

Epreuve 28
2026-04-12 - 8:53

Garçons, 400m Libre

17 ans et moins
Liste résultats

Quebec Provincial Age Group Records 17	3:48.39	FONSECA FLOREZ, Simon	CAMO	Toronto	2025-12-13
Quebec Provincial Age Group Records 16	3:49.39	FONSECA FLOREZ, Simon	CAMO	Quebec City	2024-12-01
Quebec Provincial Age Group Records 15	3:56.42	FONSECA FLOREZ, Simon	CAMO	Toronto	2023-12-16
Quebec Provincial Age Group Records 14	4:00.33	JASEM RADHE, Kinan	NG	Gatineau	2026-02-14
Quebec Provincial Age Group Records 13	4:03.83	LUPIEN, Yannick	CAGRA	???	1994-02-01
Quebec Provincial Age Group Records - 124:	13.54	LUPIEN, Yannick	CAGRA	???	1993-02-01
Canadian Age Group Records 15 - 17	3:43.73	PRATT, Alexander	CASC	Toronto	2017-12-16
Canadian Age Group Records 13 - 14	3:54.19	KIM, Laon	HYACK	Vancouver	2022-11-05
Canadian Age Group Records 11 - 12	4:15.26	KIM, Lucas	HYACK	Coquitlam	2020-11-11

Coupe Québec standard A - 16: 4:15.26 / Coupe Québec standard B 17 +: 4:43.49

Points: AQUA 2025

Rang					Age					Temps	Pts
13 ans et moins											
Liste résultats provisoire											
WU, ZeHui											
13 Côte-des-Neiges Notre-Dame-de-											
4:46.37 407											
50m:	31.56	31.56	150m:	1:41.97	35.75	250m:	2:55.96	36.83	350m:	4:10.53	37.45
100m:	1:06.22	34.66	200m:	2:19.13	37.16	300m:	3:33.08	37.12	400m:	4:46.37	35.84
AGUENIS, Adam Liam											
13 Natation Gatineau											
4:50.20 391											
50m:	32.24	32.24	150m:	1:45.13	36.79	250m:	2:59.27	37.41	350m:	4:14.86	37.97
100m:	1:08.34	36.10	200m:	2:21.86	36.73	300m:	3:36.89	37.62	400m:	4:50.20	35.34
BIROLLEAU-SGARD, Sam											
13 Natation Gatineau											
4:50.22 391											
50m:	32.89	32.89	150m:	1:46.72	37.32	250m:	3:01.39	37.46	350m:	4:15.61	36.91
100m:	1:09.40	36.51	200m:	2:23.93	37.21	300m:	3:38.70	37.31	400m:	4:50.22	34.61
SILVERWOOD-YOUNG, Owen											
13 Dorval Swim Club											
4:50.28 390											
50m:	31.51	31.51	150m:	1:43.56	36.81	250m:	2:59.18	37.71	350m:	4:14.95	38.39
100m:	1:06.75	35.24	200m:	2:21.47	37.91	300m:	3:36.56	37.38	400m:	4:50.28	35.33
MARTEL, Émile											
13 Club de natation Mégophias											
4:50.29 390											
50m:	31.39	31.39	150m:	1:42.77	36.01	250m:	2:58.48	38.15	350m:	4:14.41	38.03
100m:	1:06.76	35.37	200m:	2:20.33	37.56	300m:	3:36.38	37.90	400m:	4:50.29	35.88
ANGLEHART, Simon											
12 Rouge et Or/Université Laval											
4:57.18 364											
50m:	34.11	34.11	150m:	1:49.40	37.94	250m:	3:05.87	38.06	350m:	4:22.11	37.89
100m:	1:11.46	37.35	200m:	2:27.81	38.41	300m:	3:44.22	38.35	400m:	4:57.18	35.07
LEBLANC, Max											
12 Club de natation Mégophias											
4:57.74 362											
50m:	33.86	33.86	150m:	1:49.97	38.39	250m:	3:05.99	38.40	350m:	4:21.66	37.83
100m:	1:11.58	37.72	200m:	2:27.59	37.62	300m:	3:43.83	37.84	400m:	4:57.74	36.08
DEMERS, Gabriel											
12 Club de natation Saint-Laurent											
4:58.25 360											
50m:	35.11	35.11	150m:	1:51.60	38.61	250m:	3:08.30	38.30	350m:	4:22.95	36.92
100m:	1:12.99	37.88	200m:	2:30.00	38.40	300m:	3:46.03	37.73	400m:	4:58.25	35.30
OUELLET, Pierre-Louis											
13 Les Dauphins de Rimouski											
4:58.49 359											
50m:	33.89	33.89	150m:	1:50.19	38.57	250m:	3:07.58	38.88	350m:	4:23.20	37.31
100m:	1:11.62	37.73	200m:	2:28.70	38.51	300m:	3:45.89	38.31	400m:	4:58.49	35.29
DESBIENS, Gabriel											
12 LMRL Rivière-du-Loup											
4:58.58 359											
50m:	34.88	34.88	150m:	1:50.17	37.58	250m:	3:06.57	37.79	350m:	4:22.38	37.83
100m:	1:12.59	37.71	200m:	2:28.78	38.61	300m:	3:44.55	37.98	400m:	4:58.58	36.20
LAFRENIERE, Edouard											
13 LMRL Rivière-du-Loup											
4:59.01 357											
50m:	34.57	34.57	150m:	1:50.88	38.74	250m:	3:07.49	38.32	350m:	4:23.58	37.55
100m:	1:12.14	37.57	200m:	2:29.17	38.29	300m:	3:46.03	38.54	400m:	4:59.01	35.43
TAJ, Younes											
13 Côte-des-Neiges Notre-Dame-de-											
4:59.92 354											
50m:	32.73	32.73	150m:	1:45.36	37.03	250m:	3:02.36	39.08	350m:	4:20.95	39.71
100m:	1:08.33	35.60	200m:	2:23.28	37.92	300m:	3:41.24	38.88	400m:	4:59.92	38.97

