

JANUARY CHALLENGE - DÉFI DU MOIS DE JANVIER

MASTERS SWIMMING - MAITRES NAGEURS



Revision 2

200m KICK CHALLENGE

200m BATTEMENTS DES JAMBES

DÉFI

Challenge specific instructions: push start, kick board optional, any stroke

Instructions spécifiques au défi: Départ dans l'eau, planche optionnelle, tous styles permis

SWIMMER /NAGEUR

TIME / TEMPS(mm:ss.00)

FAMILY NAME, NAME NOM, PRÉNOM	AGE ÂGE	CLUB	GENDER	200m Kick 200m Battements des Jambes
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WOMEN 18-24 DAMES

1	Bennett, Allison	23	AURO	F	03:13.20
2	Siino, Véronique	22	CNMN	F	03:47.75
3	Teale Sargent	21	CALY	F	04:25.00

WOMEN 25-29 DAMES

1	Strass-Hundal, Natasha	28	CMSC	F	02:58.20
2	Rayburn, Madisen	26	EMSC	F	03:20.30
3	Ferguson, Rebecca	27	LHA	F	03:43.00
4	Iannucci, Marika	28	AURO	F	03:50.00
5	Ridenour, Christine	28	EMSC	F	03:50.80
6	O'Reilly, Elizabeth	28	EMSC	F	04:01.10
7	Jordie Vézina-Levasseur	29	CNBF	F	04:08.00
8	Fahlgren, Emily	26	AURO	F	04:20.90
9	Maria Caldwell	25	AQUA	F	04:25.80
10	Kimber, Alyssa	27	EVDSC	F	04:28.00
11	Lebel, Kariane	28	CNMN	F	04:37.57

WOMEN 30-34 DAMES

1	Benison, Terri-Lynn	32	CMSC	F	02:58.90
2	Breanna Hendriks	31	COCO	F	03:18.00
3	Govi-Monty, Maude	34	CNMN	F	03:30.35
4	Burse, Kaetlen	34	ZUNB	F	03:43.17
5	Kalillo, Amy	31	AURO	F	03:43.30
6	Jade Larochelle	31	CNBF	F	04:07.00
7	McGreer, Katie	34	EMSC	F	04:21.00
8	Katherine Rejminiak	32	WRW	F	04:22.20
9	Borba, Renata	34	EMSC	F	04:24.00
10	Erika Bagasan	32	COCO	F	04:46.00
11	Lysanne Lapointe	33	MBC	F	04:49.09
12	Valerie Blais	34	WRW	F	04:57.20
13	Kirk, Alison	32	BBMSC	F	04:58.00
14	Francis, Rosie	30	EVDSC	F	05:15.00
15	Mennie Clarke, Jenna	31	BBMSC	F	05:40.00
16	Rankine, Laura	33	EVDSC	F	05:58.00
17	Dornn, Stephanie	31	BBMSC	F	06:00.00
18	Kohinski, Emma	31	BBMSC	F	07:00.00

WOMEN 35-39 DAMES

1	Prime, Allison	39	CMSC	F	03:36.08
2	Taylor, Christie	39	AURO	F	03:57.70
3	Lucie Garon Langelier	37	MBC	F	04:02.76
4	Ariane Tremblay-Daoust	36	CNMT	F	04:03.00
5	Jennifer Atkinson	35	CALY	F	04:05.00
6	Thomas, Jensen	37	ZUNB	F	04:54.25
7	Laura Nixon	38	CALY	F	05:06.00
8	Jessica Pineault	36	AQUA	F	05:56.56
9	Arnold, Katie	38	LHA	F	06:09.00
10	Sylvie Croteau	39	CNBF	F	06:50.00
11	Chiv, Isabelle	36	AURO	F	08:41.00
12	Foley, Charlene	37	BBMSC	F	09:00.00

