

# TABLETTE DE RECORDS DU MAROC EN BASSIN DE 25m

## DAMES

*Mise à jour du 13 Février 2016*

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage Libre	<b>00:26.82</b>	Yasmeen BOUTOUIL (98)	USCM	07/11/2015	Paris (France)
100m Nage Libre	<b>00:57.62</b>	Yasmeen BOUTOUIL (98)	USCM	21/12/2014	Chevreuse (France)
200m Nage Libre	<b>02:03.45</b>	Sara EL BEKRI (87)	RCA	09/04/2011	Meknès
400m Nage Libre	<b>04:16.17</b>	Sara EL BEKRI (87)	RCA	19/11/2011	Saint-Dizier (France)
800m Nage Libre	<b>08:46.14</b>	Sara EL BEKRI (87)	RCA	18/11/2011	Saint-Dizier (France)
1500m Nage Libre	<b>17:48.17</b>	Rania EL ABDI(94)	USCM	05/02/2012	Meknès
50m Dos	<b>00:30.58</b>	Yasmeen BOUTOUIL (98)	USCM	29/11/2014	Chevreuse (France)
100m Dos	<b>01:04.34</b>	Yasmeen BOUTOUIL (98)	USCM	19/11/2015	Angers (France)
200m Dos	<b>02:18.38</b>	Yasmeen BOUTOUIL (98)	USCM	19/12/2014	Chevreuse (France)
50m Brasse	<b>00:31.38</b>	Sara EL BEKRI (87)	RCA	04/12/2011	Angers (France)
100m Brasse	<b>01:06.50</b>	Sara EL BEKRI (87)	RCA	02/12/2011	Angers (France)
200m Brasse	<b>02:23.54</b>	Sara EL BEKRI (87)	RCA	03/12/2011	Angers (France)
50m Papillon	<b>00:28.97</b>	Sara EL BEKRI (87)	RCA	10/04/2011	Meknès
100m Papillon	<b>01:02.58</b>	Sara EL BEKRI (87)	RCA	13/11/2011	Compiègne(France)
200m Papillon	<b>02:13.41</b>	Sara EL BEKRI (87)	RCA	19/11/2011	Saint-Dizier (France)
100m 4Nages	<b>01:02.98</b>	Sara EL BEKRI (87)	RCA	16/12/2010	Dubai (Emirates Arabes Unies)
200m 4Nages	<b>02:15.39</b>	Sara EL BEKRI (87)	RCA	18/12/2010	Dubai (Emirates Arabes Unies)
400m 4Nages	<b>04:48.22</b>	Sara EL BEKRI (87)	RCA	15/12/2010	Dubai (Emirates Arabes Unies)
Relais 4x100m Nage Libre	<b>04:06.79</b>	Sara BOUKILI (95) – Noura MANA (97) Meryem BADA (94) Boutaina RAJI BOUTAINA (93)	TSC	20/04/2013	Meknès
Relais 4x200m Nage Libre	<b>09:02.06</b>	Ghita ASSOUB (95) – Kenza EL MHAMEDI (99) Kenza LAISSAOUI (97) – Meryem BADA (94)	CODM	11/04/2015	Meknès
Relais 4x100m 4Nages	<b>04:40.01</b>	Sara BOUKILI (95) – Noura MANA (97) Meryem BADA (94) – Boutaina (93)	TSC	19/04/2013	Meknès
Relais 4x50m Nage Libre	<b>01:57.19</b>	Kenza MSELLAK (2000) – Hiba RMILI (2000) Hiba BENBOUZIANE (2000) – Hajar RACHDI (2000)	TSC	07/02/2016	Marrakech
Relais 4x50m 4Nages	<b>02:13.06</b>	Kenza MSELLAK (2000) – Hiba BENBOUZIANE (2000) Hiba RMILI - Hajar RACHDI (2000)	TSC	07/02/2016	Marrakech

# **TABLETTE DE RECORDS DU MAROC EN BASSIN DE 25m**

## **MESSIEURS**

*Mise à jour du 23 Janvier 2016*

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage Libre	<b>00:22.87</b>	Merwane EL MERINI (97)	RCA	23/11/2014	Montpellier (France)
100m Nage Libre	<b>00:50.32</b>	Amine KOUAME (86)	USF	24/06/2012	Meknès
		Merwane EL MERINI (97)	RCA	21/11/2014	Montpellier (France)
200m Nage Libre	<b>01:50.62</b>	Adil BELLAZ (81)	USCM	30/12/2003	La Réunion (France)
400m Nage Libre	<b>03:55.36</b>	Morad BERRADA (91)	WAC	05/12/2010	Chartres (France)
800m Nage Libre	<b>08:17.80</b>	Said SABER (95)	AS.FAR	09/04/2015	Meknès
1500m Nage Libre	<b>15:54.51</b>	Morad BERRADA (91)	WAC	14/11/2010	Montpellier (France)
50m Dos	<b>00:25.65</b>	Bilal ACHELHI (92)	CODM	20/04/2013	Meknès
100m Dos	<b>00'55"51</b>	Merwane EL MERINI (97)	RCA	22/11/2014	Montpellier (France)
200m Dos	<b>02:02.22</b>	Driss LAHRICHI (97)	WAC	08/04/2015	Meknès
50m Brasse	<b>00:28.83</b>	Amine FAWZI (86)	USCM	18/04/2013	Meknès
100m Brasse	<b>01:03.41</b>	Amine FAWZI (86)	USCM	20/04/2013	Meknès
200m Brasse	<b>02:19.67</b>	Ahmed Reda ENNAIM (96)	CODM	09/04/2015	Meknès
50m Papillon	<b>00:24.67</b>	Bilal ACHELHI (92)	CODM	19/04/2013	Meknès
100m Papillon	<b>00:55.30</b>	Bilal ACHELHI (92)	CODM	18/04/2013	Meknès
200m Papillon	<b>02:02.84</b>	Nouamane BATAHI (94)	CODM	20/12/2015	Istres (France)
100m 4Nages	<b>00:56.97</b>	Amine KOUAME (86)	USF	03/02/2012	MEKNES (Maroc)
200m 4Nages	<b>02:03.59</b>	Morad BERRADA (91)	WAC	04/12/2011	ANGERS (France)
400m 4Nages	<b>04:18.78</b>	Morad BERRADA (91)	WAC	03/12/2011	ANGERS (France)
Relais 4x100m Nage Libre	<b>03:29.84</b>	Adil ASSOUB (92) –Souhail HAMOUCHANE (97) Mehdi AYOUBI (98) – Nouamane BATAHI (94)	CODM	10/04/2015	MEKNES (Maroc)
Relais 4x200m Nage Libre	<b>07:48.34</b>	Salaheddine ARIGUI (94) – Bakr KZIBER (98) Badr BEN ASSILA (98) – Said SABER (95)	AS.FAR	11/04/2015	MEKNES (Maroc)
Relais 4x100m 4Nages	<b>03:51.63</b>	Adil ASSOUB (92) – Ahmed RedaENNAIM(96) Nouamane BATAHI (94) –Mehdi AYOUBI (98)	CODM	11/04/2015	MEKNES (Maroc)
Relais 4x50m 4Nages	<b>02:31.37</b>	Nizar EL ALAMI (98) – Mehdi Moulay BERKCH (98) Khalil ALAOUI (97) – El Mehdi CHABADI (97)	USCM	16/05/2010	Rabat