Epreuve 28, Garçons, 400m Libre, 13 ans et moins

Rang					Age					Temps	Pts	
	TOUHAMI, Rhali				11	C.N. Dollard-des-Ormeaux				5:00.46	352	
	50m:	33.09	33.09	150m:	1:48.63	38.34	250m:	3:06.07	38.91	350m:	4:23.55	38.52
	100m:	1:10.29	37.20	200m:	2:27.16	38.53	300m:	3:45.03	38.96	400m:	5:00.46	36.91
	BAHI, Sad				13	Nsh				5:05.75	334	
	50m:	33.19	33.19	150m:	1:49.01	38.66	250m:	3:07.52	39.29	350m:	4:27.15	39.97
	100m:	1:10.35	37.16	200m:	2:28.23	39.22	300m:	3:47.18	39.66	400m:	5:05.75	38.60
	SERVIO, Aidan				13	C.N. Dollard-des-Ormeaux				5:07.22	329	
	50m:	32.60	32.60	150m:	1:49.58	39.47	250m:	3:08.81	39.36	350m:	4:28.84	40.96
	100m:	1:10.11	37.51	200m:	2:29.45	39.87	300m:	3:47.88	39.07	400m:	5:07.22	38.38
	BEAUCHAMP, Marc-Antoine				12	club aquatique st-eustache				5:07.32	329	
	50m:	33.85	33.85	150m:	1:50.53	38.71	250m:	3:09.68	39.40	350m:	4:28.47	39.74
	100m:	1:11.82	37.97	200m:	2:30.28	39.75	300m:	3:48.73	39.05	400m:	5:07.32	38.85
	LECLERC, Louis				12	Rouge et Or/Université Laval				5:07.32	329	
	50m:	33.83	33.83	150m:	1:51.72	39.12	250m:	3:10.71	38.87	350m:	4:29.47	38.72
	100m:	1:12.60	38.77	200m:	2:31.84	40.12	300m:	3:50.75	40.04	400m:	5:07.32	37.85
	D'AUTEUIL, Charles				13	LMRL Rivière-du-Loup				5:09.54	322	
	50m:	34.86	34.86	150m:	1:53.38	39.63	250m:	3:12.06	39.28	350m:	4:30.89	39.28
	100m:	1:13.75	38.89	200m:	2:32.78	39.40	300m:	3:51.61	39.55	400m:	5:09.54	38.65
	JESSE, Oliver				12	Natation Gatineau				5:12.39	313	
	50m:	34.28	34.28	150m:	1:54.31	40.87	250m:	3:15.62	40.61	350m:	4:34.86	39.40
	100m:	1:13.44	39.16	200m:	2:35.01	40.70	300m:	3:55.46	39.84	400m:	5:12.39	37.53
	HASSAN, Adam				11	C.N. Dollard-des-Ormeaux				5:13.56	310	
	50m:	35.02	35.02	150m:	1:52.68	38.86	250m:	3:11.76	39.59	350m:	4:32.50	40.43
	100m:	1:13.82	38.80	200m:	2:32.17	39.49	300m:	3:52.07	40.31	400m:	5:13.56	41.06
