

TABLETTE DE RECORDS DU MAROC EN BASSIN DE 25m

DAMES

Mise à jour du 04 Juillet 2017

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage Libre	00:26.55	Noura MANA (97)	TSC	02/07/2017	Rabat
100m Nage Libre	00:57.62	Yasmeen BOUTOUJIL (98)	USCM	21/12/2014	Chevreuse (France)
200m Nage Libre	02:03.45	Sara EL BEKRI (87)	RCA	09/04/2011	Meknès
400m Nage Libre	04:16.17	Sara EL BEKRI (87)	RCA	19/11/2011	Saint-Dizier (France)
800m Nage Libre	08:46.14	Sara EL BEKRI (87)	RCA	18/11/2011	Saint-Dizier (France)
1500m Nage Libre	17:48.17	Rania EL ABDI(94)	USCM	05/02/2012	Meknès
50m Dos	00:30.50	Hiba FAHSI (01)	OCK	07/05/2017	Marrakech
100m Dos	01:04.34	Yasmeen BOUTOUJIL (98)	USCM	19/11/2015	Angers (France)
200m Dos	02:18.38	Yasmeen BOUTOUJIL (98)	USCM	19/12/2014	Chevreuse (France)
50m Brasse	00:31.38	Sara EL BEKRI (87)	RCA	04/12/2011	Angers (France)
100m Brasse	01:06.50	Sara EL BEKRI (87)	RCA	02/12/2011	Angers (France)
200m Brasse	02:23.54	Sara EL BEKRI (87)	RCA	03/12/2011	Angers (France)
50m Papillon	00:28.97	Sara EL BEKRI (87)	RCA	10/04/2011	Meknès
100m Papillon	01:02.58	Sara EL BEKRI (87)	RCA	13/11/2011	Compiègne(France)
200m Papillon	02:13.41	Sara EL BEKRI (87)	RCA	19/11/2011	Saint-Dizier (France)
100m 4Nages	01:02.98	Sara EL BEKRI (87)	RCA	16/12/2010	Dubai (Emirates Arabes Unies)
200m 4Nages	02:15.39	Sara EL BEKRI (87)	RCA	18/12/2010	Dubai (Emirates Arabes Unies)
400m 4Nages	04:48.22	Sara EL BEKRI (87)	RCA	15/12/2010	Dubai (Emirates Arabes Unies)
Relais 4x100m Nage Libre	04:06.64	Noura MANA (97) – Khaoula EL MACHRAFI (00) Kenza MSELLEK (00) – Nadia EL HAOUARI (00)	TSC	02/07/2013	Rabat
Relais 4x200m Nage Libre	09:02.06	Ghita ASSOUB (95) – Kenza EL MHAMEDI (99) Kenza LAISSAOUI (97) – Meryem BADA (94)	CODM	11/04/2015	Meknès
Relais 4x100m 4Nages	04:36.41	Hiba FAHSI (01) – Mariam LAMGHARI (00) Doha FAHSI (01) – Mariam SELLAFI (02)	OCK	02/07/2017	Rabat
Relais 4x50m Nage Libre	01:57.19	Kenza MSELLAK (2000) – Hiba RMILI (2000) Hiba BENBOUZIANE (2000) – Hajar RACHDI (2000)	TSC	07/02/2016	Marrakech
Relais 4x50m 4Nages	02:13.06	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 04 Juillet r 2017

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage Libre	00:22.14	Mehdi AYOUBI (98)	CODM	12/02/2017	Meknès
100 m Nage Libre	00:48.95	Mehdi AYOUBI (98)	CODM	10/12/2016	Montréal (Canada)
200m Nage Libre	01:50.62	Adil BELLAZ (81)	USCM	30/12/2003	La Réunion (France)
400m Nage Libre	03:55.36	Morad BERRADA (91)	WAC	05/12/2010	Chartres (France)
800m Nage Libre	08:17.80	Said SABER (95)	AS.FAR	09/04/2015	Meknès
1500m Nage Libre	15:54.51	Morad BERRADA (91)	WAC	14/11/2010	Montpellier (France)
50m Dos	00:25.50	Driss LAHRICHI (97)	CODM	11/02/2017	Meknès
100m Dos	00'55"13	Driss LAHRICHI (97)	CODM	18/11/2016	Angers(France)
200m Dos	01:59.98	Driss LAHRICHI (97)	CODM	10/02/2017	Meknès
50m Brasse	00:28.83	Amine FAWZI (86)	USCM	18/04/2013	Meknès
100m Brasse	01:03.41	Amine FAWZI (86)	USCM	20/04/2013	Meknès
200m Brasse	02:19.67	Ahmed Reda ENNAIM (96)	CODM	09/04/2015	Meknès
50m Papillon	00:24.57	Mehdi AYOUBI (98)	CODM	11/02/2017	Meknès
100m Papillon	00:54.70	Nouamane BATAHI (94)	CODM	02/07/2017	Rabat
200m Papillon	02:00.02	Nouamane BATAHI (94)	CODM	18/11/2016	Angers(France)
100m 4Nages	00:56.97	Amine KOUAME (86)	USF	03/02/2012	MEKNES (Maroc)
200m 4Nages	02:03.59	Morad BERRADA (91)	WAC	04/12/2011	ANGERS (France)
400m 4Nages	04:18.78	Morad BERRADA (91)	WAC	03/12/2011	ANGERS (France)
Relais 4x100m Nage Libre	03:29.84	Adil ASSOUAB (92) –Souhail HAMOUCHANE (97) Mehdi AYOUBI (98) – Nouamane BATAHI (94)	CODM	10/04/2015	MEKNES (Maroc)
Relais 4x200m Nage Libre	07:48.34	Salaheddine ARIGUI (94) – Bakr KZIBER (98) Badr BEN ASSILA (98) – Said SABER (95)	AS.FAR	11/04/2015	MEKNES (Maroc)
Relais 4x100m 4Nages	03:47.77	Driss LAHRAICHI (97) – Ahmed RedaENNAIM(96) Said SABER (95) –Souhail HAMOUCHANE (97)	CODM	12/02/2017	Meknès
Relais 4x50m 4Nages	02:31.37	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 12 Juin 2016