	SWIMMER/NAGEUR	AGE/Âge	CLUB	GENDER	TIME/TEMPS
WOMEN 40-44 DAMES					
1	Carli Tyson	44	CALY	F	03:33.00
2	Nikki Sitch	44	CALY	F	03:36.00
3	Jennifer Alexander	44	CALY	F	03:44.00
4	Natawary, Christine	43	EMSC	F	03:46.00
5	Brendaglia, Serena	43	HBSC	F	03:49.00
6	Tanguay, Véronique	44	CNMN	F	03:55.55
7	Kathy Gelinis	44	COCO	F	04:05.61
8	Schnare, Jodi	43	ZUNB	F	04:06.26
9	Gagnon, Valérie	42	RED	F	04:08.10
10	Banks, Jenny	40	AURO	F	04:09.20
11	Croteau, Caroline	42	ENC	F	04:10.00
12	Julie Lacasse	42	MBC	F	04:10.68
13	Shannon Roen	42	CALY	F	04:11.00
14	Moore, Abi	40	EVDSC	F	04:22.00
15	Kennedy, Pamela	44	CMSC	F	04:28.05
16	Sarah Gaudreault	42	MBC	F	04:34.29
17	Peel, Robin	43	EVDSC	F	04:36.00
18	Bentley, Sheri	43	EVDSC	F	04:48.00
18	Turcotte, Geneviève	44	RED	F	04:48.00
20	Meaghan Sylvester	41	CALY	F	04:55.00
20	Erin Sudbury	42	CALY	F	04:55.00
22	Bélaïr, Karine	42	CNMN	F	04:55.03
23	Forget, Martine	42	CNMN	F	04:55.31
24	Prince, Véronique	40	ENC	F	05:01.00
25	Jennifer Chabassol	42	PICT	F	05:05.00
26	Richard, Anny	44	RED	F	05:06.13
27	Mac Con, Amy	44	EVDSC	F	05:13.00
28	Fairchild, Renee	42	EVDSC	F	05:15.00
29	Labranche, Sonya	44	ENC	F	05:24.00
30	Parent, Cynthia	40	RED	F	05:25.85
31	Eykamp, Lucy	41	EVDSC	F	05:28.00
32	Catherine Benoit	41	AQUA	F	05:32.10
33	Corbit, Christine	43	AURO	F	06:04.20
34	Geneviève Cloutier	41	CALY	F	06:13.00
35	Christine Bergeron	41	AQUA	F	06:15.80
36	Haberer, Mary	41	AURO	F	06:56.80
WOMEN 45-49 DAMES					
1	Tardif, Natalie	46	CMSC	F	03:27.01
2	Lenise Kerr	49	CALY	F	03:35.00
3	Jean, Maud	46	CNMN	F	03:39.25
4	Haws, Lori	49	AURO	F	03:42.00
5	Krista Muis	47	MPC	F	03:43.28
6	Kelly Dumont	45	WRW	F	03:47.80
7	Drinnan, Siubhan	45	EMSC	F	03:55.10
8	Edmonds, Leigh	46	CMSC	F	03:55.51
9	Louise Edwards	48	CALY	F	04:03.00
10	Greenwood, Shelagh	47	AURO	F	04:14.40
11	Nancy Levesque	45	MBC	F	04:22.95
12	Lamothe, Claudia	48	RED	F	04:27.00
13	Sharon Nowlan	46	PICT	F	04:39.00
14	Joanna Markwart	48	CALY	F	04:45.00
15	Pessian-haghighi, Arezou	45	AURO	F	04:46.30
16	Martel, Valérie	46	CNMN	F	04:50.53
17	Amy Chamberlainin	46	AQUA	F	05:00.84
18	Marie-Josée Santerre	46	MBC	F	05:24.35
19	Dufrènes, Marie-Claude	49	RED	F	05:33.00
20	Annie Gosselin	46	MBC	F	05:36.03
21	Monpou, Caroline	49	ENC	F	05:50.00
22	Stephanie Coll	46	MBC	F	05:53.90
23	Marie-Andrée Deschênes	48	MBC	F	06:41.78
24	Seitz, Rhonda	48	BBMSC	F	06:46.00
25	Sara Perrin	49	COCO	F	07:10.00
26	Barnes, Maureen	49	AURO	F	07:25.00
27	Huang, Bei	49	AURO	F	09:15.00