	VIGNEAULT DUBOIS, Benjamin				12	Les Dauphins de Rimouski				5:14.22	308	
	50m:	36.38	36.38	150m:	1:56.20	40.72	250m:	3:16.96	39.74	350m:	4:37.36	40.03
	100m:	1:15.48	39.10	200m:	2:37.22	41.02	300m:	3:57.33	40.37	400m:	5:14.22	36.86
	NADEAU, Ludovic				11	Rouge et Or/Université Laval				5:15.15	305	
	50m:	35.54	35.54	150m:	1:56.53	40.92	250m:	3:17.49	40.28	350m:	4:37.38	39.49
	100m:	1:15.61	40.07	200m:	2:37.21	40.68	300m:	3:57.89	40.40	400m:	5:15.15	37.77
	ANDRADE, Dylan				13	Cote Saint-Luc Aquatics				5:16.62	301	
	50m:	34.72	34.72	150m:	1:52.44	39.43	250m:	3:14.07	41.24	350m:	4:37.31	41.68
	100m:	1:13.01	38.29	200m:	2:32.83	40.39	300m:	3:55.63	41.56	400m:	5:16.62	39.31
	GENTES, Loic				12	Club de natation Mégophias				5:18.88	294	
	50m:	35.48	35.48	150m:	1:54.99	40.59	250m:	3:16.37	40.34	350m:	4:37.77	40.52
	100m:	1:14.40	38.92	200m:	2:36.03	41.04	300m:	3:57.25	40.88	400m:	5:18.88	41.11
	OUELLET, Charles-Émile				13	Les Dauphins de Rimouski				5:21.02	289	
	50m:	35.66	35.66	150m:	1:57.70	41.62	250m:	3:20.20	40.94	350m:	4:41.42	41.46
	100m:	1:16.08	40.42	200m:	2:39.26	41.56	300m:	3:59.96	39.76	400m:	5:21.02	39.60
	MADER, Noren				13	C.N. Dollard-des-Ormeaux				5:22.45	285	
	50m:	38.10	38.10	150m:	2:00.46	40.81	250m:	3:21.98	40.62	350m:	4:43.63	41.22
	100m:	1:19.65	41.55	200m:	2:41.36	40.90	300m:	4:02.41	40.43	400m:	5:22.45	38.82
	MORISSETTE, Jacob				12	Rouge et Or/Université Laval				5:26.72	274	
	50m:	37.18	37.18	150m:	1:59.09	41.61	250m:	3:21.80	41.15	350m:	4:45.58	42.48
	100m:	1:17.48	40.30	200m:	2:40.65	41.56	300m:	4:03.10	41.30	400m:	5:26.72	41.14
	ZAVERDINOS, Lawrence				11	Club de natation Saint-Laurent				5:27.33	272	
	50m:	36.81	36.81	150m:	1:58.88	41.49	250m:	3:22.91	41.61	350m:	4:46.04	41.25
	100m:	1:17.39	40.58	200m:	2:41.30	42.42	300m:	4:04.79	41.88	400m:	5:27.33	41.29

