
	50m: 33.28 33.28	150m: 1:56.02	42.30	250m: 3:25.83	47.67	350m: 4:55.00	39.20	
	100m: 1:13.72	40.44	200m: 2:38.16	42.14	300m: 4:15.80	49.97	400m: 5:34.14	39.14
9.	DESBIENS, Gabriel	12	LMRL Rivière-du-Loup	<b>5:38.36</b>	334			
	50m: 35.49 35.49	150m: 2:02.40	45.02	250m: 3:35.15	49.27	350m: 5:02.69	37.55	
	100m: 1:17.38	41.89	200m: 2:45.88	43.48	300m: 4:25.14	49.99	400m: 5:38.36	35.67
10.	AMBROSONE, Karson	13	Beaconsfield Bluefins	<b>5:38.42</b>	334			
	50m: 35.06 35.06	150m: 1:59.87	40.84	250m: 3:33.10	52.21	350m: 5:01.11	36.81	
	100m: 1:19.03	43.97	200m: 2:40.89	41.02	300m: 4:24.30	51.20	400m: 5:38.42	37.31
11.	ANGLEHART, Simon	12	Rouge et Or/Université Laval	<b>5:38.94</b>	332			
	50m: 36.46 36.46	150m: 2:02.37	44.25	250m: 3:35.22	49.61	350m: 5:03.48	38.26	
	100m: 1:18.12	41.66	200m: 2:45.61	43.24	300m: 4:25.22	50.00	400m: 5:38.94	35.46
12.	WILDI, Elliot	12	Rouge et Or/Université Laval	<b>5:40.42</b>	328			
	50m: 37.66 37.66	150m: 2:06.25	44.70	250m: 3:36.90	47.75	350m: 5:03.40	37.70	
	100m: 1:21.55	43.89	200m: 2:49.15	42.90	300m: 4:25.70	48.80	400m: 5:40.42	37.02

Epreuve 15, Garçons, 400m 4 nages, 13 ans et moins

Rang				Age					Temps	Pts		
13.	TAJ, Youssef			13	Côte-des-Neiges Notre-Dame-de-				<b>5:48.10</b>	306		
	50m:	37.37	37.37	150m:	2:05.71	40.76	250m:	3:37.71	52.94	350m:	5:09.79	38.84
	100m:	1:24.95	47.58	200m:	2:44.77	39.06	300m:	4:30.95	53.24	400m:	5:48.10	38.31
14.	SERVIO, Aidan			13	C.N. Dollard-des-Ormeaux				<b>5:51.30</b>	298		
	50m:	34.15	34.15	150m:	2:01.62	46.30	250m:	3:41.81	54.75	350m:	5:12.81	36.81
	100m:	1:15.32	41.17	200m:	2:47.06	45.44	300m:	4:36.00	54.19	400m:	5:51.30	38.49
15.	GENTES, Loic			12	Club de natation Mégophias				<b>5:53.12</b>	294		
	50m:	37.21	37.21	150m:	2:07.46	45.41	250m:	3:44.74	50.16	350m:	5:14.97	41.28
	100m:	1:22.05	44.84	200m:	2:54.58	47.12	300m:	4:33.69	48.95	400m:	5:53.12	38.15
16.	ZAVERDINOS, Lawrence			11	Club de natation Saint-Laurent				<b>5:56.29</b>	286		
	50m:	38.95	38.95	150m:	2:10.98	47.09	250m:	3:45.96	49.91	350m:	5:17.21	42.19
	100m:	1:23.89	44.94	200m:	2:56.05	45.07	300m:	4:35.02	49.06	400m:	5:56.29	39.08
17.	NADEAU, Ludovic			11	Rouge et Or/Université Laval				<b>6:01.12</b>	274		
	50m:	37.90	37.90	150m:	2:09.24	46.41	250m:	3:46.87	52.72	350m:	5:22.28	41.27
	100m:	1:22.83	44.93	200m:	2:54.15	44.91	300m:	4:41.01	54.14	400m:	6:01.12	38.84
18.	HASSAN, Adam			11	C.N. Dollard-des-Ormeaux				<b>6:03.09</b>	270		
	50m:	39.91	39.91	150m:	2:11.13	46.19	250m:	3:50.33	52.96	350m:	5:23.66	39.69
	100m:	1:24.94	45.03	200m:	2:57.37	46.24	300m:	4:43.97	53.64	400m:	6:03.09	39.43
19.	TABBARAH, Ibrahim Adam			11	Club de natation Saint-Laurent				<b>6:12.64</b>	250		
	50m:	39.94	39.94	150m:	2:15.76	48.48	250m:	3:56.63	53.78	350m:	5:32.85	41.70
	100m:	1:27.28	47.34	200m:	3:02.85	47.09	300m:	4:51.15	54.52	400m:	6:12.64	39.79
20.	VIGNEAULT DUBOIS, Benjamin			12	Les Dauphins de Rimouski				<b>6:21.34</b>	233		
	50m:	44.42	44.42	150m:	2:25.85	47.90	250m:	4:05.18	51.89	350m:	5:41.89	42.58
	100m:	1:37.95	53.53	200m:	3:13.29	47.44	300m:	4:59.31	54.13	400m:	6:21.34	39.45
disq.	DEMERS, Gabriel			12	Club de natation Saint-Laurent							