***TABLETTE DE RECORDS DU MAROC EN BASSIN DE 50 m***  
**DAMES**

*Mise à jour du 23 Janvier 2016*

<u>ÉPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	<b>00:27.35</b>	Sara EL BEKRI (87)	RCA	20/12/2011	Doha (Qatar)
100m Nage Libre	<b>00:58.30</b>	Sara EL BEKRI (87)	RCA	13/09/2010	Casablanca
200m Nage Libre	<b>02:03.10</b>	Sara EL BEKRI (87)	RCA	17/12/2011	Doha (Qatar)
400m Nage Libre	<b>04:17.55</b>	Sara EL BEKRI (87)	RCA	19/12/2011	Doha (Qatar)
800m Nage Libre	<b>08:49.57</b>	Sara EL BEKRI (87)	RCA	24/02/2012	Bordeaux (France)
1500m Nage Libre	<b>17:04.85</b>	Sara EL BEKRI (87)	RCA	17/02/2012	Sarcelles (France)
50m Dos	<b>00:31.35</b>	Yasmeen BOUTOUIL (98)	USCM	20/03/2015	Massy (France)
100m Dos	<b>01:05.97</b>	Yasmeen BOUTOUIL (1998)	USCM	21/02/2016	Clamart (France)
200m Dos	<b>02:22.17</b>	Imane BOULAAMANE (89)	CNJ	19/03/2011	Chalon sur Saone (France)
50m Brasse	<b>00:31.54</b>	Sara EL BEKRI (87)	RCA	22/04/2009	Montpellier (France)
100m Brasse	<b>01:08.21</b>	Sara EL BEKRI (87)	RCA	29/07/2012	Londres (GBR)
200m Brasse	<b>02:25.86</b>	Sara EL BEKRI (87)	RCA	01/08/2012	Londres (GBR)
50m Papillon	<b>00:28.96</b>	Sara EL BEKRI (87)	RCA	17/02/2012	Sarcelles (France)
100m Papillon	<b>01:03.35</b>	Sherazade RAMOND HANNANE (90)	WAC	22/05/2009	Chalon sur Saone (France)
200m Papillon	<b>02:16.21</b>	Sara EL BEKRI (87)	RCA	19/12/2011	Doha (Qatar)
200m 4Nages	<b>02:17.24</b>	Sara EL BEKRI (87)	RCA	22/12/2011	Doha (Qatar)
400m 4Nages	<b>04:48.04</b>	Sara EL BEKRI (87)	RCA	18/12/2011	Doha (Qatar)
Relais 4x50m Nage Libre	<b>01:59.25</b>	Imane BOULAAMANE (89) – Marwa BOULAAMANE (93) Lilia KARAKCHOU (92) – Kenza LYAGOUBI (94)	CNJ	19/07/2008	Rabat
Relais 4x100m Nage Libre	<b>04:02.77</b>	Sara EL BEKRI (87) – Rania EL ABDI (94) Marwa EL BANAR (95) – Noufissa CHBIHI (90)	E.N	18/12/2011	Doha (Qatar)
Relais 4x200m Nage Libre	<b>08:43.40</b>	Rania EL ABDI (94) - Sherazade RAMOND HANNANE (90) Noufissa CHBIHI (90) – Sara EL BEKRI (87)	E.N	13/09/2010	Casablanca
Relais 4x50m 4Nages	<b>02:14.74</b>	Imane BOULAAMANE (89) – Ghita BOUKHARI (89) Lilia KARAKCHOU (92) – Kenza LYAGOUBI (94)	CNJ	19/07/2008	Rabat
Relais 4x100m 4Nages	<b>04:22.21</b>	Imane BOULAAMANE (89) – Sara EL BEKRI (87) Noufissa CHBIHI (90) – Marwa EL BANAR (85)	E.N	17/12/2011	Doha (Qatar)

# **TABLETTE DES RECORDS DU MAROC EN BASSIN DE 50m**

## **\*\* MESSIEURS \*\***

*Mise à jour du 23 Aout 2016*

<b>EPREUVES</b>	<b>RECORDS</b>	<b>NOMS &amp; PRENOMS</b>	<b>CLUBS</b>	<b>DATES</b>	<b>LIEUX</b>
50m Nage Libre	<b>00:23"07</b>	Mehdi AYOUBI (98)	CODM	24/07/2016	Casablanca
100m Nage Libre	<b>00'51"01</b>	KOUAME AMINE (86)	USF	17/06/2012	LUXEMBOURG (LUXEMBOURG)
200m Nage Libre	<b>01'52"72</b>	BERRADA MORAD (91)	WAC	18/12/2011	DOHA (Qatar)
400m Nage Libre	<b>04:02.43</b>	SABER SAID (95)	CODM	05/04/2016	DUBAÏ
800m Nage Libre	<b>08:25.83</b>	SABER SAID (95)	CODM	07/04/2016	DUBAÏ
1500m Nage Libre	<b>16'25"51</b>	BERRADA MORAD (91)	WAC	21/01/2012	NANCY (France)
50m Dos	<b>00'26"24</b>	ACHELHI BILAL (92)	CODM	21/06/2013	MERSSIN (Turquie)
100m Dos	<b>00'56"77</b>	Marwane EL MERINI (97)	RCA	02/04/2016	Montpellier (France)
200m Dos	<b>02'06"97</b>	Adil ASSOUB(98)	CODM	21/07/2016	Casablanca
50m Brasse	<b>00:29.64</b>	ENNAIM Ahmed Reda (96)	<b>CODM</b>	06/04/2016	DUBAÏ
100m Brasse	<b>01'05"85</b>	FAWZI AMINE (86)	USCM	28/07/2013	Casablanca
200m Brasse	<b>02:23.53</b>	ENNAIM Ahmed Reda (96)	<b>CODM</b>	22/05/2016	Casablanca
50m Papillon	<b>00'24"87</b>	ACHELHI BILAL (92)	CODM	29/03/2012	SAINT RAPHAEL (France)
100m Papillon	<b>00:53.91</b>	Yusuf TIBAZI (96)	RCA	01/05/2016	Fran Crippen (USA)
200m Papillon	<b>02:03.79</b>	SABER SAID (95)	CODM	04/04/2016	DUBAÏ
200m 4Nages	<b>02'05"35</b>	BERRADA MORAD (91)	WAC	21/12/2011	DOHA (Qatar)
400m 4Nages	<b>04'25"58</b>	BERRADA MORAD (91)	WAC	18/03/2012	DUNKERQUE (France)
Relais 4x50m Nage Libre	<b>01'43"53</b>	HAFDI YOUSSEF (86)-GUEROUANI ALAE (83) ZIDOUHIA MAHDI (80) - TOUMI AZIZ (81)	E.N	22/12/2001	CASABLANCA (Maroc)
Relais 4x100m Nage Libre	<b>03'27"42</b>	ZERAIDI ISSAM (92) - KOUAME AMINE (86) EL HAZZAZ MEHDI (91) - BERRADA MORAD (91)	E.N	20/12/2011	DOHA (Qatar)
Relais 4x200m Nage Libre	<b>07'55"24</b>	EL HAZZAZ MEHDI (91) - ZERAIDI ISSAM (91) KOUAME AMINE (86) - BERRADA MORAD (91)	E.N	15/09/2010	CASABLANCA (Maroc)
Relais 4x50m 4Nages	<b>01'54"46</b>	HAFDI YOUSSEF (86)-GUEROUANI ALAE (83) ZIDOUHIA MAHDI (80) - TOUMI AZIZ (81)	E.N	22/12/2001	CASABLANCA (Maroc)
Relais 4x100m 4Nages	<b>03:53.39</b>	LAHRICHI Driss (97) – ENNAIM Ahmed Reda (96) SABER Said (95) – EL MERINI Merwa (97)	E.N	06/04/2016	DUBAÏ