	SWIMMER/NAGEUR	AGE/Âge	CLUB	GENDER	TIME/TEMPS
WOMEN 50-54 DAMES					
1	Cousineau, Anne	51	CMSC	F	03:31.01
2	Abdou, Angie	51	EVDSC	F	03:32.00
3	Brndiar, Carolyn	51	AURO	F	03:35.10
4	Madeleine Joly	51	CALY	F	04:00.00
5	Joy Friesen	53	PASS	F	04:15.00
5	Leduc, Nathalie	52	ENC	F	04:15.00
7	Tamiko Fry	52	WRW	F	04:23.50
8	Janzen, Jean	53	AURO	F	04:24.10
9	Susan Lawton	50	COCO	F	04:28.00
10	Grandmont,Brigitte	52	RED	F	04:40.00
11	Carole Laprise	51	MBC	F	04:40.35
12	Thellend, Marie-Claude	50	RED	F	04:41.81
13	Myers Rust, Christy	50	BBMSC	F	04:45.00
13	Carmen Jaume	51	CALY	F	04:45.00
15	Woolcott, Sarah	51	AURO	F	05:18.70
16	Michelle Works	54	PICT	F	05:20.00
17	Poulin, Chantal	54	RED	F	05:41.00
18	Vona MacMillan	52	AQUA	F	05:58.02
19	Boudreau, Carolyn	54	AURO	F	06:08.20
20	Jennifer O'Carroll	51	CALY	F	06:13.00
21	Shelley Brolsma	52	COCO	F	06:56.00
22	Flemming, Jennifer	54	LHA	F	07:10.00
WOMEN 55-59 DAMES					
1	Mitchell, Janet	59	AURO	F	03:47.80
2	Patricia Grant	55	HALT	F	03:56.00
2	Gail Kasko	59	CALY	F	03:56.00
4	Bennett, Nicole	55	AURO	F	04:09.00
5	Gaudet,Michèle	57	RED	F	04:17.42
6	Moultray, Elizabeth	59	AURO	F	04:19.00
7	Lee, Stefanie	59	AURO	F	04:22.80
8	Cindy Schnee	58	CALY	F	04:28.00
9	Tracy Wright	55	WRW	F	04:33.10
10	Onisto, Delfina	59	AURO	F	04:51.80
11	Dianne Robinson	58	WRW	F	04:53.30
12	Corso, Terri	56	AURO	F	05:15.20
13	Holtmann, Cathy	55	ZUNB	F	05:39.20
14	Shaw, Nancy	56	AURO	F	05:41.30
15	Nancy Waterman	58	WRW	F	06:01.90
16	Parcel, Marie-Danielle	59	ENC	F	06:03.00
17	Alison Gentry	55	COCO	F	06:12.00
18	Leah Allard	56	AQUA	F	07:16.00
19	Honarkar, Sholeh	59	AURO	F	07:20.70
20	Gariépy, Anne	56	ENC	F	07:23.00
WOMEN 60-64 DAMES					
1	Linda Stanley Wilson	62	WRW	F	04:07.10
2	Starr, Cheryl	63	CMSC	F	04:28.10
3	Leung-Hagesteijn, Chungyee	64	AURO	F	04:48.20
4	Brodie, Terry	63	ZUNB	F	04:50.90
5	Jablonski, Loreen	61	AURO	F	05:07.10
6	Perron, Diane	63	ENC	F	05:12.00
7	Forster, Margaret	61	ZUNB	F	05:15.40
8	Flynn, Ann	63	ZUNB	F	05:17.20
9	Audette, Monique	64	ENC	F	05:24.00
10	Lemay,Diane	63	RED	F	05:36.00
11	Anderson, Cathy	64	ENC	F	05:39.00
12	Biskupski, Val	64	ZUNB	F	05:42.54
13	Sheila French	64	COCO	F	05:45.00
14	Leduc, Kathy	63	ENC	F	06:17.00
15	Benoit, Claudette	64	ENC	F	06:45.00
16	Rachelle Turgeon	64	AQUA	F	06:54.33
17	Shelley Lukasavitch	64	COCO	F	07:00.00
WOMEN 65-69 DAMES					
1	Wylie, Lori	67	CMSC	F	03:51.01
2	Murphy, Agnes	66	ZUNB	F	05:23.80
3	Kay, JoAnn	66	ENC	F	05:24.00
4	Jordan, Colleen	66	AURO	F	05:25.00
5	Gerow, Carol	66	BBMSC	F	05:55.00
6	Donnelly, Elaine	66	AURO	F	06:26.10
7	Holvik,Elin	65	EVDSC	F	06:45.00