14 - 15 ans

1.	COULTER, Dylan Qc A			15	C.N. Dollard-des-Ormeaux				<b>4:47.35</b>	545		
	50m:	29.85	29.85	150m:	1:40.92	36.37	250m:	2:58.23	40.43	350m:	4:14.44	34.43
	100m:	1:04.55	34.70	200m:	2:17.80	36.88	300m:	3:40.01	41.78	400m:	4:47.35	32.91
2.	AMBROSONE, London			15	C.N. Dollard-des-Ormeaux				<b>4:52.23</b>	518		
	50m:	31.06	31.06	150m:	1:44.92	38.19	250m:	3:04.99	42.34	350m:	4:19.74	32.34
	100m:	1:06.73	35.67	200m:	2:22.65	37.73	300m:	3:47.40	42.41	400m:	4:52.23	32.49
3.	FAKIH, Mohamad			15	Côte-des-Neiges Notre-Dame-de-				<b>4:55.46</b>	501		
	50m:	31.19	31.19	150m:	1:46.39	40.12	250m:	3:04.87	40.90	350m:	4:21.99	36.24
	100m:	1:06.27	35.08	200m:	2:23.97	37.58	300m:	3:45.75	40.88	400m:	4:55.46	33.47
4.	ZHANG, Yanbin			15	Club de natation Saint-Laurent				<b>4:55.60</b>	501		
	50m:	29.70	29.70	150m:	1:43.53	38.52	250m:	3:04.08	41.89	350m:	4:22.60	34.73
	100m:	1:05.01	35.31	200m:	2:22.19	38.66	300m:	3:47.87	43.79	400m:	4:55.60	33.00
5.	POTEL, Logan			15	C.N. Dollard-des-Ormeaux				<b>4:56.66</b>	495		
	50m:	32.11	32.11	150m:	1:45.64	38.34	250m:	3:06.23	42.03	350m:	4:24.66	33.92
	100m:	1:07.30	35.19	200m:	2:24.20	38.56	300m:	3:50.74	44.51	400m:	4:56.66	32.00
6.	PIETTE, Florent			14	Côte-des-Neiges Notre-Dame-de-				<b>4:57.23</b>	493		
	50m:	32.26	32.26	150m:	1:49.88	40.20	250m:	3:08.29	40.61	350m:	4:23.07	35.07
	100m:	1:09.68	37.42	200m:	2:27.68	37.80	300m:	3:48.00	39.71	400m:	4:57.23	34.16
7.	GAO, Simon			15	Club de natation Saint-Laurent				<b>4:59.44</b>	482		
	50m:	30.64	30.64	150m:	1:44.69	39.39	250m:	3:07.30	43.82	350m:	4:25.63	34.38
	100m:	1:05.30	34.66	200m:	2:23.48	38.79	300m:	3:51.25	43.95	400m:	4:59.44	33.81