**TABLETTE DES RECORDS DU MAROC**  
**RELAIS MIXTES**  
**BASSIN DE 50 m ET DE 25 m**

*Mise à jour du 13 Avril 2016*

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
<b>BASSIN DE 25 m</b>					
Relais 4x50m Nage Libre Mixte					
Relais 4x100m Nage Libre Mixte	04'00"16	MOULAY BERKCHI MEHDI (1998) - EIDE MIRIAM (1998) EL ALAMI NIZAR (1998) - BOUTOUIL YASMEEN (1998)	USCM	23/01/2016	MEKNES (MAROC) – 25 m
Relais 4x50m 4 Nages Mixte					
Relais 4x100m 4 Nages Mixte	04'23"10	BOULAAMANE IMANE (1989) – ENNAIM AHMED REDA (1996) BATAHI NOUAAMANE (1994) – ASSOUB GHITA (1995)	CODM	24/01/2016	MEKNES (MAROC) – 25 m

**BASSIN DE 50 m**

Relais 4x100m Nage Libre Mixte	03:49.84	EL HAZZAZ Mehdi (91) - KHIYARA Ines (98) Mana Noura (97) - EL MERINI Merwane (97)	Équipe Nationale	05/04/2016	DUBAÏ
Relais 4x50m Nage Libre Mixte					
Relais 4x100m 4 Nages Mixte	04:17.08	EL MERINI Merwane (97) – KHIYARA Ines (98) EL HAZZAZ Mehdi (91) – Mana Noura (97)	Équipe Nationale	04/04/2016	DUBAÏ
Relais 4x50m 4 Nages Mixte					

# TABLETTE DE PERFORMANCES

## \*\* JUNIORS FILLES \*\*

*Mise à jour du 23 Janvier 2016*

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage libre	00'26"82	BOUTOUIL YASMEEN (98)	USCM	07/11/2015	PARIS(FRANCE) - 25m
100m Nage libre	00'57"62	BOUTOUIL YASMEEN (98)	USCM	30/10/2015	CHEVREUSE (France) - 25m
200m Nage libre	02'05"67	KHIYARA INES (98)	RCA	22/11/2015	50m
400m Nage libre	04'29"38	BOUTOUIL YASMEEN (98)	USCM	31/10/2015	CHOLET (France) - 25m
800m Nage libre	09'14"57	EL ABDI RANIA (94)	USCM	11/01/2012	MEKNES (Maroc) - 25m
1500m Nage libre	17'37"87	EL ABDI RANIA (94)	USCM	04/12/2011	KENITRA (Maroc) - 25m
50m Dos	00'30"58	BOUTOUIL YASMEEN (98)	USCM	29/11/2014	CHEVREUSE (France) - 25m
100m Dos	01'04"34	BOUTOUIL YASMEEN (98)	USCM	19/11/2015	ANGERS (France) - 25m
200m Dos	02'18"38	BOUTOUIL YASMEEN (98)	USCM	19/12/2014	CHEVREUSE (France) - 25m
50m Brasse	00'34"60	KHIYARA INES (98)	RCA	29/11/2015	CHEVREUSE (France) - 25m
100m Brasse	01'16"43	EL BEKRI SARA (87)	RCA	10/04/2004	TETOUAN (Maroc) - 25m
100m Brasse	01'16"43	KHIYARA INES (98)	RCA	14/11/2015	25m
200m Brasse	02'43"02	LOUHAICHI FATINE (83)	RCA	23/04/1999	LE CAIRE (Egypte) - 50m
50m Papillon	00'29"01	RAMOND HANNANE SHERAZADE (90)	WAC	31/07/2009	ROME (Italie) - 50m
100m Papillon	01'03"44	RAMOND HANNANE SHERAZADE (90)	WAC	21/12/2008	PARIS (France) - 25m
200m Papillon	02'21"00	RAMOND HANNANE SHERAZADE (90)	WAC	24/07/2008	CASABLANCA (Maroc) - 50m
100m 4Nages	01'06"77	BOUTOUIL YASMEEN (98)	USCM	30/10/2015	CHOLET (France) - 25m
200m 4Nages	02'25"84	KHIYARA INES (98)	RCA	31/10/2015	25m
400m 4Nages	05'14"87	IAZ NADIA (78)	WAC	12/02/1994	France
Relais 4x50m Nage Libre	02'21"86	TAREK MERIEM (87) - EL MARHAR MERIEM (86) KHALIL RKIA (87) - MAHMOUN RHITA (87)	WAC	02/03/2003	CASABLANCA (Maroc) - 50m
Relais 4x100m Nage Libre	04'20"70	CHBIHI NOUFISSA (90) - EL BOUKHARI GHITA (89) BOULAAMANE IMANE (89) - RAMOND HANNANE SHERAZADE (90)	E.N	04/08/2007	CASABLANCA (Maroc) - 50m
Relais 4x200m Nage Libre	09'09"40	CHBIHI NOUFISSA (90) - BOULAAMANE IMANE (89) EL BOUKHARI GHITA (89)- RAMOND HANNANE SHERAZADE (90)	E.N	02/08/2007	CASABLANCA (Maroc) - 50m
Relais 4x50m 4Nages	02'24"41	HADDANE SARA (86) - BELARBI LAILA (87) KASSI HOUDA (86) - BENMASSAOUD FATIMA ZOHRA (87)	USCM	29/02/2004	RABAT (Maroc) - 50m
Relais 4x100m 4Nages	05'08"44	CHAKRI RIM (97) - ZOUHAIRI ZINEB (97) MOUFAKKIR FATIMA EZZAHRA (97) - RIDOUANE FADWA (97)	RCA	09/04/2015	MEKNES (Maroc) - 25m