<u>ÉPREUVES</u>	<u>RECORDS</u>	<u>NOMS & PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	00:27.35	Sara EL BEKRI (87)	RCA	20/12/2011	Doha (Qatar)
100m Nage Libre	00:58.30	Sara EL BEKRI (87)	RCA	13/09/2010	Casablanca
200m Nage Libre	02:03.10	Sara EL BEKRI (87)	RCA	17/12/2011	Doha (Qatar)
400m Nage Libre	04:17.55	Sara EL BEKRI (87)	RCA	19/12/2011	Doha (Qatar)
800m Nage Libre	08:49.57	Sara EL BEKRI (87)	RCA	24/02/2012	Bordeaux (France)
1500m Nage Libre	17:04.85	Sara EL BEKRI (87)	RCA	17/02/2012	Sarcelles (France)
50m Dos	00:30.47	Hiba FAHSI (01)	OCK	28/03/2017	Le Caire (Egypte)
100m Dos	01:05.42	Hiba FAHSI (01)	OCK	15/05/2017	Baku (Azerbaïdjan))
200m Dos	02:22.17	Imane BOULAAMANE (89)	CNJ	19/03/2011	Chalon sur Saone (France)
50m Brasse	00:31.54	Sara EL BEKRI (87)	RCA	22/04/2009	Montpellier (France)
100m Brasse	01:08.21	Sara EL BEKRI (87)	RCA	29/07/2012	Londres (GBR)
200m Brasse	02:25.86	Sara EL BEKRI (87)	RCA	01/08/2012	Londres (GBR)
50m Papillon	00:28.96	Sara EL BEKRI (87)	RCA	17/02/2012	Sarcelles (France)
100m Papillon	01:03.35	Sherazade RAMOND HANNANE (90)	WAC	22/05/2009	Chalon sur Saone (France)
200m Papillon	02:16.21	Sara EL BEKRI (87)	RCA	19/12/2011	Doha (Qatar)
200m 4Nages	02:17.24	Sara EL BEKRI (87)	RCA	22/12/2011	Doha (Qatar)
400m 4Nages	04:48.04	Sara EL BEKRI (87)	RCA	18/12/2011	Doha (Qatar)
Relais 4x50m Nage Libre	01:59.25	Imane BOULAAMANE (89) – Marwa BOULAAMANE (93) Lilia KARAKCHOU (92) – Kenza LYAGOUBI (94)	CNJ	19/07/2008	Rabat
Relais 4x100m Nage Libre	04:02.77	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	08:43.40	Rania EL ABDI (94) - SherazadeRAMOND HANNANE (90) Noufissa CHBIHI (90) – Sara EL BEKRI (87)	E.N	13/09/2010	Casablanca
Relais 4x50m 4Nages	02:14.74	Imane BOULAAMANE (89) – Ghita BOUKHARI (89) Lilia KARAKCHOU (92) –Kenza LYAGOUBI (94)	CNJ	19/07/2008	Rabat
Relais 4x100m 4Nages	04:22.21	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 19 Août 2017