Epreuve 28, Garçons, 400m Libre, 13 ans et moins

Rang					Age					Temps	Pts	
	RICQ, Devun				12	C.N. Dollard-des-Ormeaux				5:27.78	271	
	50m:	37.58	37.58	150m:	1:59.68	40.83	250m:	3:22.73	41.23	350m:	4:46.37	42.31
	100m:	1:18.85	41.27	200m:	2:41.50	41.82	300m:	4:04.06	41.33	400m:	5:27.78	41.41
	PICHÉ, Raphaël				12	Nsh				5:27.80	271	
	50m:	36.11	36.11	150m:	1:59.91	41.85	250m:	3:23.45	41.50	350m:	4:47.35	41.96
	100m:	1:18.06	41.95	200m:	2:41.95	42.04	300m:	4:05.39	41.94	400m:	5:27.80	40.45
	TABBARAH, Ibrahim Adam				11	Club de natation Saint-Laurent				5:28.77	269	
	50m:	38.16	38.16	150m:	2:01.09	41.96	250m:	3:25.26	42.17	350m:	4:49.31	41.90
	100m:	1:19.13	40.97	200m:	2:43.09	42.00	300m:	4:07.41	42.15	400m:	5:28.77	39.46
	KUCHINSKY, Felix				12	Cote Saint-Luc Aquatics				5:29.74	266	
	50m:	36.63	36.63	150m:	1:59.20	42.14	250m:	3:24.51	42.23	350m:	4:49.72	42.23
	100m:	1:17.06	40.43	200m:	2:42.28	43.08	300m:	4:07.49	42.98	400m:	5:29.74	40.02
	SLIJEPCEVIC, Vladimir				11	Dorval Swim Club				5:30.65	264	
	50m:	36.56	36.56	150m:	2:01.03	43.07	250m:	3:26.55	43.07	350m:	4:51.01	41.43
	100m:	1:17.96	41.40	200m:	2:43.48	42.45	300m:	4:09.58	43.03	400m:	5:30.65	39.64
	BOUAKKAZ, Badis				12	Club De Natation Sherbrooke				5:30.74	264	
	50m:	35.24	35.24	150m:	1:56.33	41.31	250m:	3:22.32	43.08	350m:	4:50.48	44.44
	100m:	1:15.02	39.78	200m:	2:39.24	42.91	300m:	4:06.04	43.72	400m:	5:30.74	40.26
	KOOMSATIRA, Jackson				12	C.N. Dollard-des-Ormeaux				5:32.73	259	
	50m:	37.84	37.84	150m:	1:59.19	40.22	250m:	3:24.34	42.81	350m:	4:51.34	44.05
	100m:	1:18.97	41.13	200m:	2:41.53	42.34	300m:	4:07.29	42.95	400m:	5:32.73	41.39
	LEFEBVRE-HUOT, Christophe				12	Natation Gatineau				5:32.88	259	
	50m:	37.91	37.91	150m:	2:03.35	43.28	250m:	3:27.82	42.31	350m:	4:52.07	41.45
	100m:	1:20.07	42.16	200m:	2:45.51	42.16	300m:	4:10.62	42.80	400m:	5:32.88	40.81