## TABLETTE DES PERFORMANCES

### \*\* JUNIORS GARÇONS \*\*

*Mise à jour du 23 Janvier 2016*

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage libre	<b>00'22"87</b>	EL MERINI MERWANE (97)	RCA	23/11/2014	MONTPELLIER (France) - 25m
100m Nage libre	<b>00'50"32</b>	EL MERINI MERWANE (97)	RCA	21/11/2014	MONTPELLIER (France) - 25m
200m Nage libre	<b>01'52"64</b>	JORDAN YAMINE (91)	WAC	18/02/2010	TORONTO (Canada) - 25m
400m Nage libre	<b>03'59"16</b>	BERRADA MORAD (91)	WAC	15/11/2009	MONTPELLIER (France) - 25m
800m Nage libre	<b>08'23"32</b>	SABER SAID (95)	CODM	27/02/2014	MEKNES (Maroc) - 25m
1500m Nage libre	<b>16'17"10</b>	JORDAN YAMINE (91)	WAC	20/02/2010	TORONTO (Canada) - 25m
50m Dos	<b>00'25"90</b>	EL MERINI MERWANE (97)	RCA	21/11/2014	MONTPELLIER (France) - 25m
100m Dos	<b>00'55"51</b>	EL MERINI MERWANE (97)	RCA	22/11/2014	MONTPELLIER (France) - 25m
200m Dos	<b>02'02"22</b>	LAHRICHI DRISS (97)	WAC	08/04/2015	MEKNES (Maroc) - 25m
50m Brasse	<b>00'30"22</b>	AZEROUAL ACHRAF (96)	ACK	01/03/2015	KENITRA (Maroc) - 25m
100m Brasse	<b>01'05"36</b>	BATAHI NOUAAMANE (94)	CODM	21/12/2012	MONTPELLIER (France) - 25m
200m Brasse	<b>02'19"67</b>	ENNAIM AHMED REDA (96)	CODM	09/04/2015	MEKNES (Maroc)
50m Papillon	<b>00'24"98</b>	ACHELHI BILAL (92)	CODM	10/04/2011	MEKNES (Maroc)
100m Papillon	<b>00'56"30</b>	ACHELHI BILAL (92)	CODM	07/04/2011	MEKNES (Maroc) - 25m
200m Papillon	<b>02'05"56</b>	SABER SAID (95)	CODM	01/03/2014	MEKNES (Maroc) - 25m
100m 4Nages	<b>00'59"15</b>	ZERAIDI ISSAM (92)	ASFAR	27/12/2009	LAEKEN (Belgique) - 25m
200m 4Nages	<b>02'06"33</b>	SABER SAID (95)	CODM	26/02/2014	MEKNES (Maroc) - 25m
400m 4Nages	<b>04'26"35</b>	BERRADA MORAD (91)	WAC	05/12/2009	CHARTRES (France) - 25m
Relais 4x50m Nage Libre	<b>01'55"13</b>	DIDOUH ABDELKADER (87) - EL KASRI MEHDI (87) BENYAKOUB Med MOUAD (87) - MHAMDI TAYEB (87)	CNJ	29/02/2004	RABAT (Maroc) - 50m
Relais 4x100m Nage Libre	<b>03'52"27</b>	ERROUGANI MEHDI (90) - ATEMNI MEHDI (89) LAARAICHI SOUFIAN (90) - SAHLI TAHA (90)	E.N	03/08/2007	CASABLANCA (Maroc) - 50m
Relais 4x200m Nage Libre	<b>08'51"06</b>	EL HAOUAT MOHAMED (86) - SAIDI OMAR (85) MGHARI YOUSSEF (85) - KOUAME AMINE (86)	USF	31/07/2003	CASABLANCA (Maroc) - 50m
Relais 4x50m 4Nages	<b>02'00"60</b>	BENJGHAOUI OTMANE (85) - EL RHARRHRI ABDELGHAFOUR (85) EL MENOUNI MEHDI (85) - EL QUEBRITI ABDELMOUGHITE (85)	CODM	09/03/2003	CASABLANCA (Maroc) - 50m
Relais 4x100m 4Nages	<b>04'20"65</b>	ERROUGANI MEHDI (90) - SAHLI TAHA (90) SLAOUI MEHDI (90) - LAARAICHI SOUFIAN (90)	E.N	05/08/2007	CASABLANCA (Maroc) - 50m

# TABLETTE DE PERFORMANCES

## \*\* CADETTES \*\*

*Mise à jour du 13 Février 2016*

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage libre	<b>00'26"96</b>	BOUTOUIL YASMEEN (98)	USCM	19/12/2014	CHEVREUSE (France) - 25m
100m Nage libre	<b>00'57"62</b>	BOUTOUIL YASMEEN (98)	USCM	21/12/2014	CHEVREUSE (France) - 25m
200m Nage libre	<b>02'06"96</b>	BOUTOUIL YASMEEN (98)	USCM	20/12/2014	CHEVREUSE (France) - 25m
400m Nage libre	<b>04'28"24</b>	EL ABDI RANIA (94)	USCM	07/04/2011	MEKNES (Maroc) - 25m
800m Nage libre	<b>09'13"94</b>	EL ABDI RANIA (94)	USCM	08/04/2011	MEKNES (Maroc) - 25m
1500m Nage libre	<b>18'04"39</b>	BOULAAMANE IMANE (89)	CNJ	09/04/2005	RABAT (Maroc) - 50m
50m Dos	<b>00'30"58</b>	BOUTOUIL YASMEEN (98)	USCM	29/11/2014	CHEVREUSE (France) - 25m
100m Dos	<b>01'04"52</b>	BOUTOUIL YASMEEN (98)	USCM	20/12/2014	CHEVREUSE (France) - 25m
200m Dos	<b>02'18"38</b>	BOUTOUIL YASMEEN (98)	USCM	19/12/2014	CHEVREUSE (France) - 25m
50m Brasse	<b>00'35"33</b>	MANA NOURA (97)	TSC	18/04/2013	MEKNES (Maroc) - 25m
100m Brasse	<b>01'15"49</b>	KHIYARA INES (98)	RCA	22/06/2014	MEKNES (Maroc) - 25m
200m Brasse	<b>02'38"20</b>	KHIYARA INES (98)	RCA	10/11/2013	GENT (Belgique) - 25m
50m Papillon	<b>00'29"56</b>	KARRAKCHOU LILIA (92)	CNJ	11/07/2009	CASABLANCA (Maroc) - 50m
100m Papillon	<b>01'04"65</b>	KARRAKCHOU LILIA (92)	CNJ	28/06/2009	ROME (Italie) - 50m
200m Papillon	<b>02'22"52</b>	KARRAKCHOU LILIA (92)	CNJ	19/08/2009	AMMAN (Jordanie) - 50m
100m 4Nages	<b>01'08"86</b>	KHIYARA INES (98)	RCA	26/10/2014	Outremeuse (Belgique) - 25m
200m 4Nages	<b>02'25"40</b>	KHIYARA INES (98)	RCA	17/05/2014	HUY (Belgique) - 25m
400m 4Nages	<b>05'12"67</b>	EL MHAMED KENZA (99)	CODM	10/04/2015	MEKNES (Maroc) - 25m
Relais 4x50m Nage Libre	<b>01'57"19</b>	MSSELLAK Kenza (2000) – RMILY Hiba (2000) BENBOUZIANE Hiba (2000) – RACHDI Hajar (2000)	TSC	07/02/2016	Marrakech - 25m
Relais 4x100m Nage Libre	<b>04'14"91</b>	EL ABDI RANIA (94) - EL ABDI RIM (94) MAHFOUD LINA (95) - ASSOUB GHITA (95)	USCM	07/04/2011	MEKNES (Maroc) - 25m
Relais 4x200m Nage Libre	<b>09'34"99</b>	ASSOUB GHITA (95) - EL ABDI RIM (94) MAHFOUD LINA (95) - EL ABDI RANIA (94)	USCM	10/04/2011	MEKNES (Maroc) - 25m
Relais 4x50m 4Nages	<b>02'13"06</b>	MSSELLAK Kenza (2000) – BENBOUZIANE Hiba (2000) RMILY Hiba (2000) - RACHDI Hajar (2000)	TSC	07/02/2016	Marrakech - 25m
Relais 4x100m 4Nages	<b>04'57"41</b>	LOUHAICHI FATINE (83)- HEMIM ILHAM (82) EL BEKRI SARA (87) - MASSAOUDI MERIEM (82)	E.N	18/08/1996	AMMAN (Jordanie) - 50m