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS & PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	00:22.91	Souhail HAMOUCHANE (97)	CODM	06/08/2017	Casablanca
100m Nage Libre	00'51"01	KOUAME AMINE (86)	USF	17/06/2012	LUXEMBOURG (LUXEMBOURG)
200m Nage Libre	01'52"72	BERRADA MORAD (91)	WAC	18/12/2011	DOHA (Qatar)
400m Nage Libre	04:02.43	SABER SAID (95)	CODM	05/04/2016	DUBAÏ
800m Nage Libre	08:25.83	SABER SAID (95)	CODM	07/04/2016	DUBAÏ
1500m Nage Libre	16'25"51	BERRADA MORAD (91)	WAC	21/01/2012	NANCY (France)
50m Dos	00'26"24	ACHELHI BILAL (92)	CODM	21/06/2013	MERSIN (Turquie)
100m Dos	00'56"77	Marwane EL MERINI (97)	RCA	02/04/2016	Montpellier (France)
200m Dos	02:06.44	Driss LAHRICHI (97)	CODM	16/12/2016	Montpellier (France)
50m Brasse	00:29.55	Samy BOUTOUIL (00)	CODM	23/05/2017	Schiltigheim (France)
100m Brasse	01'05"85	FAWZI AMINE (86)	USCM	28/07/2013	Casablanca
200m Brasse	02:23.53	ENNAIM Ahmed Reda (96)	CODM	22/05/2016	Casablanca
50m Papillon	00'24"87	ACHELHI BILAL (92)	CODM	29/03/2012	SAINT RAPHAEL (France)
100m Papillon	00:53.91	Yusuf TIBAZI (96)	RCA	01/05/2016	Fran Crippen (USA)
200m Papillon	02:03.51	SABER SAID (95)	CODM	15/05/2017	Baku (Azerbaïdjan)
200m 4Nages	02'05"35	BERRADA MORAD (91)	WAC	21/12/2011	DOHA (Qatar)
400m 4Nages	04'25"58	BERRADA MORAD (91)	WAC	18/03/2012	DUNKERQUE (France)
Relais 4x50m Nage Libre	01'43"53	HAFDI YOUSSEF (86)-GUEROUANI ALAE (83) ZIDOUHIA MAHDI (80) - TOUMI AZIZ (81)	E.N	22/12/2001	CASABLANCA (Maroc)
Relais 4x100m Nage Libre	03'27"42	ZERAIDI ISSAM (92) - KOUAME AMINE (86) EL HAZZAZ MEHDI (91) - BERRADA MORAD (91)	E.N	20/12/2011	DOHA (Qatar)
Relais 4x200m Nage Libre	07'55"24	EL HAZZAZ MEHDI (91) - ZERAIDI ISSAM (91) KOUAME AMINE (86) - BERRADA MORAD (91)	E.N	15/09/2010	CASABLANCA (Maroc)
Relais 4x50m 4Nages	01'54"46	HAFDI YOUSSEF (86)-GUEROUANI ALAE (83) ZIDOUHIA MAHDI (80) - TOUMI AZIZ (81)	E.N	22/12/2001	CASABLANCA (Maroc)
Relais 4x100m 4Nages	03:53.39	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 & PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
BASSIN DE 25 m					
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 & 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 15 Février 2017

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS & PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	00:22.1	Mehdi AYOUBI (98)	CODM	12/02/2017	Meknès
100 m Nage Libre	00:48.95	Mehdi AYOUBI (98)	CODM	10/12/2016	Montréal (Canada)
200m Nage libre	01:51.13	Mehdi AYOUBI (98)	CODM	11/02/2017	Meknès
400m Nage libre	03'59"16	BERRADA MORAD (91)	WAC	15/11/2009	MONTPELLIER (France) - 25m
800m Nage libre	08'23"32	SABER SAID (95)	CODM	27/02/2014	MEKNES (Maroc) - 25m
1500m Nage libre	16'17"10	JORDAN YAMINE (91)	WAC	20/02/2010	TORONTO (Canada) - 25m
50m Dos	00'25"90	EL MERINI MERWANE (97)	RCA	21/11/2014	MONTPELLIER (France) - 25m
100m Dos	00'55"51	EL MERINI MERWANE (97)	RCA	22/11/2014	MONTPELLIER (France) - 25m
200m Dos	02'02"22	LAHRICHI DRISS (97)	WAC	08/04/2015	MEKNES (Maroc) - 25m
50m Brasse	00:29.73	Abdelkrim ESSABIHI EDDAFALI (99)	ADM	10/02/2017	Meknès
100m Brasse	01'05"36	BATAHI NOUAAMANE (94)	CODM	21/12/2012	MONTPELLIER (France) - 25m
200m Brasse	02'19"67	ENNAIM AHMED REDA (96)	CODM	09/04/2015	MEKNES (Maroc)
50m Papillon	00:24.57	Mehdi AYOUBI (98)	CODM	11/02/2017	Meknès
100m Papillon	00:54.95	Mehdi AYOUBI (98)	CODM	10/02/2017	Meknès
200m Papillon	02'05"56	SABER SAID (95)	CODM	01/03/2014	MEKNES (Maroc) - 25m
100m 4Nages	00'59"15	ZERAIDI ISSAM (92)	ASFAR	27/12/2009	LAEKEN (Belgique) - 25m
200m 4Nages	02'06"33	SABER SAID (95)	CODM	26/02/2014	MEKNES (Maroc) - 25m
400m 4Nages	04'26"35	BERRADA MORAD (91)	WAC	05/12/2009	CHARTRES (France) - 25m
Relais 4x50m Nage Libre	01'55"13	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	03'52"27	ERROUGANI MEHDI (90) - ATEMNI MEHDI (89) LAARAICHI SOUFIAN (90) - SAHLI TAHA (90)	E.N	03/08/2007	CASABLANCA (Maroc) - 50m
Relais 4x200m Nage Libre	08'51"06	EL HAOUAT MOHAMED (86) - SAIDI OMAR (85) MGHARI YOUSSEF (85) - KOUAME AMINE (86)	USF	31/07/2003	CASABLANCA (Maroc) - 50m
Relais 4x50m 4Nages	02'00"60	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	04:12.76	Yahya SOULHI (98) - Abdelkrim ES. EDDAFALI (99) Mohamed OUAHMID (98) – Badr HASSOUNI (98)	ADM	12/02/2017	Meknès