Epreuve 15, Garçons, 400m 4 nages, 14 - 15 ans

Rang				Age					Temps	Pts		
8.	WILDI, Jake			14	Rouge et Or/Université Laval				<b>5:02.63</b>	467		
	50m:	32.41	32.41	150m:	1:48.75	39.17	250m:	3:11.24	43.88	350m:	4:29.35	34.82
	100m:	1:09.58	37.17	200m:	2:27.36	38.61	300m:	3:54.53	43.29	400m:	5:02.63	33.28
9.	LINDSAY, Benjamin			15	C.N. Dollard-des-Ormeaux				<b>5:02.72</b>	466		
	50m:	31.93	31.93	150m:	1:45.38	37.99	250m:	3:10.30	46.57	350m:	4:29.78	33.02
	100m:	1:07.39	35.46	200m:	2:23.73	38.35	300m:	3:56.76	46.46	400m:	5:02.72	32.94
10.	TROTIER, Charles			14	C.N. Dollard-des-Ormeaux				<b>5:04.30</b>	459		
	50m:	32.66	32.66	150m:	1:47.58	37.63	250m:	3:10.74	46.33	350m:	4:31.36	34.78
	100m:	1:09.95	37.29	200m:	2:24.41	36.83	300m:	3:56.58	45.84	400m:	5:04.30	32.94
11.	KARKOUTI, Marcus-Xavier			15	C.N. Dollard-des-Ormeaux				<b>5:04.46</b>	458		
	50m:	32.77	32.77	150m:	1:50.77	40.62	250m:	3:15.73	43.66	350m:	4:31.29	33.38
	100m:	1:10.15	37.38	200m:	2:32.07	41.30	300m:	3:57.91	42.18	400m:	5:04.46	33.17
12.	MCDONALD, Jacob			14	C.N. Dollard-des-Ormeaux				<b>5:07.12</b>	446		
	50m:	31.89	31.89	150m:	1:48.50	39.57	250m:	3:12.80	45.72	350m:	4:33.55	34.70
	100m:	1:08.93	37.04	200m:	2:27.08	38.58	300m:	3:58.85	46.05	400m:	5:07.12	33.57
13.	ST-LAURENT, Elliot			15	Club Aquatique Charlesbourg				<b>5:10.00</b>	434		
	50m:	30.46	30.46	150m:	1:45.56	38.59	250m:	3:11.72	47.09	350m:	4:35.80	36.65
	100m:	1:06.97	36.51	200m:	2:24.63	39.07	300m:	3:59.15	47.43	400m:	5:10.00	34.20
14.	ZWEIG, Harley			15	C.N. Dollard-des-Ormeaux				<b>5:12.55</b>	424		
	50m:	32.72	32.72	150m:	1:48.85	39.68	250m:	3:13.20	45.93	350m:	4:36.32	35.57
	100m:	1:09.17	36.45	200m:	2:27.27	38.42	300m:	4:00.75	47.55	400m:	5:12.55	36.23
15.	BELL, Justin			15	Cote Saint-Luc Aquatics				<b>5:13.16</b>	421		
	50m:	30.57	30.57	150m:	1:48.04	40.84	250m:	3:14.92	45.84	350m:	4:37.42	36.19
	100m:	1:07.20	36.63	200m:	2:29.08	41.04	300m:	4:01.23	46.31	400m:	5:13.16	35.74
16.	REZVANI, Artin			15	Natation Gatineau				<b>5:15.33</b>	412		
	50m:	32.85	32.85	150m:	1:54.50	41.06	250m:	3:19.72	45.14	350m:	4:40.22	35.08
	100m:	1:13.44	40.59	200m:	2:34.58	40.08	300m:	4:05.14	45.42	400m:	5:15.33	35.11
17.	SESEN, Alinur			14	Côte-des-Neiges Notre-Dame-de-				<b>5:21.45</b>	389		
	50m:	33.02	33.02	150m:	1:54.23	42.72	250m:	3:21.58	47.08	350m:	4:45.84	37.10
	100m:	1:11.51	38.49	200m:	2:34.50	40.27	300m:	4:08.74	47.16	400m:	5:21.45	35.61
18.	PACHEBAT, Gabriel			14	Natation Gatineau				<b>5:21.98</b>	387		
	50m:	33.16	33.16	150m:	1:52.11	40.37	250m:	3:22.21	50.30	350m:	4:47.52	35.36
	100m:	1:11.74	38.58	200m:	2:31.91	39.80	300m:	4:12.16	49.95	400m:	5:21.98	34.46
19.	GAUDREAU, Émile			15	Club Aquatique Charlesbourg				<b>5:25.58</b>	375		
	50m:	32.81	32.81	150m:	1:57.55	44.04	250m:	3:22.89	41.44	350m:	4:46.16	38.93
	100m:	1:13.51	40.70	200m:	2:41.45	43.90	300m:	4:07.23	44.34	400m:	5:25.58	39.42
20.	PINEAU, Charles			15	Club Aquatique Charlesbourg				<b>5:27.04</b>	370		
	50m:	32.32	32.32	150m:	1:55.60	41.73	250m:	3:24.68	47.53	350m:	4:50.94	37.27
	100m:	1:13.87	41.55	200m:	2:37.15	41.55	300m:	4:13.67	48.99	400m:	5:27.04	36.10
21.	DÉSILETS, Laurent			14	Club De Natation Sherbrooke				<b>5:28.76</b>	364		
	50m:	34.02	34.02	150m:	1:54.47	40.53	250m:	3:24.34	49.51	350m:	4:52.53	37.36
	100m:	1:13.94	39.92	200m:	2:34.83	40.36	300m:	4:15.17	50.83	400m:	5:28.76	36.23
22.	XUE, Eric			14	C.N. Dollard-des-Ormeaux				<b>5:34.69</b>	345		
	50m:	33.48	33.48	150m:	1:59.57	43.61	250m:	3:31.24	47.94	350m:	4:57.55	38.41
	100m:	1:15.96	42.48	200m:	2:43.30	43.73	300m:	4:19.14	47.90	400m:	5:34.69	37.14
23.	MAUPPIN, Félix			15	Les Dauphins de Rimouski				<b>5:40.25</b>	328		
	50m:	34.75	34.75	150m:	1:59.72	43.71	250m:	3:32.85	49.46	350m:	5:02.06	39.26
	100m:	1:16.01	41.26	200m:	2:43.39	43.67	300m:	4:22.80	49.95	400m:	5:40.25	38.19