# TABLETTE DE PERFORMANCES

## \*\* CADETS \*\*

*Mise à jour du 23/01/2016*

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage libre	<b>00'23"81</b>	EL MERINI MERWANE (97)	RCA	05/12/2013	DIJON (France) - 25m
100m Nage libre	<b>00'51"47</b>	BOUTOUIL SAMY (2000)	USCM	20/12/2015	MASSY (France) - 25m
200m Nage libre	<b>01'52"45</b>	BOUTOUIL SAMY (2000)	USCM	22/11/2015	ANGERS (France) - 25m
400m Nage libre	<b>04'03"93</b>	BOUTOUIL SAMY (2000)	USCM	19/12/2015	MASSY (France) - 25m
800m Nage libre	<b>08'33"60</b>	LAHRICHI DRISS (97)	ADM	27/02/2014	MEKNES (Maroc) - 25m
1500m Nage libre	<b>16'27"65</b>	LAHRICHI DRISS (97)	ADM	24/11/2013	EL JADIDA (Maroc) - 25m
50m Dos	<b>00'26"66</b>	EL MERINI MERWANE (97)	RCA	06/12/2013	DIJON (France) - 25m
100m Dos	<b>00'57"74</b>	LAHRICHI DRISS (97)	ADM	01/03/2014	MEKNES (Maroc) - 25m
200m Dos	<b>02'03"13</b>	LAHRICHI DRISS (97)	ADM	26/02/2014	MEKNES (Maroc) - 25m
50m Brasse	<b>00'29"75</b>	BOUTOUIL SAMY (2000)	USCM	28/11/2015	CHEVREUSE (France) - 25m
100m Brasse	<b>01'06"02</b>	BOUTOUIL SAMY (2000)	USCM	28/11/2015	CHEVREUSE (France) - 25m
200m Brasse	<b>02'23"73</b>	KZIBER BAKR (98)	AS.FAR	09/04/2015	MEKNES (Maroc) - 25m
50m Papillon	<b>00'25"84</b>	ACHELHI BILAL (92)	WAC	30/06/2009	ROME (Italie) - 50m
100m Papillon	<b>00'56"55</b>	BOUTOUIL SAMY (2000)	USCM	19/12/2015	MASSY (France) - 25m
200m Papillon	<b>02'11"17</b>	ACHELHI BILAL (92)	WAC	16/03/2008	AIX-LES-BAINS (France) - 50m
100m 4Nages	<b>00'59"50</b>	BOUTOUIL SAMY (2000)	USCM	30/10/2015	CHOLET (France) - 25m
200m 4Nages	<b>02'08"27</b>	BOUTOUIL SAMY (2000)	USCM	20/12/2015	MASSY (France) - 25m
400m 4Nages	<b>04'39"35</b>	JORDAN YAMINE (91)	WAC	10/04/2008	MANCHESTER (Angleterre) - 25m
Relais 4x50m Nage Libre	<b>01'40"41</b>	BELAFKIH AHMED WADIA (99) - KZIBER BAKR (98) ABROUK OMAR (98) - BEN ASSILA NADR (98)	AS.FAR	08/04/2015	MEKNES (Maroc) - 25m
Relais 4x100m Nage Libre	<b>03'42"40</b>	ALAOUI EL MDARHRI YOUSSEF (98) - ABROUK OMAR (98) BEN ASSILA BADR (98) - CHAARI SOUFIANE (99)	AS.FAR	10/04/2015	MEKNES (Maroc) - 25m
Relais 4x200m Nage Libre	<b>08'15"58</b>	ABROUK OMAR (98) - ALAOUI EL MDARHRI YOUSSEF (98) BELAFKIH AHMED WADIA (99) - BEN ASSILA BADR (98)	AS.FAR	11/04/2015	MEKNES (Maroc) - 25m
Relais 4x50m 4Nages	<b>01'53"34</b>	BEN ASSILA BADR (98) - KZIBER BAKR (98) ABROUK OMAR (98) - BELAFKIH AHMED WADIA (99)	AS.FAR	08/04/2015	MEKNES (Maroc) - 25m
Relais 4x100m 4Nages	<b>04'05"77</b>	LAHRICHI ISMAIL (1999) – BADRANI ADNANE (2000) EL MOUSTAKIM IMAD (99) – EL MOUSTAKIM MOUAD (1999)	RCA	23/01/2016	MEKNES (Maroc) - 25m

## TABLETTE DE P ERFORMANCES

### \*\* MINIMES FILLES \*\*

*Mise à jour du 17 Septembre 2016*

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	00'27"56	BOUTOUIL YASMEEN (98)	USCM	15/04/2012	MEKNES (Maroc) - 25m
100m Nage libre	00'59"96	BOUTOUIL YASMEEN (98)	USCM	15/04/2012	MEKNES (Maroc) - 25m
200m Nage libre	02'11"87	CHBIHI NOUFISSA (90)	CODM	31/07/2004	CASABLANCA (Maroc) - 50m
400m Nage libre	04'34"78	CHBIHI NOUFISSA (90)	CODM	31/07/2004	CASABLANCA (Maroc) - 50m
800m Nage libre	09'30"82	CHBIHI NOUFISSA (90)	CODM	10/04/2004	TETOUAN (Maroc) - 25m
1500m Nage libre	18'51"28	LYAGOUBI KENZA (94)	CNJ	29/03/2009	TETOUAN (Maroc) - 25m
50m Dos	00'31"77	FAHSI HIBA (2001)	OCK	23/01/2016	MEKNES (Maroc) - 25m
100m Dos	01'06"80	FAHSI HIBA (2001)	OCK	01/09/2016	Tunis - 50m
200m Dos	02'26"39	FAHSI HIBA (2001)	OCK	02/09/2016	Tunis - 50m
50m Brasse	00'35"20	EL BEKRI SARA (87)	WAC	02/04/2000	EL JADIDA (Maroc) - 25m
100m Brasse	01'15"70	EL BEKRI SARA (87)	WAC	01/04/2000	EL JADIDA (Maroc) - 25m
200m Brasse	02'45"60	EL BEKRI SARA (87)	WAC	12/08/2000	TUNIS (Tunis) - 50m
50m Papillon	00'31"23	EL BANAR MARWA (95)	ADM	15/07/2010	CASABLANCA (Maroc) - 50m
100m Papillon	01'08"41	KARRAKCHOU LILIA (92)	CNJ	27/07/2006	CASABLANCA (Maroc) - 50m
200m Papillon	02'31"23	CHBIHI NOUFISSA (90)	CODM	29/07/2004	CASABLANCA (Maroc) - 50m
100m 4Nages	01'11"11	BENBATI FATIMA ZAHRA (97)	ADM	02/02/2012	MEKNES (Maroc) - 25m
200m 4Nages	02'30"74	EL BANAR MARWA (95)	ADM	04/07/2010	RABAT (Maroc) - 25m
400m 4Nages	05'23"93	BENBATI FATIMA ZAHRA (97)	ADM	04/02/2012	MEKNES (Maroc) - 25m
Relais 4x50m Nage Libre	02'02"81	BOUSSAADANE WIAM (01) - TIBARI SOUHA (01) GHENI FATIMA ZAHRA (00) - CHAARI SOUKAINA (00)	AS.FAR	07/06/2015	RABAT (Maroc) - 25m
Relais 4x100m Nage libre	04:20.85	Doha FAHSI (2001) 6 Hiba LAKNIT (2002) Hafsa ELABBARI (2002) – Hiba FAHSI (2001)	E.N	02/09/2016	Tunis - 50m
Relais 4x200m Nage libre	09:35.95	Doha FAHSI (2001) – Hafsa EL ABBARI (2002) Hiba LAKNIT (2002) – KENZA ZERAIDI (2002)	E.N	01/04/2015	Tunis - 50m
Relais 4x50m 4Nages	02'18"04	GHENI FATIMA ZAHRA (00) - BOUSSAADANE WIAM (01) CHAARI SOUKAINA (00) - EL KHADRI SAMARA (00)	AS.FAR	07/06/2015	RABAT (Maroc) - 25m
Relais 4x100m 4Nages	04:45.60	Hiba FAHSI (2001) – Hiba LAKNIT (2002) Hafsa EL ABBARI (2002) – Doha FAHSI (2001)	E.N	03/09/2016	Tunis - 50m