TABLETTE DE PERFORMANCES

**** CADETTES ****

Mise à jour du 17/07/2017

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage libre	00'26"96	BOUTOUIL YASMEEN (98)	USCM	19/12/2014	CHEVREUSE (France) - 25m
100m Nage libre	00'57"62	BOUTOUIL YASMEEN (98)	USCM	21/12/2014	CHEVREUSE (France) - 25m
200m Nage libre	02'06"96	BOUTOUIL YASMEEN (98)	USCM	20/12/2014	CHEVREUSE (France) - 25m
400m Nage libre	04'28"24	EL ABDI RANIA (94)	USCM	07/04/2011	MEKNES (Maroc) - 25m
800m Nage libre	09'13"94	EL ABDI RANIA (94)	USCM	08/04/2011	MEKNES (Maroc) - 25m
1500m Nage libre	18'04"39	BOULAAMANE IMANE (89)	CNJ	09/04/2005	RABAT (Maroc) - 50m
50m Dos	00:30.47	Hiba FAHSI (01)	OCC	28/03/2017	Le Caire (Egypte)
100m Dos	01'04"52	BOUTOUIL YASMEEN (98)	USCM	20/12/2014	CHEVREUSE (France) - 25m
200m Dos	02'18"38	BOUTOUIL YASMEEN (98)	USCM	19/12/2014	CHEVREUSE (France) - 25m
50m Brasse	00:34.90	Nadia EL HAOUARI (00)	TSC	05/03/2017	Torino (Italie)
100m Brasse	01'15"49	KHIYARA INES (98)	RCA	22/06/2014	MEKNES (Maroc) - 25m
200m Brasse	02'38"20	KHIYARA INES (98)	RCA	10/11/2013	GENT (Belgique) - 25m
50m Papillon	00'29"56	KARRAKCHOU LILIA (92)	CNJ	11/07/2009	CASABLANCA (Maroc) - 50m
100m Papillon	01'04"65	KARRAKCHOU LILIA (92)	CNJ	28/06/2009	ROME (Italie) - 50m
200m Papillon	02'22"52	KARRAKCHOU LILIA (92)	CNJ	19/08/2009	AMMAN (Jordanie) - 50m
100m 4Nages	01'08"86	KHIYARA INES (98)	RCA	26/10/2014	Outremeuse (Belgique) - 25m
200m 4Nages	02'25"40	KHIYARA INES (98)	RCA	17/05/2014	HUY (Belgique) - 25m
400m 4Nages	05'12"67	EL MHAMED KENZA (99)	CODM	10/04/2015	MEKNES (Maroc) - 25m
Relais 4x50m Nage Libre	01"57'19	MSELLAK Kenza (2000) – RMILY Hiba (2000) BENBOUZIANE Hiba (2000) – RACHDI Hajar (2000)	TSC	07/02/2016	Marrakech - 25m
Relais 4x100m Nage Libre	04:13.91	Hajar RACHDI (00) – Khaoula EL MACHRAFI (00) Hiba BENBOUZIANE (00) – Kenza MSELLEK (00)	TSC	11/02/2017	Meknès
Relais 4x200m Nage Libre	09'34"99	ASSOUAB GHITA (95) - EL ABDI RIM (94) MAHFOUD LINA (95) - EL ABDI RANIA (94)	USCM	10/04/2011	MEKNES (Maroc) - 25m
Relais 4x50m 4Nages	02'13"06	MSELLAK Kenza (2000) – BENBOUZIANE Hiba (2000) RMILY Hiba (2000) - RACHDI Hajar (2000)	TSC	07/02/2016	Marrakech - 25m
Relais 4x100m 4Nages	04:44.17	Kenza MSELLEK (00) - Nadie EL HAOUARI (00) Hiba RMILI (00) - Hajar RACHDI (00)	TSC	12/02/2017	Meknès

