

29e Championnat provincial des Maîtres Nageurs Financière Manuvie
Canada, 16. - 18.4.2010

Event 7	Women, 1500m Freestyle				18 years and older
2010-04-16 - 21:11					Results
Record provincial 18 - 24	19:00.88	CASSIVI NATASHA			2003-01-01
Record provincial 25 - 29	19:18.62	Lalonde Marie-Elaine	LASL	Trois-Rivières	2005-04-15
Record provincial 30 - 34	18:45.11	BELAND NATHALIE		STE-FOY	2004-04-01
Record provincial 35 - 39	19:18.24	Béland Nathalie	CMNQ	Québec	2007-04-22
Record provincial 40 - 44	19:14.02	PINCOTT CYNTHIA			2003-01-01
Record provincial 45 - 49	19:55.91	Lowensteyn Ilka	YMCA	Dollard des Ormeaux	2010-03-20
Record provincial 50 - 54	21:46.09	AVRITH PILAR		STE-FOY	2004-04-01
Record provincial 55 - 59	22:39.06	Lepine Sylvie	YMCA	Québec	2007-04-22
Record provincial 60 - 64	25:02.44	MC CULLAGH PAULINE			1998-01-01
Record provincial 65 - 69	25:54.10	Dillinger Erda	LASL	Dollard des Ormeaux	2006-03-18
Record provincial 70 - 74	29:19.40	NAIMAN SHEILA			2000-01-01
Record provincial 75 - 79	31:53.13	Naiman Sheila	MPC	Dollard des Ormeaux	2006-03-18
Record provincial 80 - 84	34:36.05	Naiman Sheila	MPC	Dollard des Ormeaux	2010-03-20
Record provincial 85 - 89					
Record provincial 90 - 94	50:36.15	Warren Lillian	MDDO	Dollard des Ormeaux	2010-03-20

Points: FINA 2008

Rank	Age		Time		Pts
18 - 24 years					
1.	Berry Erin	19	MPC	20:26.40	463
	100m: 1:18.08 1:18.08	500m: 6:47.36 1:22.70	900m: 12:17.21 1:22.34	1300m: 17:45.25 1:22.23	
	200m: 2:40.46 1:22.38	600m: 8:10.01 1:22.65	1000m: 13:39.40 1:22.19	1400m: 19:05.64 1:20.39	
	300m: 4:02.09 1:21.63	700m: 9:32.03 1:22.02	1100m: 15:01.36 1:21.96	1500m: 20:26.40 1:20.76	
	400m: 5:24.66 1:22.57	800m: 10:54.87 1:22.84	1200m: 16:23.02 1:21.66		
2.	Birenbaum Heather	23	Westmount YMCA Masters	22:55.05	328
	100m: 1:27.52 1:27.52	500m:	900m:	1300m:	
	200m: 3:00.80 1:33.28	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 22:55.05	
	400m: 6:07.18	800m: 12:20.09	1200m:		
3.	Fortin Claudia	22	Maîtres Nageurs Québec	24:25.33	271
	100m: 1:27.61 1:27.61	500m:	900m:	1300m:	
	200m: 3:02.86 1:35.25	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 24:25.33	
	400m: 6:17.08	800m: 12:51.61	1200m:		
25 - 29 years					
1.	Pressé Cindy	25	M. Dollard-Des-Ormeaux	21:17.59	409
	100m: 1:20.49 1:20.49	500m: 7:06.31 1:26.32	900m: 12:50.86 1:25.95	1300m: 18:32.26 1:25.12	
	200m: 2:46.87 1:26.38	600m: 8:33.17 1:26.86	1000m: 14:16.40 1:25.54	1400m: 19:56.29 1:24.03	
	300m: 4:13.46 1:26.59	700m: 9:58.72 1:25.55	1100m: 15:41.94 1:25.54	1500m: 21:17.59 1:21.30	
	400m: 5:39.99 1:26.53	800m: 11:24.91 1:26.19	1200m: 17:07.14 1:25.20		
2.	MARTIN LAETITIA	28	Technosport	33:59.00	101
	100m: 2:00.52 2:00.52	500m: 11:02.93 2:18.41	900m: 20:23.52 2:21.34	1300m: 29:35.68 2:15.50	
	200m: 4:13.86 2:13.34	600m: 13:20.83 2:17.90	1000m: 22:40.24 2:16.72	1400m: 31:52.00 2:16.32	
	300m: 6:29.47 2:15.61	700m: 15:40.43 2:19.60	1100m: 25:01.93 2:21.69	1500m: 33:59.00 2:07.00	
	400m: 8:44.52 2:15.05	800m: 18:02.18 2:21.75	1200m: 27:20.18 2:18.25		
30 - 34 years					
1.	Levasseur Heidi	31	Club de natation Mégophias	19:46.74	511
	100m: 1:14.67 1:14.67	500m: 6:27.93 1:18.04	900m: 11:45.16 1:19.27	1300m: 17:04.41 1:20.89	
	200m: 2:33.24 1:18.57	600m: 7:46.90 1:18.97	1000m: 13:04.26 1:19.10	1400m: 18:26.72 1:22.31	
	300m: 3:51.68 1:18.44	700m: 9:06.25 1:19.35	1100m: 14:23.84 1:19.58	1500m: 19:46.74 1:20.02	
	400m: 5:09.89 1:18.21	800m: 10:25.89 1:19.64	1200m: 15:43.52 1:19.68		