# TABLETTE DES P E R FORMANCES

\*\* MINIMES GARÇONS \*\*

*Mise à jour du 17 Septembre 2016*

Epreuves	Temps	Noms	Club	dates	Lieux
50m Nage libre	00'25"11	BOUTOUIL SAMY (00)	USCM	30/11/2014	CHEVREUSE (France) - 25m
100m Nage libre	00'54"59	BOUTOUIL SAMY (00)	USCM	08/03/2015	LIMOGES (France) - 50m
200m Nage libre	01'56"07	BOUTOUIL SAMY (00)	USCM	25/01/2015	MASSY (France) -25m
400m Nage libre	04'10"27	BOUTOUIL SAMY (00)	USCM	08/11/2014	CLAMART (France) -25m
800m Nage libre	09'01"22	LAHRICHI ISMAIL (99)	ADM	27/02/2014	MEKNES (Maroc) -25m
1500m Nage libre	17'19"05	LAHRICHI DRISS (97)	ADM	05/02/2012	MEKNES (Maroc) -25m
50m Dos	00'28"34	BOUTOUIL SAMY (00)	USCM	29/11/2014	CHEVREUSE (France) - 25m
100m Dos	01'00"42	BOUTOUIL SAMY (00)	USCM	24/01/2015	MASSY (France) -25m
200m Dos	02'12"93	LAHRICHI DRISS (97)	ADM	02/02/2012	MEKNES (Maroc) -25m
50m Brasse	00'30"60	BOUTOUIL SAMY (00)	USCM	29/11/2014	CHEVREUSE (France) - 25m
100m Brasse	01'07"98	BOUTOUIL SAMY (00)	USCM	24/01/2015	MASSY (France) -25m
200m Brasse	02'34"42	BOUTOUIL SAMY (00)	USCM	22/06/2014	MEKNES (Maroc) -25m
50m Papillon	00'26"77	BOUTOUIL SAMY (00)	USCM	30/11/2014	CHEVREUSE (France) - 25m
100m Papillon	00'59"96	BOUTOUIL SAMY (00)	USCM	25/01/2015	MASSY (France) -25m
200m Papillon	02'19"78	EL MOUSTAKIM IMAD (99)	RCA	12/01/2014	EL JADIDA (Maroc) - 25m
100m 4Nages	01'00"50	BOUTOUIL SAMY (00)	USCM	31/10/2015	CHOLET (France) -25m
200m 4Nages	02'14"41	BOUTOUIL SAMY (00)	USCM	29/11/2014	CHEVREUSE (France) - 25m
400m 4Nages	04'55"82	BOULAAMANE KHALIL (95)	CNJ	24/07/2010	CASABLANCA (Maroc) -50m
Relais 4x50m Nage Libre	01 :48.05	Mohamed Yassine BOUKHARI (01) – Moncef TIJARI (02) Saad NAJI (01)- Abdeljabar REGRAGUI (01)	COD M	15/05/2016	FES - 25 m
Relais 4x100m Nage libre	03:48.43	Ali HEMRI (2001) – Youssef HEMRI (2001) Abdeljabbar REGRAGUI (2001) – Med Yassine BOUKHARI (2001)	E.N	01/09/2016	Tunis – 50m
Relais 4x200m Nage libre	08:33.15	Youssef HEMRI (01) – Mohamed Yassine BOUKHARI (2001) Abdeljabbar REGRAGUI (2001) - Ali HEMRI	E.N	02/09/2016	Tunis – 50m
Relais 4x50m 4Nages	01:58.59	Abdeljabar REGRAGUI (01) – Mohamed Yassine BOUKHARI (01) Saad NAJI (01) - Monsif Hamza TIJARI (02)	COD M	20/03/2016	MEKNES -25m
Relais 4x100m 4Nages	04:13.32	Abdeljabbar REGRAGUI (2001) – Ahmed Yassine FLIYOU (2001) Ali HEMRI (2001) – Mohamed Yassine BOUKHARI (2001)	E.N	04/09/2016	Tunis – 50m

# TABLETTE DES PERFORMANCES

\*\* BENJAMINES \*\*

Mise à jour du 22 Aout 2016

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	<b>00 :29.30</b>	DIOURI RIM (00)	CODM	17/03/2013	Meknès – 25 m
100m Nage libre	<b>01 :03.52</b>	Yasmeen BOUTOUIL ( 98)	USCM	09/07/2011	Meknès – 25 m
200m Nage libre	<b>02:20.07</b>	Lina KHIYARA	RCA	22/07/2016	Charleroi (Belgique) – 50 m
<b>400m Nage libre</b>	<b>04 :49.14</b>	<b>Lina KHIYARA</b>	<b>RCA</b>	<b>22/07/2016</b>	<b>Charleroi (Belgique) – 50 m</b>
800m Nage libre	<b>10 :13.13</b>	Taghrid DAHBANI (03)	RCA	06/03/2016	FONTAINE (France) - 25m
1500m Nage libre	<b>19 :52.75</b>	EL BANAR MARWA (95)	ADM	25/05/2008	RABAT (Maroc) - 50m
50m Dos	<b>00'33"45</b>	Oumayma ETTALBI (03)	CODM	11/06/2016	Meknès – 25 m
100m Dos	<b>01'09"96</b>	BOUTOUIL YASMEEN (98)	USCM	09/07/2011	MEKNES (Maroc) -25m
50m Brasse	<b>00'35"67</b>	LAKNIT HIBA (02)	CODM	19/04/2015	MEKNES (Maroc) -25m
200m Dos	<b>02'33"10</b>	ZERAIDI KENZA (02)	AS.FAR	04/07/2015	ALEXANDROUPOLI (Grece) - 50m
100m Brasse	<b>01'17"60</b>	LAKNIT HIBA (02)	CODM	05/07/2015	ALEXANDROUPOLI (Grece) - 50m
200m Brasse	<b>02'56"14</b>	LAKNIT HIBA (02)	CODM	04/04/2015	DUBAI (EAU) - 50m
50m Papillon	<b>00: 31.56</b>	Taghrid DAHBANI (03)	RCA	27/03/2016	Casablanca - 50m
100m Papillon	<b>01:12.06</b>	Taghrid DAHBANI (03)	RCA	02/07/2016	Béthune (France) – 50m
200m Papillon	<b>02 :41.10</b>	Taghrid DAHBANI (03)	RCA	03/04/2016	Fontaine (France) - 25m
100m 4Nages	<b>01'13"54</b>	DIOURI RIM (00)	CODM	28/04/2013	MEKNES (Maroc) -25m
200m 4Nages	<b>02:29.17</b>	EL ABBARI HAFSA (02)	OCK	07/06/2015	RABAT (Maroc) - 25m
400m 4Nages	<b>05:35.31</b>	Taghrid DAHBANI (03)	RCA	03/04/2016	Fontaine (France) - 25m
Relais 4x50m Nage libre	<b>02'04"83</b>	SALEK HOUDA (97) - EL MASNAOUI NARJISE (97) SALEK FADWA (97) - EL MASNAOUI YASMINE	USCM	11/07/2010	MEKNES -25m
Relais 4x100m Nage libre	<b>04'29"39</b>	DAHBANI TAGHRID (03) - ZERAIDI KENZA (02) ETTALBI OUMAIMA (03) - LAKNIT HIBA (02)	EN	04/04/2015	DUBAI (EAU) - 50m
Relais 4x50m 4Nages	<b>02'21"25</b>	EL MASNAOUI NARJISE (97) - SALEK HOUDA (97) SALEK FADWA (97) - EL MASNAOUI YASMINE	USCM	16/05/2010	KENITRA - 25m
Relais 4x100m 4Nages	<b>05'00"31</b>	ZERAIDI KENZA (02) - LAKNIT HIBA (02) DAHBANI TAGHRID (03) - ETTALBI OUMAIMA	EN	04/04/2015	DUBAI (EAU) - 50m