TABLETTE DE PERFORMANCES

** CADETS **

Mise à jour du 04 Juillet 2017

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS & PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage libre	00'23"80	Samy BOUTOUIL (00)	CODM	02/07/2017	Rabat
100m Nage libre	00'51"47	Samy BOUTOUIL (00)	USCM	20/12/2015	Rabat
200m Nage libre	01'52"45	Samy BOUTOUIL (00)	USCM	22/11/2015	ANGERS (France) - 25m
400m Nage libre	04'03"93	Samy BOUTOUIL (00)	USCM	19/12/2015	MASSY (France) - 25m
800m Nage libre	08'33"60	LAHRICHI DRISS (97)	ADM	27/02/2014	MEKNES (Maroc) - 25m
1500m Nage libre	16'27"65	LAHRICHI DRISS (97)	ADM	24/11/2013	EL JADIDA (Maroc) - 25m
50m Dos	00'26"66	EL MERINI MERWANE (97)	RCA	06/12/2013	DIJON (France) - 25m
100m Dos	00'57"74	LAHRICHI DRISS (97)	ADM	01/03/2014	MEKNES (Maroc) - 25m
200m Dos	02'03"13	LAHRICHI DRISS (97)	ADM	26/02/2014	MEKNES (Maroc) - 25m
50m Brasse	00:29.55	Samy BOUTOUIL (00)	CODM	23/05/2017	Schiltigheim (France)
100m Brasse	01'06"02	BOUTOUIL SAMY (2000)	USCM	28/11/2015	CHEVREUSE (France) - 25m
200m Brasse	02'23"73	KZIBER BAKR (98)	AS.FAR	09/04/2015	MEKNES (Maroc) - 25m
50m Papillon	00'25"84	ACHELHI BILAL (92)	WAC	30/06/2009	ROME (Italie) - 50m
100m Papillon	00'56"55	BOUTOUIL SAMY (2000)	USCM	19/12/2015	MASSY (France) - 25m
200m Papillon	02'11"17	ACHELHI BILAL (92)	WAC	16/03/2008	AIX-LES-BAINS (France) - 50m
100m 4Nages	00'59"50	BOUTOUIL SAMY (2000)	USCM	30/10/2015	CHOLET (France) - 25m
200m 4Nages	02'08"27	BOUTOUIL SAMY (2000)	USCM	20/12/2015	MASSY (France) - 25m
400m 4Nages	04'39"35	JORDAN YAMINE (91)	WAC	10/04/2008	MANCHESTER (Angletaire) - 25m
Relais 4x50m Nage Libre	01'40"41	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	03'42"40	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	08:14.83	Achraf OUACHIKH (01) - Anas BENYAHYA (01) Youssef HEMRA (01) – Ali HEMRI (01)	FUS	11/02/2017	Meknès
Relais 4x50m 4Nages	01'53"34	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	04'05"77	LAHRICHI ISMAIL (1999) – BADRANI ADNANE (2000) EL MOUSTAKIM IMAD (99) – EL MOUSTAKIM MOUAD (1999)	RCA	23/01/2016	MEKNES (Maroc) - 25m

TABLETTE DE P PERFORMANCES

** MINIMES FILLES **

Mise à jour du 10 Mai 2017

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	00'27"56	BOUTOUIL YASMEEN (98)	USCM	15/04/2012	MEKNES (Maroc)
100m Nage libre	00'59"96	BOUTOUIL YASMEEN (98)	USCM	15/04/2012	MEKNES (Maroc)
200m Nage libre	02:10.15	Lina KHIYAR A(03)	RCA	14/05/2017	Antwerpen (BEL)
400m Nage libre	04'34"78	CHBIHI NOUFISSA (90)	CODM	31/07/2004	Casablanca
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	00:35.19	Hiba LAKNIT (02)	CODM	10/02/2017	Meknès
100m Brasse	01'15"70	EL BEKRI SARA (87)	WAC	01/04/2000	EL JADIDA (Maroc) - 25m
200m Brasse	02:43.94	Hiba LAKNIT (02)	CODM	11/02/2017	Meknès
50m Papillon	00:30.59	Taghrid DAHBANI (03)	RCA	11/02/2017	Meknès
100m Papillon	01'08"41	KARRAKCHOU LILIA (92)	CNJ	27/07/2006	CASABLANCA - 50m
200m Papillon	02'31"23	CHBIHI NOUFISSA (90)	CODM	29/07/2004	CASABLANCA - 50m
100m 4Nages	01'11"11	BENBATI FATIMA ZAHRA (97)	ADM	02/02/2012	MEKNES - 25m
200m 4Nages	02'30"74	EL BANAR MARWA (95)	ADM	04/07/2010	RABAT - 25m
400m 4Nages	05'23"83	Kenza ZERAIDI (02)	CODM	15/10/2016	Gosselies (Belgique) 50 m
Relais 4x50m Nage Libre	02'02"81	BOUSSAADANE WIAM (01) - TIBARI SOUHA (01) GHENI FATIMA ZAHRA	AS.FAR	07/06/2015	Rabat - 25m
Relais 4x100m Nage libre	04:18.47	Hiba LAKNIT (02) - Kenza ZERAIDI (2002) Rim BENNANI (02) – Oumayma ETTALBI	CODM	11/02/2017	Meknès
Relais 4x200m Nage libre	09:35.95	Doha FAHSI (2001) – Hafsa EL ABBARI (2002)	E.N	01/04/2015	Tunis - 50m
Relais 4x50m 4Nages	02'18"04	GHENI FATIMA ZAHRA (00) - BOUSSAADANE WIAM (01) CHAARI	AS.FAR	07/06/2015	Rabat - 25m
Relais 4x100m 4Nages	04:45.60	Hiba FAHSI (2001) – Hiba LAKNIT (2002) Hafsa EL ABBARI (2002) – Doha FAHSI	E.N	03/09/2016	Tunis - 50m