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Event 7, Women, 1500m Freestyle, 30 - 34 years

Rank			Age					Time	Pts			
2.	DEMARAIS CATHERINE		30	Technosport				25:15.54	245			
	100m:	1:31.89	1:31.89	500m:	8:14.99	1:42.88	900m:	15:02.95	1:42.65	1300m:	21:55.14	1:44.00
	200m:	3:11.39	1:39.50	600m:	9:56.95	1:41.96	1000m:	16:49.74	1:46.79	1400m:	23:36.32	1:41.18
	300m:	4:50.49	1:39.10	700m:	11:39.45	1:42.50	1100m:	18:28.80	1:39.06	1500m:	25:15.54	1:39.22
	400m:	6:32.11	1:41.62	800m:	13:20.30	1:40.85	1200m:	20:11.14	1:42.34			
3.	Ouimet Robyn		33	Westmount YMCA Masters				28:23.40	173			
	100m:	1:41.80	1:41.80	500m:	9:14.39	1:54.53	900m:	16:56.37	1:56.22	1300m:	24:36.37	1:53.69
	200m:	3:33.95	1:52.15	600m:	11:08.74	1:54.35	1000m:	18:52.05	1:55.68	1400m:	26:31.96	1:55.59
	300m:	5:26.70	1:52.75	700m:	13:04.64	1:55.90	1100m:	20:47.21	1:55.16	1500m:	28:23.40	1:51.44
	400m:	7:19.86	1:53.16	800m:	15:00.15	1:55.51	1200m:	22:42.68	1:55.47			
4.	Joseph Eve		30	Maîtres Sans Attache				29:48.80	149			
	100m:	1:44.55	1:44.55	500m:	9:32.08	1:58.16	900m:	17:33.98	2:02.62	1300m:	25:49.36	2:03.63
	200m:	3:38.52	1:53.97	600m:	11:31.27	1:59.19	1000m:	19:37.98	2:04.00	1400m:	27:52.86	2:03.50
	300m:	5:35.80	1:57.28	700m:	13:31.48	2:00.21	1100m:	21:42.17	2:04.19	1500m:	29:48.80	1:55.94
	400m:	7:33.92	1:58.12	800m:	15:31.36	1:59.88	1200m:	23:45.73	2:03.56			