	MIR-ALINAGHI, Daniel				12	C.N. Dollard-des-Ormeaux				5:36.95	249	
	50m:	36.56	36.56	150m:	2:00.59	42.57	250m:	3:26.53	42.93	350m:	4:53.30	44.11
	100m:	1:18.02	41.46	200m:	2:43.60	43.01	300m:	4:09.19	42.66	400m:	5:36.95	43.65
	SAVARD, Justin				11	Rouge et Or/Université Laval				5:38.53	246	
	50m:	36.21	36.21	150m:	2:01.39	43.93	250m:	3:28.49	43.12	350m:	4:55.87	43.59
	100m:	1:17.46	41.25	200m:	2:45.37	43.98	300m:	4:12.28	43.79	400m:	5:38.53	42.66
	NGUYEN, Uy The				11	Club de natation Saint-Laurent				5:44.51	233	
	50m:	37.35	37.35	150m:	2:03.44	43.57	250m:	3:30.72	43.51	350m:	4:55.93	42.11
	100m:	1:19.87	42.52	200m:	2:47.21	43.77	300m:	4:13.82	43.10	400m:	5:44.51	48.58
	GUILLEMIN, Harald				11	C.N. Dollard-des-Ormeaux				5:44.83	233	
	50m:	36.77	36.77	150m:	2:03.95	44.18	250m:	3:33.74	44.57	350m:	5:02.15	43.16
	100m:	1:19.77	43.00	200m:	2:49.17	45.22	300m:	4:18.99	45.25	400m:	5:44.83	42.68
	KANG-AUGER, Cédric				12	Club de natation Saint-Laurent				5:45.05	232	
	50m:	40.35	40.35	150m:	2:09.43	44.58	250m:	3:37.81	43.92	350m:	5:05.57	43.70
	100m:	1:24.85	44.50	200m:	2:53.89	44.46	300m:	4:21.87	44.06	400m:	5:45.05	39.48
	MANANSALA, Cedric James				11	Côte-des-Neiges Notre-Dame-de-				5:47.58	227	
	50m:	36.89	36.89	150m:	2:05.71	45.65	250m:	3:37.68	46.03	350m:	5:03.92	41.59
	100m:	1:20.06	43.17	200m:	2:51.65	45.94	300m:	4:22.33	44.65	400m:	5:47.58	43.66
	NGUYEN, Tristan				11	Rouge et Or/Université Laval				5:48.71	225	
	50m:	39.37	39.37	150m:	2:07.50	44.49	250m:	3:35.67	43.85	350m:	5:05.30	44.79
	100m:	1:23.01	43.64	200m:	2:51.82	44.32	300m:	4:20.51	44.84	400m:	5:48.71	43.41
	GOSELIN, Nathan				11	Les Dauphins de Rimouski				5:50.93	221	
	50m:	38.92	38.92	150m:	2:07.59	45.23	250m:	3:38.60	45.64	350m:	5:09.02	45.24
	100m:	1:22.36	43.44	200m:	2:52.96	45.37	300m:	4:23.78	45.18	400m:	5:50.93	41.91