TABLETTE DES P E R FORMANCES
**** MINIMES GARÇONS ****

Mise à jour du 15 Février 2017

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	02:16.03	Monssif Hamza TIJARI (02)	COD	12/02/2017	Meknès
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

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** BENJAMINES **

Mise à jour du 20 Octobre 2017

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	00 :29.30	DIOURI RIM (00)	CODM	17/03/2013	Meknès – 25 m
100m Nage libre	01 :03.52	Yasmeen BOUTOUIL (98)	USCM	09/07/2011	Meknès – 25 m
200m Nage libre	02:20.07	Lina KHIYARA	RCA	22/07/2016	Charleroi (Belgique) – 50 m
400m Nage libre	04 :49.14	Lina KHIYARA	RCA	22/07/2016	Charleroi (Belgique) – 50 m
800m Nage libre	10 :13.13	Taghrid DAHBANI (03)	RCA	06/03/2016	FONTAINE (France) - 25m
1500m Nage libre	19 :52.75	EL BANAR MARWA (95)	ADM	25/05/2008	RABAT (Maroc) - 50m
50m Dos	00:33.30	Hiba CHOUAIBI (04)	USCM	16/07/2017	Rabat
100m Dos	01'09"96	BOUTOUIL YASMEEN (98)	USCM	09/07/2011	MEKNES (Maroc) -25m
200m Dos	02'33"10	ZERAIDI KENZA (02)	AS.FAR	04/07/2015	ALEXANDROUPOLI (Grece) - 50m
50m Brasse	00'35"67	LAKNIT HIBA (02)	CODM	19/04/2015	MEKNES (Maroc) -25m
100m Brasse	01'17"60	LAKNIT HIBA (02)	CODM	05/07/2015	ALEXANDROUPOLI (Grece) - 50m
200m Brasse	02'56"14	LAKNIT HIBA (02)	CODM	04/04/2015	DUBAI (EAU) - 50m
50m Papillon	00: 31.56	Taghrid DAHBANI (03)	RCA	27/03/2016	Casablanca - 50m
100m Papillon	01:12.06	Taghrid DAHBANI (03)	RCA	02/07/2016	Béthune (France) – 50m
200m Papillon	02 :41.10	Taghrid DAHBANI (03)	RCA	03/04/2016	Fontaine (France) - 25m
100m 4Nages	01'13"54	DIOURI RIM (00)	CODM	28/04/2013	MEKNES (Maroc) -25m
200m 4Nages	02:29.17	EL ABBARI HAFSA (02)	OCK	07/06/2015	RABAT (Maroc) - 25m
400m 4Nages	05:35.31	Taghrid DAHBANI (03)	RCA	03/04/2016	Fontaine (France) - 25m
Relais 4x50m Nage libre	02:00.86	Hiba CHOOUABI (04) – Lina DANNA (05) Lina BASKACH (05) – Hiba BOURZINE (04)	USCM	16/07/2017	Rabat
Relais 4x100m Nage libre	04'29"39	DAHBANI TAGHRID (03) - ZERAIDI KENZA (02) ETTALBI OUMAIMA (03) - LAKNIT HIBA (02)	EN	04/04/2015	DUBAI (EAU) - 50m
Relais 4x50m 4Nages	02 :12.78	Hiba CHOOUABI (04) – Hiba BOURZINE (04) Lina DANNA (05) – Maha BASKACH (05)	USCM	16/07/2017	Rabat
Relais 4x100m 4Nages	05'00"31	ZERAIDI KENZA (02) - LAKNIT HIBA (02) DAHBANI TAGHRID (03) - ETTALBI OUMAIMA	EN	04/04/2015	DUBAI (EAU) - 50m