35 - 39 years

1.	Beland Nathalie		38	Maîtres Nageurs Québec				19:10.59	560			
	<i>Nouveau record provincial?</i>											
	100m:	1:12.48	1:12.48	500m:	6:22.39	1:17.17	900m:	11:31.13	1:17.17	1300m:	16:39.14	1:16.82
	200m:	2:29.69	1:17.21	600m:	7:39.31	1:16.92	1000m:	12:48.25	1:17.12	1400m:	17:56.07	1:16.93
	300m:	3:47.68	1:17.99	700m:	8:56.80	1:17.49	1100m:	14:05.40	1:17.15	1500m:	19:10.59	1:14.52
	400m:	5:05.22	1:17.54	800m:	10:13.96	1:17.16	1200m:	15:22.32	1:16.92			
2.	Levett Jennifer		38	Westmount YMCA Masters				23:22.54	309			
	100m:	1:26.49	1:26.49	500m:			900m:			1300m:		
	200m:	3:00.49	1:34.00	600m:			1000m:			1400m:		
	300m:			700m:			1100m:			1500m:	23:22.54	
	400m:	6:07.46		800m:	12:20.55		1200m:					
3.	Ferrara Silvana		37	CACM				25:13.74	246			
	100m:	1:33.17	1:33.17	500m:			900m:			1300m:		
	200m:	3:12.33	1:39.16	600m:			1000m:			1400m:		
	300m:			700m:			1100m:			1500m:	25:13.74	
	400m:	6:34.45		800m:	13:19.58		1200m:					
4.	Gagnon Sylvie		39	STL				26:48.74	205			
	100m:	1:33.97	1:33.97	500m:	8:45.03	1:47.85	900m:	15:59.68	1:50.87	1300m:	23:17.37	1:54.78
	200m:	3:20.18	1:46.21	600m:	10:32.56	1:47.53	1000m:	17:49.65	1:49.97	1400m:	25:06.06	1:48.69
	300m:	5:07.84	1:47.66	700m:	12:21.56	1:49.00	1100m:	19:37.40	1:47.75	1500m:	26:48.74	1:42.68
	400m:	6:57.18	1:49.34	800m:	14:08.81	1:47.25	1200m:	21:22.59	1:45.19			

40 - 44 years

1.	MCARTON JENNIFER		42	Technosport				21:15.75	411			
	100m:	1:18.81	1:18.81	500m:	7:04.33	1:27.10	900m:	12:48.71	1:25.17	1300m:	18:29.63	1:24.66
	200m:	2:44.29	1:25.48	600m:	8:30.92	1:26.59	1000m:	14:14.61	1:25.90	1400m:	19:53.68	1:24.05
	300m:	4:10.74	1:26.45	700m:	9:57.58	1:26.66	1100m:	15:39.99	1:25.38	1500m:	21:15.75	1:22.07
	400m:	5:37.23	1:26.49	800m:	11:23.54	1:25.96	1200m:	17:04.97	1:24.98			
2.	Broughton-Wilkinson Vanessa		41	C.A. St-Eustache				21:20.11	407			
	100m:	1:18.90	1:18.90	500m:	7:03.72	1:26.02	900m:	12:48.27	1:25.77	1300m:	18:30.54	1:25.48
	200m:	2:44.57	1:25.67	600m:	8:30.00	1:26.28	1000m:	14:13.76	1:25.49	1400m:	19:56.43	1:25.89
	300m:	4:11.06	1:26.49	700m:	9:56.19	1:26.19	1100m:	15:39.55	1:25.79	1500m:	21:20.11	1:23.68
	400m:	5:37.70	1:26.64	800m:	11:22.50	1:26.31	1200m:	17:05.06	1:25.51			

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Event 7, Women, 1500m Freestyle, 40 - 44 years