Epreuve 15, Garçons, 400m 4 nages, 14 - 15 ans

Rang	Age	Temps	Pts
disq. COOK, Ronan Qc A	15 C.N. Dollard-des-Ormeaux		
disq. MARTEL DE LÉRY, Gaël	15 Cote Saint-Luc Aquatics		

16 - 17 ans

1. VOGRIG, Liam Qc A	16 Club Aquatique Charlesbourg	<b>4:49.28</b>	534
50m: 28.51 28.51	150m: 1:40.43 37.58	250m: 2:58.92 40.53	350m: 4:15.93 34.15
100m: 1:02.85 34.34	200m: 2:18.39 37.96	300m: 3:41.78 42.86	400m: 4:49.28 33.35
2. ONORATI, Matteo	16 C.N. Dollard-des-Ormeaux	<b>4:58.43</b>	487
50m: 30.70 30.70	150m: 1:44.89 37.86	250m: 3:07.37 45.31	350m: 4:25.56 33.60
100m: 1:07.03 36.33	200m: 2:22.06 37.17	300m: 3:51.96 44.59	400m: 4:58.43 32.87
3. HUNT, Liam Qc B	17 Dorval Swim Club	<b>5:01.82</b>	470
50m: 30.54 30.54	150m: 1:48.36 40.38	250m: 3:10.33 41.18	350m: 4:27.70 34.76
100m: 1:07.98 37.44	200m: 2:29.15 40.79	300m: 3:52.94 42.61	400m: 5:01.82 34.12
4. RODGER, Justin	17 Cote Saint-Luc Aquatics	<b>5:40.89</b>	326
50m: 33.27 33.27	150m: 1:55.36 42.57	250m: 3:30.27 50.84	350m: 5:01.23 39.96
100m: 1:12.79 39.52	200m: 2:39.43 44.07	300m: 4:21.27 51.00	400m: 5:40.89 39.66