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** BENJAMINS **

Mise à jour du 20 Octobre 2017

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage Libre	00:26.85	Yasse BENCHEBBA (03)	USCM	11/06/2017	Kenitra
100 m Nage Libre	00:56.72	Yasser BENCHEBBA (04)	USCM	16/07/2017	Rabat
200m Nage Libre	02:05.83	Akram ALAOUI (03)	OCK	10/07/2016	Repentigny (Canada)
400m Nage Libre	04:23.29	Akram ALAOUI (03)	OCK	02/07/2016	Repentigny (Canada)
800m Nage Libre	09:34.45	Akram ALAOUI (03)	OCK	07/06/2016	Repentigny (Canada)
50m Dos	00 :31.26	Salim FRIKECH (04)	CODM	14/05/2017	Meknès
100m Dos	01:07.72	Mehdi EL MANSAR (04)	RCA	30/04/2017	Antibes (France)
200m Dos	02:30.06	Mehdi EL MANSAR (04)	RCA	02/07/2017	Massy (France)
50m Brasse	00:34.51	Karim JENNANE (04)	CODM	14/05/2017	Meknès
100m Brasse	01:18.16	Mehdi EL MANSAR (04)	RCA	20/05/2017	Antibes(France)
200m Brasse	02:50.70	Mehdi EL MANSAR (04)	RCA	02/04/2017	Nice (France)
50m Papillon	00:28.53	Yassir BENCHABA (04)	USCM	16/07/2017	Rabat
100m Papillon	01:04.91	Akram ALAOUI (03)	OCK	02/07/2016	Point-Claire (Canada)
200m Papillon	02:25.27	Akram ALAOUI (03)	OCK	01/07/2016	Repentigny (Canada)
100m 4Nages	01:11.49	Yassir BENCHABA (04)	USCM	26/03/2017	Kenitra
200m 4Nages	02:26.28	Mehdi EL MANSAR (04)	RCA	16/07/2017	Rabat
400m 4 Nages	05:11.13	Mehdi EL MANSAR (04)	RCA	30/04/2017	Antibes (France)
Relais 4x50m Nage Libre	01:54.14	Walid RAHLIL (04) – Anas BOUHMADI ALAOUI (04) Karim JENNANE (04) – Salim FRIKECH (04)	CODM	16/04/2017	Rabat
Relais 4x100m Nage libre	04'26"93	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	02 :13.04	Salim FRIKECH (04) - Karim JENNANE (04) Anas BOUHMADI ALAOUI (04) - Walid RAHLIL (04)	CODM	16/07/2017	Rabat
Relais 4x100m 4Nages	04'56"97	EZZOUAHRI HICHAM (95)- SAFI NEDAL (95) FILALI AZHARI MOHAMED YASSINE (95)- SABER SAID (95)	CODM	13/07/2008	RABAT (Maroc) - 25m

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** **POUSSINES** **

Mise à jour du 20 Octobre 2017

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage libre	00'30"83	ETTALBI OUMAIMA (03)	CODM	15/06/2014	Rabat
100m Nage libre	01:11 ;85	Hind DOUHA (05)	RCA	25/06/2016	Casablanca
200m Nage libre	02:32.85	Yasmine DRAYEF (06)	RCA	05/06/2016	Kenitra
400m Nage libre	05'21"62	DAHANI TAGHRID (03)	CSE	15/06/2014	RABAT
800 m Nage Libre	11:07.06	Yasmine DRAYEF (06)	RCA	21/05/2017	Casablanca
50m Dos	00'37"63	Yasmine DRAYEF (06)	RCA	15/04/2017	Casablanca
100m Dos	01:21.84	Oumnia SEBBATA (05)	FUS	12/06/2016	Kenitra 25m
200m Dos	02:58.81	Oumnia SEBBATA (05)	FUS	26/06/2016	Kenitra 25m
50m Brasse	00'39"12	LAKNIT HIBA (02)	CODM	19/05/2013	MEKNES (Maroc) - 25m
100m Brasse	01'31"81	EL BEKRI SARA (87)	WAC	19/07/1997	MEKNES (Maroc) -50m
200m Brasse	03:15.68	Meryem HOSNI (05)	ACK	24/07/2016	Casablanca (50m)
50m Papillon	00:34.44	Yasmine DRAYEF (06)	RCA	16/07/2017	Rabat
100m Papillon	01:17.53	Yasmine DRAEF (06)	RCA	07/05/2017	Casablanca -50m
100m 4Nages	01'19"01	LAKNIT HIBA (02)	CODM	19/05/2013	MEKNES (Maroc) - 25m
200m 4Nages	02'46"84	ETTALBI OUMAIMA (03)	CODM	15/06/2014	RABAT (Maroc) -25m
400m 4Nages	05:58.91	Yasmine DRAEF (06)	RCA	11/06/2017	Casablanca
Relais 4x50m Nage Libre	02'18"81	SALEK HOUDA (97) - EL MASNAOUI NARJISS (97) SALEK FADWA (97) - EL MASNAOUI YASSMINE (97)	USCM	13/07/2008	RABAT (Maroc) -25m
Relais 4x50m 4Nages	02:36.31	Lamia ELMACHRAFI (05) - Hind DOUHA (05) Yasmine DRAYEF (06) - Kenza SALMAN (05)	RCA	14/07/2016	Casablanca -50m