Rank			Age			Time	Pts	
3.	Norris Tara		43	Westmount YMCA Masters		23:34.44	302	
	100m: 1:28.89	1:28.89	500m:		900m:	1300m:		
	200m: 3:04.73	1:35.84	600m:		1000m:	1400m:		
	300m:		700m:		1100m:	1500m: 23:34.44		
	400m: 6:16.79		800m: 12:38.10		1200m:			
4.	Simard Chantale		42	Maîtres Ste-Foy		25:48.37	230	
	100m: 1:35.95	1:35.95	500m: 8:30.36	1:43.75	900m: 15:25.64	1:44.37	1300m: 22:23.11	1:44.84
	200m: 3:18.98	1:43.03	600m: 10:13.55	1:43.19	1000m: 17:09.55	1:43.91	1400m: 24:07.39	1:44.28
	300m: 5:03.05	1:44.07	700m: 11:57.42	1:43.87	1100m: 18:54.02	1:44.47	1500m: 25:48.37	1:40.98
	400m: 6:46.61	1:43.56	800m: 13:41.27	1:43.85	1200m: 20:38.27	1:44.25		
5.	Cardinal Christine		42	Westmount YMCA Masters		28:05.55	178	
	100m: 1:38.99	1:38.99	500m: 9:10.39	1:54.62	900m: 16:42.27	1:53.91	1300m: 24:22.17	1:55.21
	200m: 3:30.96	1:51.97	600m: 11:03.43	1:53.04	1000m: 18:37.14	1:54.87	1400m: 26:15.77	1:53.60
	300m: 5:22.87	1:51.91	700m: 12:55.17	1:51.74	1100m: 20:32.39	1:55.25	1500m: 28:05.55	1:49.78
	400m: 7:15.77	1:52.90	800m: 14:48.36	1:53.19	1200m: 22:26.96	1:54.57		
6.	KMET DARCIA		42	Technosport		31:00.22	133	
	100m: 1:50.36	1:50.36	500m: 10:08.52	2:04.78	900m: 18:28.61	2:06.15	1300m: 26:51.11	2:05.97
	200m: 3:54.58	2:04.22	600m: 12:14.52	2:06.00	1000m: 20:32.61	2:04.00	1400m: 28:55.55	2:04.44
	300m: 6:00.02	2:05.44	700m: 14:18.17	2:03.65	1100m: 22:38.21	2:05.60	1500m: 31:00.22	2:04.67
	400m: 8:03.74	2:03.72	800m: 16:22.46	2:04.29	1200m: 24:45.14	2:06.93		

45 - 49 years

1.	Marshall Sarah		48	MPC		22:30.83	346	
	100m: 1:23.91	1:23.91	500m: 7:24.37	1:31.06	900m: 13:28.67	1:31.05	1300m: 19:31.55	1:30.38
	200m: 2:53.54	1:29.63	600m: 8:55.54	1:31.17	1000m: 14:59.67	1:31.00	1400m: 21:01.77	1:30.22
	300m: 4:23.07	1:29.53	700m: 10:26.77	1:31.23	1100m: 16:30.51	1:30.84	1500m: 22:30.83	1:29.06
	400m: 5:53.31	1:30.24	800m: 11:57.62	1:30.85	1200m: 18:01.17	1:30.66		
2.	SIMPSON BETSY		45	Technosport		23:31.93	303	
	100m: 1:23.43	1:23.43	500m:		900m:	1300m:		
	200m: 2:56.30	1:32.87	600m:		1000m:	1400m:		
	300m:		700m:		1100m:	1500m: 23:31.93		
	400m: 6:00.15		800m: 12:18.21		1200m:			
3.	MILFORD WENDY		49	Technosport		26:05.55	222	
	100m: 1:36.96	1:36.96	500m:		900m:	1300m:		
	200m: 3:24.77	1:47.81	600m:		1000m:	1400m:		
	300m:		700m:		1100m:	1500m: 26:05.55		
	400m: 6:55.27		800m: 13:57.86		1200m:			
4.	Fournier Josee		47	Westmount YMCA Masters		26:14.02	219	
	100m: 1:32.21	1:32.21	500m: 8:34.37	1:46.69	900m: 15:40.24	1:46.21	1300m: 22:41.03	1:46.97
	200m: 3:15.93	1:43.72	600m: 10:22.59	1:48.22	1000m: 17:25.09	1:44.85	1400m: 24:27.06	1:46.03
	300m: 5:02.27	1:46.34	700m: 12:08.09	1:45.50	1100m: 19:09.33	1:44.24	1500m: 26:14.02	1:46.96
	400m: 6:47.68	1:45.41	800m: 13:54.03	1:45.94	1200m: 20:54.06	1:44.73		
5.	Brunet Michele		49	Loups-Marins de Rivière-du-Lou		27:31.10	190	
	100m: 1:38.47	1:38.47	500m: 8:57.21	1:49.91	900m: 16:24.99	1:51.94	1300m: 23:52.41	1:52.95
	200m: 3:16.83	1:38.36	600m: 10:48.37	1:51.16	1000m: 18:15.80	1:50.81	1400m: 25:43.18	1:50.77
	300m: 5:17.71	2:00.88	700m: 12:40.55	1:52.18	1100m: 20:06.84	1:51.04	1500m: 27:31.10	1:47.92
	400m: 7:07.30	1:49.59	800m: 14:33.05	1:52.50	1200m: 21:59.46	1:52.62		
6.	Velly Florence		47	Westmount YMCA Masters		28:33.17	170	
	100m: 1:34.03	1:34.03	500m: 9:05.44	1:55.94	900m: 16:55.41	1:56.72	1300m: 24:42.69	1:57.38
	200m: 3:21.44	1:47.41	600m: 11:03.66	1:58.22	1000m: 18:52.13	1:56.72	1400m: 26:39.44	1:56.75
	300m: 5:13.85	1:52.41	700m: 13:00.69	1:57.03	1100m: 20:49.19	1:57.06	1500m: 28:33.17	1:53.73
	400m: 7:09.50	1:55.65	800m: 14:58.69	1:58.00	1200m: 22:45.31	1:56.12		