## TABLETTE DES PERFORMANCES

\*\* BENJAMINS \*\*

Mise à jour du 17 Aout 2016

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage Libre	<b>00:27.27</b>	Akram ALAOUI (03)	OCK	21/07/2016	Montréal (Canada)
100 m Nage Libre	<b>01:00.38</b>	Akram ALAOUI (03)	OCK	12/06/2016	Repentigny (Canada)
200m Nage Libre	<b>02:05.83</b>	Akram ALAOUI (03)	OCK	10/07/2016	Repentigny (Canada)
400m Nage Libre	<b>04:23.29</b>	Akram ALAOUI (03)	OCK	02/07/2016	Repentigny (Canada)
800m Nage Libre	<b>09:34.45</b>	Akram ALAOUI (03)	OCK	07/06/2016	Repentigny (Canada)
50m Dos	<b>00:32.97</b>	Akram ALAOUI (03)	OCK	14/02/2016	Gatineau (Canada)
<b>100m Dos</b>	<b>01:10.63</b>	<b>Akram ALAOUI (03)</b>	<b>OCK</b>	<b>11/01/2016</b>	<b>Gatineau (Canada)</b>
200m Dos	<b>02: 31.73</b>	Akram ALAOUI (03)	OCK	03/07/2016	Point-Claire (Canada)
50m Brasse	<b>00.97 :35</b>	Mohamed Taha MALKI (03)	USCM	29/05/2016	Kenitra - 25m
100m Brasse	<b>01:21.46</b>	Mohamed Taha MALKI (03)	USCM	26/06/2016	Kenitra - 25m
200m Brasse	<b>02'57"56</b>	SAFI NEDAL (95)	CODM	25/07/2008	CASABLANCA (Maroc) - 50m
50m Papillon	<b>00:30.43</b>	Akram ALAOUI (03)	OCK	01/07/2016	Point-Claire (Canada)
100m Papillon	<b>01:04.91</b>	Akram ALAOUI (03)	OCK	02/07/2016	Point-Claire (Canada)
<b>200m Papillon</b>	<b>02:25.27</b>	<b>Akram ALAOUI (03)</b>	<b>OCK</b>	<b>01/07/2016</b>	<b>Repentigny (Canada)</b>
100m 4Nages	<b>01:12.19</b>	LARAICHI Med OUSSAMA (88)	CNJ	13/07/2008	RABAT (Maroc) - 25m
200m 4Nages	<b>02:29.17</b>	<b>Akram ALAOUI (03)</b>	<b>OCK</b>	<b>11/01/2016</b>	<b>Gatineau (Canada)</b>
400m Nage Libre	<b>05:17.12</b>	BOULAAMANE KHALIL (95)	CNJ	11/05/2008	RABAT (Maroc) - 50m
Relais 4x50m Nage Libre	<b>01'59"84</b>	REGRAGUI OMAR (97) - TERRAB EL HADI (97) FILALI BABA REDA (97) - RIHANI AMINE (97)	USF	11/07/2010	MEKNES (Maroc) - 25m
Relais 4x100m Nage libre	<b>04'26"93</b>	FILALI AZHARI MOHAMED YASSINE (95)- EL BALQUI ZIYAD (95) EZZOUAHRI HICHAM (95)- SAFI NEDAL (95)	CODM	13/07/2008	RABAT (Maroc) - 25m
Relais 4x50m 4Nages	<b>02 :13.63</b>	Anir SADIQUI (03) – Mohamed Taha MALKI (03) Yassir BENCHABBA (04) – Yahya BRIDI (03)	USCM	12/06/2016	Kenitra - 25m
Relais 4x100m 4Nages	<b>04'56"97</b>	EZZOUAHRI HICHAM (95)- SAFI NEDAL (95) FILALI AZHARI MOHAMED YASSINE (95)- SABER SAID (95)	CODM	13/07/2008	RABAT (Maroc) - 25m

# TABLETTE DES PERFORMANCES

\*\* **POUSSINES** \*\*

*Mise à jour du 26 Juin 2016*

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage libre	<b>00'30"83</b>	ETTALBI OUMAIMA (03)	CODM	15/06/2014	RABAT -25m
100m Nage libre	<b>01:11 ;85</b>	Hind DOUHA (05)	RCA	25/06/2016	CASABLANCA -50m
200m Nage libre	<b>02:32.85</b>	Yasmine DRYEF (06)	RCA	05/06/2016	Kenitra 25m
400m Nage libre	<b>05'21"62</b>	DAHANI TAGHRID (03)	CSE	15/06/2014	RABAT -25m
800 m Nage Libre	<b>12:21.65</b>	Malak BOUKILI (04)	TSC	19/09/2015	Hamar (Norvège) -50m
50m Dos	<b>00'37"66</b>	ETTALBI OUMAIMA (03)	CODM	09/02/2014	FES (Maroc) - 25m
100m Dos	<b>01:21.84</b>	Oumnia SEBBATA (05)	FUS	12/06/2016	Kenitra 25m
200m Dos	<b>02:58.81</b>	Oumnia SEBBATA (05)	FUS	26/06/2016	Kenitra 25m
50m Brasse	<b>00'39"12</b>	LAKNIT HIBA (02)	CODM	19/05/2013	MEKNES (Maroc) - 25m
100m Brasse	<b>01'31"81</b>	EL BEKRI SARA (87)	WAC	19/07/1997	MEKNES (Maroc) -50m
200m Brasse	<b>03:15.68</b>	Meryem HOSNI (05)	ACK	24/07/2016	Casablanca (50m)
50m Papillon	<b>00'35"21</b>	LAKNIT HIBA (02)	CODM	19/05/2013	MEKNES (Maroc) - 25m
100m Papillon	<b>01'24"85</b>	ZAKI HAJAR (01)	RCA	24/06/2012	MEKNES (Maroc) - 25m
100m 4Nages	<b>01'19"01</b>	LAKNIT HIBA (02)	CODM	19/05/2013	MEKNES (Maroc) - 25m
200m 4Nages	<b>02'46"84</b>	ETTALBI OUMAIMA (03)	CODM	15/06/2014	RABAT (Maroc) -25m
400m 4Nages	<b>06'28"96</b>	BOULAAMANE IMANE (89)	CNJ	08/08/1998	Casablanca -50m
Relais 4x50m Nage Libre	<b>02'18"81</b>	SALEK HOUDA (97) - EL MASNAOUI NARJISS (97) SALEK FADWA (97) - EL MASNAOUI YASSMINE (97)	USCM	13/07/2008	RABAT (Maroc) -25m
Relais 4x50m 4Nages	<b>02:36.31</b>	Lamia ELMACHRAFI (05) - Hind DOUHA (05) Yasmine DRAYEF (06) - Kenza SALMAN (05)	RCA	14/07/2016	Casablanca -50m