	SWIMMER/NAGEUR	AGE/Âge	CLUB	GENDER	TIME/TEMPS
WOMEN 70-74 DAMES					
1	Lise Denis	71	MBC	F	05:35.22
2	Nishio, Robynn	72	AURO	F	05:51.90
3	Vandry, Micheline	71	ENC	F	06:13.00
4	Templeton, Christina	70	AURO	F	06:48.20
5	Linda Jomphe	70	MBC	F	07:19.67
6	Nancy Scott Langille	73	AQUA	F	11:24.00
WOMEN 75-79 DAMES					
1	Lise Perron	76	MBC	F	07:17.77
2	Chantal De verteuil	77	MBC	F	07:19.37
MEN 18-24 HOMMES					
1	McLelland, Christopher	20	AURO	M	03:22.10
2	Collister, Quinton	20	BBMSC	M	03:31.00
3	Smith, Braeden	20	BBMSC	M	04:13.00
4	Simmons, Jaiden	24	HBSC	M	04:46.00
5	Shaw, Christopher	18	AURO	M	04:53.80
6	Bérubé, Charles-Henri	20	ENC	M	05:37.00
7	Vallières, Jérôme	23	ENC	M	06:44.00
MEN 25-29 HOMMES					
1	Jack Cavanagh	26	WRW	M	03:05.40
2	Szarka, Logan	25	EMSC	M	03:15.90
3	Edelenbosch, Florian	28	EMSC	M	03:22.40
4	Adrian Chin	27	CALY	M	03:51.00
5	Pellejero-Dion,Cirstobal	29	CNMN	M	03:59.21
6	Ramirez-Romo, Sergio	28	CNMN	M	04:26.37
7	Francis Trottier	26	MBC	M	04:38.68
8	Adamski, Elliot	26	EVDSC	M	05:15.37
MEN 30-34 HOMMES					
1	Dalpe-Turcotte, Philippe	30	CNMN	M	02:55.47
2	Mccall, John	32	EVDSC	M	03:21.00
3	Lehari, Tristan	31	AURO	M	03:28.10
4	Mannucci, Gabrio	33	HBSC	M	03:37.00
5	Shirokov, Vlad	31	HBSC	M	03:39.00
6	Dave Kavanagh	32	CALY	M	03:50.50
7	Gabriel Thériault	32	CNBF	M	04:22.00
8	Solis, Manuel	31	CMSC	M	04:25.22
9	James LeBrun	32	WRW	M	04:36.60
10	Jordan Perchard	34	CALY	M	04:37.00
11	Cheuk, Tom	34	HBSC	M	04:49.00
12	Simon Thibodeau	32	MBC	M	05:45.34
13	Alexander, Miles	34	BBMSC	M	07:07.00
MEN 35-39 HOMMES					
1	Blanchette , Nicolas	39	RED	M	03:21.00
2	Kafara, Rylan	37	EMSC	M	03:42.20
3	Travis Cummings	35	COCO	M	03:53.00
4	Cruz, John	38	AURO	M	03:55.90
5	Lavoie, Nicolas	36	CNMN	M	04:00.21
6	Sandro Martini	36	CALY	M	04:01.00
7	MacDonald, Micheal	39	EMSC	M	05:24.00
8	Villeneuve, Ian	39	ENC	M	05:25.00
9	Edge, Andrew	38	AURO	M	06:21.40
10	Jean-Philippe Lebrun Labillois	36	MBC	M	06:30.13
MEN 40-44 HOMMES					
1	Blaskovits, Peter	41	CMSC	M	03:23.22
2	Sébastien Girard	41	CNBF	M	03:25.00
3	Chiang, Quincy	42	CMSC	M	03:32.05
4	Graham Duncan	44	COCO	M	04:30.00
5	Bentley, Chris	41	EVDSC	M	04:35.00
6	Kevin Van Vliet	41	CALY	M	04:42.00
7	Frederick Michaud	41	CNBF	M	04:45.00
8	Gagné, Jean-Francois	40	CNMN	M	04:48.35
9	Sauriol, Marc	42	CNMN	M	05:10.74
10	Jonathan Lefebvre Lavoie	41	MBC	M	05:36.26
11	Martin, Francois	42	RED	M	06:21.00
12	Pascal Everton	41	CALY	M	06:30.00