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** **POUSSINS** **

Mise à jour du 20 Octobre 2017

<u>Épreuves</u>	<u>Records</u>	<u>Noms & Prénoms</u>	<u>Clubs</u>	<u>Dates</u>	<u>Lieux</u>
50m Nage Libre	00:29.48	Marwane SEBBATA (06)	FUS	16/07/2017	Rabat
100m Nage Libre	01:07.37	Hamza KAMAL (06)	USCM	12/06/2016	Kenitra
200m Nage Libre	02:20.84	Hamza KAMAL (06)	USCM	12/07/2017	Rabat
400m Nage Libre	05:04.25	Hamza KAMAL (06)	USCM	09/04/201è	Oujda
50m Dos	00:34.18	Marwane SEBBATA (06)	FUS	16/07/2017	Rabat
100m Dos	01'15"70	Souhaib EL MOUSSAMI (06)	CODM	15/01/2017	Meknès
200m Dos	02:45.64	Souhaib EL MOUSSAMI (06)	CODM	19/03/2017	Meknès
50m Brasse	00:40.55	Adam LAHMIDI (06)	SNF	16/07/2017	Rabat
100m Brasse	01'32"00	BOUKHARI Med Yassine (01)	CODM	24/06/2012	MEKNES
200m Brasse	02'32"20	MGHARI KHALIL (90)	USF	26/08/2000	Marrakech
50m Papillon	00:32.84	Hamza KAMAL (06)	USCM	12/07/2017	Rabat
100m Papillon	01:16.57	Adam BOURZINE (05)	USCM	03/04/2016	Kenitra
200m Papillon	03'05"99	GAZARI NIZAR (93)	DHJ	30/08/2003	Marrakech
100m 4Nages	01:15.25	Hamza KAMAL (06)	USCM	20/05/2 01	Rabat
200m 4Nages	02:40.59	Hamza KAMAL (06)	USCM	12/07/2017	Rabat
400m 4 Nages	05:48.72	Akram NEJJAR (06)	USCM	11/06/2017	Kenitra
Relais 4x50m Nage Libre	02:09.16	Samy BENCHEBBA (06) - Hamza FILALI (06) Akram NEJJAR (06) - Hamza KAMAL (06)	USCM	12/07/2017	Rabat
Relais 4x50m 4Nages	02'13"63	Anir SADIQUI () – Taha MALKI () Yassir BENCHABA () – Yahya BRIDI ()	USCM	12/06/2016	Kenitra

TABLETTE DES PERFORMANCES RELAIS MIXTES

Mise à jour du 17 Septembre 2016

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS & PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
Relais 4x50m Nage Libre Mixte POUSSINS	02:10.56	Lina DANNA (2005) – Said CHAHINE (2005) Maha BASKACH (2005)- Adam BOURZINE	USCM	17/07/2016	Fès
Relais 4x50m Nage Libre Mixte BENJAMINS	01:58.59	Imane BASKACH (2003) – Anir SEDIQUI (2003) Hiba CHOUAIBI (2004) – Yasser BENCHEBBA (2004)	USCM	17/07/2016	Fès
Relais 4x50m Nage Libre Mixte MINIMES					
Relais 4x50m Nage Libre Mixte CADETS					
Relais 4x50m Nage Libre Mixte JUNIORS					
Relais 4x100m Nage Libre Mixte MINIMES	04'08"59	REGRAGUI ABDELJABBAR (2001) - ZERAIDI KENZA (2002) - LAKNIT HIBA (2002) - BOUKHARI MOHAMED YASSINE (2001)	CODM	23/01/2016	Meknès
Relais 4x100m Nage Libre Mixte CADETS	04'00"53	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 JUNIORS	04'00"16	MOULAY BERKCHI MEHDI (1998) - EIDE MIRIAM (1998) EL ALAMI NIZAR (1998) - BOUTOUIL YASMEEN (1998)	USCM	23/01/2016	Meknès
Relais 4x50m 4 Nages Mixte POUSSINS	02 :30.63	Said CHAHINE (2005) – Lina DANNA (2005) Adam BOURZINE (2005) – Maha BASKACH (2005)	USCM	17/07/2016	Fès
Relais 4x50m 4 Nages Mixte BENJAMINS	02:15.31	Hiba CHOUAIBI (2004) – Yasser BENCHEBBA (2004) Imane BASKACH (2003) – Anir SEDIQUI (2003)	USCM	17/07/2016	Fès
Relais 4x50m 4 Nages Mixte MINIMES					
Relais 4x50m 4 Nages Mixte CADETS					
Relais 4x50m 4 Nages Mixte JUNIORS					
Relais 4x100m 4 Nages Mixte MINIMES	04 :40.55	Abdeljabbar REGRAGUI (2001) – Hiba LAKNIT (2002) Ali HEMRI (2001) – Doha FAHSI (2001)			
Relais 4x100m 4 Nages Mixte CADETS	04'33"12	EL MHAMED KENZA (1999) – EL MOUSSAMI OTHMANE (1999) HAMOUCHANE SAMI (2000) – LASFAR MERYEM	CODM	24/01/2016	Meknès

Relais 4x100m 4 Nages Mixte JUNIORS	04'29"96	CHAKRI RIM (1997) – ZOUHAIRI ZINEB (1997) BANSAR YOUSSEF (1998) – FARIH AMINE	RCA	24/01/2016	Meknès
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