## TABLETTE DES PERFORMANCES

\*\* **POUSSINS** \*\*

*Mise à jour du 17 Juillet 2016*

<u>Épreuves</u>	<u>Records</u>	<u>Noms &amp; Prénoms</u>	<u>Clubs</u>	<u>Dates</u>	<u>Lieux</u>
<b>50m Nage Libre</b>	<b>00'30"66</b>	BOURZINE Adam (05)	USCM	17/07/2016	Fès - 50m
<b>100m Nage Libre</b>	<b>01.07.66</b>	BOURZINE Adam (05)	USCM	12/06/2016	Kenitra -25m
<b>200m Nage Libre</b>	<b>02'23"85</b>	HAMOUCANE SAMI (00)	CODM	09/07/2011	Meknès -25m
<b>400m Nage Libre</b>	<b>05'10"21</b>	EL MANSAR MEHDI (04)	ADM	07/06/2015	Rabat-25m
<b>50m Dos</b>	<b>00'35"47</b>	Adam BOURZINE (05)	USCM	29/05/2016	Kenitra -25m
<b>100m Dos</b>	<b>01'18"70</b>	MSOUGAR ALI (01)	CND/ASS	24/06/2012	Meknès -25m
<b>200m Dos</b>	<b>03'05"99</b>	GAZARI NIZAR (93)	DHJ	30/08/2003	MARRAKECH (Maroc) -50m
<b>50m Brasse</b>	<b>00'41"25</b>	BOUTOUYL SAMI (00)	USCM	09/07/2011	Meknès -25m
<b>100m Brasse</b>	<b>01'32"00</b>	BOUKHARI Med Yassine (01)	CODM	24/06/2012	MEKNES (Maroc) - 25m
<b>200m Brasse</b>	<b>02'32"20</b>	MGHARI KHALIL (90)	USF	26/08/2000	MARRAKECH (Maroc) -50m
<b>50m Papillon</b>	<b>00 :32.96</b>	Amine RIHANI(97)	USF	18/05/2008	RABAT - 25m
<b>100m Papillon</b>	<b>01:16.57</b>	Adam BOURZINE (05)	USCM	03/04/2016	Kenitra -25m
<b>200m Papillon</b>	<b>03'05"99</b>	GAZARI NIZAR (93)	DHJ	30/08/2003	MARRAKECH (Maroc) -50m
<b>100m 4Nages</b>	<b>01:17.72</b>	BOURZINE Adam (05)	USCM	26/06/2016	Kenitra -25m
<b>200m 4Nages</b>	<b>02'44"90</b>	BOUTOUYL SAMI (00)	USCM	09/07/2011	MEKNES (Maroc) -25m
<b>400m 4 Nages</b>	<b>06'32"29</b>	GAZARI NIZAR (93)	DHJ	02/08/2003	CASABLANCA (Maroc) -50m
<b>Relais 4x50m Nage Libre</b>	<b>02'12"08</b>	AZZAOUI MOSTAPHA (97) - AYOUBI MEHDI (98) BENMANSSOUR SOUHAIL (97) - HAMOUCANE SOUHAIL (97)	CODM	13/07/2008	RABAT (Maroc) -25m
<b>Relais 4x50m 4Nages</b>	<b>02'13"63</b>	Anir SADIQUI ( ) – Taha MALKI ( ) Yassir BENCHABA ( ) – Yahya BRIDI ( )	USCM	12/06/2016	Kenitra -25m

## TABLETTE DES PERFORMANCES RELAIS MIXTES

Mise à jour du 17 Septembre 2016

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
Relais 4x50m Nage Libre Mixte <b>POUSSINS</b>	<b>02:10.56</b>	Lina DANNA (2005) – Said CHAHINE (2005) Maha BASKACH (2005)- Adam BOURZINE	USCM	17/07/2016	Fès
Relais 4x50m Nage Libre Mixte <b>BENJAMINS</b>	<b>01:58.59</b>	Imane BASKACH (2003) – Anir SEDIQUI (2003) Hiba CHOUAIBI (2004) – Yasser BENCHEBBA ( 2004)	USCM	17/07/2016	Fès
Relais 4x50m Nage Libre Mixte <b>MINIMES</b>					
Relais 4x50m Nage Libre Mixte <b>CADETS</b>					
Relais 4x50m Nage Libre Mixte <b>JUNIORS</b>					
Relais 4x100m Nage Libre Mixte <b>MINIMES</b>	<b>04'08"59</b>	REGRAGUI ABDELJABBAR (2001) - ZERAIDI KENZA (2002) - LAKNIT HIBA (2002) - BOUKHARI MOHAMED YASSINE (2001)	CODM	23/01/2016	Meknès
Relais 4x100m Nage Libre Mixte <b>CADETS</b>	<b>04'00"53</b>	CHAARI SOUKAINA (2000) - EL KHADRI SAMARA (2000) BELAFKIH AHMED WDIA (1999) - CHAARI SOUFIANE (1999)	AS FAR	23/01/2016	Meknès
Relais 4x100m Nage Libre Mixte <b>JUNIORS</b>	<b>04'00"16</b>	MOULAY BERKCHI MEHDI (1998) - EIDE MIRIAM (1998) EL ALAMI NIZAR (1998) - BOUTOUIL YASMEEN (1998)	USCM	23/01/2016	Meknès
Relais 4x50m 4 Nages Mixte <b>POUSSINS</b>	<b>02 :30.63</b>	Said CHAHINE (2005) – Lina DANNA (2005) Adam BOURZINE (2005) – Maha BASKACH (2005)	USCM	17/07/2016	Fès
Relais 4x50m 4 Nages Mixte <b>BENJAMINS</b>	<b>02:15.31</b>	Hiba CHOUAIBI (2004) – Yasser BENCHEBBA (2004) Imane BASKACH (2003) – Anir SEDIQUI (2003)	USCM	17/07/2016	Fès
Relais 4x50m 4 Nages Mixte <b>MINIMES</b>					
Relais 4x50m 4 Nages Mixte <b>CADETS</b>					
Relais 4x50m 4 Nages Mixte <b>JUNIORS</b>					
<b>Relais 4x100m 4 Nages Mixte MINIMES</b>	<b>04 :40.55</b>	Abdeljabbar REGRAGUI (2001) – Hiba LAKNIT (2002) Ali HEMRI (2001) – Doha FAHSI (2001)			



<b>Relais 4x100m 4 Nages Mixte CADETS</b>	<b>04'33"12</b>	EL MHAMEDI KENZA (1999) – EL MOUSSAMI OTHMANE (1999) HAMOUCANE SAMI (2000) – LASFAR MERYEM	<b>CODM</b>	<b>24/01/2016</b>	<b>Meknès</b>
<b>Relais 4x100m 4 Nages Mixte JUNIORS</b>	<b>04'29"96</b>	CHAKRI RIM (1997) – ZOUHAIRI ZINEB (1997) BANSAR YOUSSEF (1998) – FARIH AMINE	<b>RCA</b>	<b>24/01/2016</b>	<b>Meknès</b>