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Event 7, Women, 1500m Freestyle

50 - 54 years

1. Caskie Fiona	51	Westmount YMCA Masters	32:19.94	117
100m: 1:59.30 1:59.30	500m: 10:40.40 3:37.50	900m: 19:16.47 2:08.23	1300m: 27:41.90 2:03.03	
200m: 4:10.12 2:10.82	600m: 12:49.15 2:08.75	1000m: 21:23.15 2:06.68	1400m: 30:12.21 2:30.31	
300m: 6:22.15 2:12.03	700m: 14:58.74 2:09.59	1100m: 23:31.53 2:08.38	1500m: 32:19.94 2:07.73	
400m: 7:02.90 40.75	800m: 17:08.24 2:09.50	1200m: 25:38.87 2:07.34		
2. Farmer Marie	52	Westmount YMCA Masters	33:20.91	107
100m: 2:04.42 2:04.42	500m: 10:59.89 2:15.66	900m: 19:59.51 2:16.65	1300m: 29:00.13 4:15.27	
200m: 4:14.89 2:10.47	600m: 13:13.29 2:13.40	1000m: 22:15.07 2:15.56	1400m: 31:13.92 2:13.79	
300m: 6:29.89 2:15.00	700m: 15:27.07 2:13.78	1100m: 24:29.83 2:14.76	1500m: 33:20.91 2:06.99	
400m: 8:44.23 2:14.34	800m: 17:42.86 2:15.79	1200m: 24:44.86 15.03		
3. Furlotte Arden	52	Westmount YMCA Masters	36:02.74	84
100m: 2:00.34 2:00.34	500m: 11:42.03 2:28.60	900m: 21:21.59 2:25.03	1300m: 30:10.09 1:27.41	
200m: 4:22.15 2:21.81	600m: 14:07.77 2:25.74	1000m: 23:44.56 2:22.97	1400m: 33:42.24 3:32.15	
300m: 6:46.62 2:24.47	700m: 16:33.12 2:25.35	1100m: 26:11.81 2:27.25	1500m: 36:02.74 2:20.50	
400m: 9:13.43 2:26.81	800m: 18:56.56 2:23.44	1200m: 28:42.68 2:30.87		