	SWIMMER/NAGEUR	AGE/Âge	CLUB	GENDER	TIME/TEMPS
MEN 45-49 HOMMES					
1	David DeVlieger	49	CALY	M	03:19.00
2	Hafke, Marty	48	EVDSC	M	03:22.00
3	Carlos Sanchez	45	WRW	M	03:23.00
4	Vincent Cliche	45	MBC	M	03:30.08
5	Simon Palin	45	MBC	M	03:30.82
6	Dominic Simard	46	MBC	M	03:33.15
7	Christian Prest	48	PICT	M	03:39.00
8	Benoit Jobin	45	MBC	M	03:39.80
9	Rivard,Hugues	48	RED	M	03:40.00
10	Plosz, Stephen	48	CMSC	M	03:44.40
11	Charest,Daniel	49	RED	M	03:48.00
12	Sliger, Jody	47	EMSC	M	04:07.00
13	Martin Luneau	45	CNBF	M	04:11.00
14	St-Pierre,Charles	46	RED	M	04:12.00
15	Ouellet,Frédéric	45	RED	M	04:21.00
16	Colonna, Marco	45	HBSC	M	04:23.00
17	So, Jack	46	AURO	M	04:29.00
18	Velikiy, Sergey	46	AURO	M	04:31.20
19	Kennedy, Mark	48	HBSC	M	04:39.00
20	Lapointe, Richard	49	CNMN	M	04:39.23
21	Iliia Korobov	45	CALY	M	05:18.00
22	Cliche, Michel-Étienne	45	ENC	M	05:29.00
23	Power, Justin	46	ENC	M	06:15.00
24	Cook, Paul	48	LHA	M	06:20.00
25	Jorge Salazar	46	CALY	M	06:29.00
26	Xu, Yuehong	48	AURO	M	06:45.00
27	Zhang, Wayne	47	AURO	M	06:56.50
28	Vian, Darren	45	AURO	M	07:47.00
MEN 50-54 HOMMES					
1	Saretsky, Barry	51	EMSC	M	02:56.60
2	Rivard,Francois	50	RED	M	03:15.00
3	Tang, Kai Ming	51	AURO	M	03:45.30
4	Summers, Scott	53	EMSC	M	03:57.00
5	Marc Rochette	53	MBC	M	04:00.73
6	Cochrane, David	52	BBMSC	M	04:02.00
7	Chuck McKitrick	53	CALY	M	04:14.00
7	Champigny,Luc	53	RED	M	04:14.00
9	Luneau,Luc	50	RED	M	04:24.00
10	Russ Wilson	51	WRW	M	04:34.20
11	Tim Dutton	52	CALY	M	04:38.00
12	Legallais, Doug	54	AURO	M	04:43.80
13	Abanilla, Ernan	52	HBSC	M	04:49.00
14	Charles Earl	51	CALY	M	05:09.00
15	Grewal, Jack	51	HBSC	M	06:11.00
16	Éric Lecompte	53	CNBF	M	06:50.00
MEN 55-59 HOMMES					
1	Lewis, Barry	58	EMSC	M	03:18.80
2	Napast, Albert	56	AURO	M	03:48.00
3	Littlejohn, James	57	AURO	M	03:49.00
4	Regis Lebrun	55	MBC	M	03:54.58
5	Brassard, Éric	56	CNMN	M	04:22.97
6	Tom Kerber	58	CALY	M	04:35.00
7	Morrison, John Russell	59	EMSC	M	04:36.00
8	Mitchell, Andrew	58	AURO	M	04:50.10
9	John Van Heyst	59	CALY	M	04:54.00
10	Jeff Bueckert	55	WRW	M	04:54.10
11	Fung, Wes	59	HBSC	M	04:57.00
12	Fournier,Jean	55	RED	M	05:04.00
12	Jim Donohue	58	CALY	M	05:04.00
14	Mathews, Glenn	59	HBSC	M	05:12.00
15	Dominic Jean	56	MBC	M	05:12.73
16	Michel Boudreau	58	MBC	M	05:16.11
17	Colin Wiebe	55	CALY	M	05:41.00
18	Parry, Darryl	58	CMSC	M	05:55.20
19	Sylvain Couture	57	MBC	M	06:50.80
20	Jean-Pierre Allard	55	AQUA	M	07:04.05

	SWIMMER/NAGEUR	AGE/Âge	CLUB	GENDER	TIME/TEMPS
MEN 60-64 HOMMES					
1	Craig Slater	60	WRW	M	03:30.20
2	Thompson, Dan	63	AURO	M	03:30.20
3	Davis, Robert	62	CMSC	M	03:37.00
4	Haffenden, Paul	63	AURO	M	04:20.00
5	Gauvin, Robert	62	ENC	M	04:42.00
6	Moultray, Jim	61	AURO	M	04:48.60
7	Pierre Boily	60	CNMT	M	04:49.88
8	Marc Paquet	62	MBC	M	04:59.73
9	Luc Rouleau	63	MBC	M	05:02.67
10	Clay Long	63	COCO	M	05:10.00
11	Douglas Anderson	63	CALY	M	05:30.00
12	Stonelake, Dave	63	EMSC	M	05:43.00
13	René Brault	61	MBC	M	05:50.32
14	Lennox, Doug	60	AURO	M	06:16.00
15	Claude Charland	61	CNBF	M	06:27.00
16	Yves Lemieux	63	MBC	M	06:29.26
17	Damien Fortin	62	MBC	M	08:25.74
MEN 65-69 HOMMES					
1	George Henne	66	SO-M	M	04:23.00
2	Deshaies, Yves	66	ENC	M	05:28.00
3	Robert, Jean	68		M	05:53.00
4	Jean-Émile Valois	67	MBC	M	09:46.54
MEN 70-74 HOMMES					
		RED			
1	Peter Charlton	70	CALY	M	04:59.00
2	Bobbett, Larry	74	AURO	M	05:27.70
3	Daniel Deschênes	70	MBC	M	06:35.47