Epreuve 28, Garçons, 400m Libre, 13 ans et moins

Rang				Age					Temps	Pts		
	LAGHNEJ, Mohamed Yassine			12	C.N. Dollard-des-Ormeaux				5:59.61	205		
	50m:	40.18	40.18	150m:	2:08.71	45.35	250m:	3:41.31	48.00	350m:	5:14.97	46.85
	100m:	1:23.36	43.18	200m:	2:53.31	44.60	300m:	4:28.12	46.81	400m:	5:59.61	44.64

14 - 15 ans

Liste résultats provisoire

	PACHEBAT, Gabriel			14	Natation Gatineau				4:42.46	424		
	50m:	30.55	30.55	150m:	1:40.91	35.87	250m:	2:54.33	36.70	350m:	4:07.36	36.30
	100m:	1:05.04	34.49	200m:	2:17.63	36.72	300m:	3:31.06	36.73	400m:	4:42.46	35.10
	MAJEAU, Édouard			14	Club De Natation Sherbrooke				4:46.95	404		
	50m:	31.77	31.77	150m:	1:44.14	36.71	250m:	2:57.05	36.12	350m:	4:10.99	36.83
	100m:	1:07.43	35.66	200m:	2:20.93	36.79	300m:	3:34.16	37.11	400m:	4:46.95	35.96
	SESEN, Alinur			14	Côte-des-Neiges Notre-Dame-de-				4:48.86	396		
	50m:	32.44	32.44	150m:	1:44.73	36.62	250m:	2:59.52	37.83	350m:	4:13.07	36.94
	100m:	1:08.11	35.67	200m:	2:21.69	36.96	300m:	3:36.13	36.61	400m:	4:48.86	35.79
	KACEM, Skander			14	Nsh				4:52.75	381		
	50m:	31.84	31.84	150m:	1:45.27	37.16	250m:	3:00.78	37.97	350m:	4:17.00	38.66
	100m:	1:08.11	36.27	200m:	2:22.81	37.54	300m:	3:38.34	37.56	400m:	4:52.75	35.75
	TURGEON, Antoine			14	club aquatique st-eustache				4:52.76	381		
	50m:	31.32	31.32	150m:	1:41.71	36.28	250m:	2:56.77	37.90	350m:	4:14.30	38.74
	100m:	1:05.43	34.11	200m:	2:18.87	37.16	300m:	3:35.56	38.79	400m:	4:52.76	38.46
	DÉSILETS, Laurent			14	Club De Natation Sherbrooke				4:54.08	375		
	50m:	32.22	32.22	150m:	1:45.42	37.10	250m:	3:01.64	38.33	350m:	4:17.04	37.41
	100m:	1:08.32	36.10	200m:	2:23.31	37.89	300m:	3:39.63	37.99	400m:	4:54.08	37.04
	KUCHINSKY, Simon			14	Cote Saint-Luc Aquatics				4:55.13	371		
	50m:	33.51	33.51	150m:	1:47.92	38.23	250m:	3:04.47	37.66	350m:	4:19.39	36.37
	100m:	1:09.69	36.18	200m:	2:26.81	38.89	300m:	3:43.02	38.55	400m:	4:55.13	35.74
	NEWTON, Liam			14	C.N. Dollard-des-Ormeaux				5:02.45	345		
	50m:	32.47	32.47	150m:	1:48.52	38.24	250m:	3:06.36	38.29	350m:	4:24.28	38.52
	100m:	1:10.28	37.81	200m:	2:28.07	39.55	300m:	3:45.76	39.40	400m:	5:02.45	38.17
	DECHAMPLAIN, Élie			14	Les Dauphins de Rimouski				5:06.07	333		
	50m:	33.94	33.94	150m:	1:50.65	38.57	250m:	3:08.55	38.92	350m:	4:27.47	39.74
	100m:	1:12.08	38.14	200m:	2:29.63	38.98	300m:	3:47.73	39.18	400m:	5:06.07	38.60
	RICARD, Bastien			15	Les Dauphins de Rimouski				5:07.96	327		
	50m:	33.95	33.95	150m:	1:52.52	39.72	250m:	3:11.34	39.31	350m:	4:30.66	39.26
	100m:	1:12.80	38.85	200m:	2:32.03	39.51	300m:	3:51.40	40.06	400m:	5:07.96	37.30
	LEVESQUE, Edouard			14	LMRL Rivière-du-Loup				5:08.38	326		
	50m:	34.02	34.02	150m:	1:52.01	39.68	250m:	3:11.61	39.93	350m:	4:31.27	39.57
	100m:	1:12.33	38.31	200m:	2:31.68	39.67	300m:	3:51.70	40.09	400m:	5:08.38	37.11
	THIESSEN, Wyatt			15	Beaconsfield Bluefins				5:12.80	312		
	50m:	33.42	33.42	150m:	1:48.97	38.43	250m:	3:09.66	41.20	350m:	4:32.55	41.50
	100m:	1:10.54	37.12	200m:	2:28.46	39.49	300m:	3:51.05	41.39	400m:	5:12.80	40.25

16 - 17 ans

Liste résultats provisoire

	RODGER, Justin			17	Cote Saint-Luc Aquatics				4:59.70	355		
	50m:	32.37	32.37	150m:	1:46.30	37.68	250m:	3:04.27	39.11	350m:	4:21.70	38.89
	100m:	1:08.62	36.25	200m:	2:25.16	38.86	300m:	3:42.81	38.54	400m:	4:59.70	38.00