55 - 59 years

1. Lessard Marie-Luce	58	Maîtres Ste-Foy	28:55.67	163
100m: 1:47.05 1:47.05	500m: 9:33.33 1:55.66	900m: 17:17.87 1:56.44	1300m: 25:01.52 1:56.97	
200m: 3:45.49 1:58.44	600m: 11:22.80 1:49.47	1000m: 19:12.67 1:54.80	1400m: 26:58.13 1:56.61	
300m: 5:42.14 1:56.65	700m: 13:25.85 2:03.05	1100m: 21:08.83 1:56.16	1500m: 28:55.67 1:57.54	
400m: 7:37.67 1:55.53	800m: 15:21.43 1:55.58	1200m: 23:04.55 1:55.72		
2. Brownie Marge	58	MPC	30:02.75	146
100m: 1:52.52 1:52.52	500m: 9:54.04 2:00.31	900m: 18:01.04 2:02.37	1300m: 26:06.59 2:02.19	
200m: 3:54.04 2:01.52	600m: 11:56.86 2:02.82	1000m: 20:02.45 2:01.41	1400m: 28:08.23 2:01.64	
300m: 5:54.54 2:00.50	700m: 13:51.45 1:54.59	1100m: 22:03.45 2:01.00	1500m: 30:02.75 1:54.52	
400m: 7:53.73 1:59.19	800m: 15:58.67 2:07.22	1200m: 24:04.40 2:00.95		
3. Royer Aline	55	M. Dollard-Des-Ormeaux	40:33.69	59
100m: 2:32.29 2:32.29	500m: 13:27.01 2:41.28	900m: 24:20.60 2:43.50	1300m: 35:16.89 2:43.16	
200m: 5:19.01 2:46.72	600m: 16:09.89 2:42.88	1000m: 27:05.38 2:44.78	1400m: 37:58.07 2:41.18	
300m: 8:02.45 2:43.44	700m: 18:53.45 2:43.56	1100m: 29:49.63 2:44.25	1500m: 40:33.69 2:35.62	
400m: 10:45.73 2:43.28	800m: 21:37.10 2:43.65	1200m: 32:33.73 2:44.10		

60 - 64 years

1. Bakish Margaret	61	Neptune	24:56.10	255
<i>Nouveau record provincial?</i>				
100m: 1:32.05 1:32.05	500m:	900m:	1300m:	
200m: 3:13.75 1:41.70	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m: 24:56.10	
400m: 6:35.85	800m: 13:17.85	1200m:		
2. Cardinal Liliane	61	MPC	34:03.53	100
100m: 2:06.51 2:06.51	500m: 11:12.04 2:10.87	900m: 20:22.29 2:17.03	1300m: 29:32.07 2:18.75	
200m: 4:22.13 2:15.62	600m: 13:28.54 2:16.50	1000m: 22:40.17 2:17.88	1400m: 31:51.01 2:18.94	
300m: 6:39.13 2:17.00	700m: 15:46.51 2:17.97	1100m: 24:56.29 2:16.12	1500m: 34:03.53 2:12.52	
400m: 9:01.17 2:22.04	800m: 18:05.26 2:18.75	1200m: 27:13.32 2:17.03		

65 - 69 years

1. Angus Patricia	66	Neptune	27:26.84	191
100m: 1:42.19 1:42.19	500m: 9:00.57 1:49.79	900m: 16:20.44 2:45.37	1300m: 23:45.25 1:51.56	
200m: 3:31.16 1:48.97	600m: 10:49.72 1:49.15	1000m: 18:11.44 1:51.00	1400m: 25:36.47 1:51.22	
300m: 5:20.57 1:49.41	700m: 12:39.44 1:49.72	1100m: 20:02.34 1:50.90	1500m: 27:26.84 1:50.37	
400m: 7:10.78 1:50.21	800m: 13:35.07 55.63	1200m: 21:53.69 1:51.35		

29e Championnat provincial des Maîtres Nageurs Financière Manuvie
Canada, 16. - 18.4.2010

Event 7, Women, 1500m Freestyle

70 - 74 years

1. Jacques Hélène			70	Maîtres Nageurs Québec			31:30.80	126			
100m:	2:02.59	2:02.59	500m:	10:29.24	2:07.65	900m:	18:52.03	2:05.13	1300m:	27:22.53	2:07.97
200m:	4:07.53	2:04.94	600m:	12:35.68	2:06.44	1000m:	20:59.27	2:07.24	1400m:	29:28.12	2:05.59
300m:	6:14.37	2:06.84	700m:	14:41.59	2:05.91	1100m:	23:07.47	2:08.20	1500m:	31:30.80	2:02.68
400m:	8:21.59	2:07.22	800m:	16:46.90	2:05.31	1200m:	25:14.56	2:07.09			