

TABLETTE DES PERFORMANCES

** JUNIORS FILLES **

Mise à jour du 18 Juin 2019

Épreuves	RECORDS	NOMS&PRENOMS	CLUBS	DATES	LIEUX
50mNageLibre	00:26.79	ImaneHouda EL BARODI(01)	USCM	17/11/2018	Montpellier (FRANCE)-25m
100mNageLibre	00'57"62	BOUTOUILYASMEEN(98)	USCM	30/10/2015	CHEVREUSE(France)-25m
200mNageLibre	02 :05-59	BOUTOUILYASMEEN(98)	USCM	29/10/2016	Cholet(France)25m
400mNageLibre	04'29"38	BOUTOUILYASMEEN(98)	USCM	31/10/2015	CHOLET(France)- 25m
800mNageLibre	09'14"57	ELABDIRANIA(94)	USCM	11/01/2012	MEKNES(Maroc) -25m
1500mNageLibre	17'37"87	ELABDIRANIA(94)	USCM	04/12/2011	KENITRA (Maroc)- 25m
50mDos	00 :29.22	Hiba FAHSI(01)	OCK	14/12/2018	Hangzhou (Chine) - 25 m
100mDos	01'04"34	BOUTOUILYASMEEN(98)	USCM	19/11/2015	ANGERS(France)-25m
200mDos	02'18"38	Hiba FAHSI(01)	OCK	13/12/2018	Hangzhou (Chine) – 25 m
50mBrasse	00 :32.59	ImaneHouda EL BARODI(01)	USCM	20/04/2019	Ryad-(KSA) – 25 m
100mBrasse	01 :12.59	ImaneHouda EL BARODI(01)	USCM	19/04/2019	Ryad-(KSA) – 25 m
200mBrasse	02:40.85	ImaneHouda EL BARODI(01)	USCM	20/04/2019	Ryad-(KSA) – 25 m
50mPapillon	00:28.26	ImaneHouda EL BARODI(01)	USCM	03/05/2019	Ryad-(KSA) – 25 m
100mPapillon	01'03"44	RAMONDHANNANESHERAZADE(90)	WAC	21/12/2008	PARIS(France)-25m
200mPapillon	02'21"00	RAMONDHANNANESHERAZADE(90)	WAC	24/07/2008	CASABLANCA (Maroc)-50m
100m4Nages	01'06"77	BOUTOUILYASMEEN(98)	USCM	30/10/2015	CHOLET(France)- 25m
200m4Nages	02'25"84	KHIYARA INES (98)	RAJA	31/10/2015	Embourg(Belgique)25m
400m4Nages	05'14"87	IAZNADIA (78)	WAC	12/02/1994	France
Relais4x50mNageLibre	02'21"86	TAREKMERIEM(87)-ELMARHAR MERIEM(86) KHALILRKIA (87) -MAHMOUN RHITA(87)	WAC	02/03/2003	CASABLANCA (Maroc)-50m
Relais4x100mNageLibre	04'20"70	CHBIHI NOUFISSA (90)- ELBOUKHARI GHITA(89) BOULAAMANEIMANE(89)- RAMONDHANNANESHERAZADE(90)	E.N	04/08/2007	CASABLANCA (Maroc)-50m
Relais4x200mNageLibre	09'09"40	CHBIHI NOUFISSA (90)- BOULAAMANEIMANE(89) ELBOUKHARI GHITA(89)-RAMONDHANNANESHERAZADE(90)	E.N	02/08/2007	CASABLANCA (Maroc)-50m
Relais4x50m4Nages	02'24"41	HADDANESARA(86)-BELARBI LAILA(87) KASSI HOUDA(86)-BENMASSAOUDFATIMA ZOHRA(87)	USCM	29/02/2004	RABAT(Maroc) - 50m
Relais4x100m4Nages	05 :05.33	Kaoutar KHALED (01) – Wissal NAFR (00) Hiba RMILI (00) – Atar IDRISSE (01)	OCK	27/01/2019	Meknès

TABLETTE DES PERFORMANCES

JUNIORS GARÇONS

Mise à jour du 27 Novembre 2019

Épreuves	RECORDS	NOMS&PRENOMS	CLUBS	DATES	LIEUX
50mNageLibre					
100mNageLibre					
200mNageLibre					
400mNageLibre	03'59"16	BERRADA MORAD(91)	WAC	15/11/2009	MONTPELLIER(France)-25m
800mNageLibre	08:19.20	Ali HEMRI (01)	FUS	09/11/2019	Sherbrooke (Canada)
1500mNageLibre	15:50.09	Ali HEMRI (01)	FUS	24/11/2019	Quebec (Canada)
50mDos	00'25"90	ELMERINIMERWANE(97)	RAJA	21/11/2014	MONTPELLIER(France)-25m
100mDos	00'55"51	ELMERINIMERWANE(97)	RAJA	22/11/2014	MONTPELLIER(France)-25m
200mDos	02'02"22	LAHRICHI DRISS(97)	WAC	08/04/2015	MEKNES(Maroc) -25m
50mBrasse	00:29.05	SamyBOUTOUIL(00)	CODM	24/03/2018	Massy(France)
100mBrasse	01 :02.12	SamyBOUTOUIL(00)	CODM	16/11/2018	MONTPELLIER(France)-25m
200mBrasse	02'19"67	ENNAIMAHMEDREDA(96)	CODM	09/04/2015	MEKNES(Maroc)
50mPapillon					
100mPapillon	00:54.40	SamyBOUTOUIL(00)	CODM	15/11/2018	MONTPELLIER(France)-25m
200mPapillon	02'05"56	SABERSAID(95)	CODM	01/03/2014	MEKNES(Maroc) -25m
100m4Nages	00 :56.32	SamyBOUTOUIL(00)	CODM	16/11/2018	MONTPELLIER(France)-25m
200m4Nages	02'06"33	SABERSAID(95)	CODM	26/02/2014	MEKNES(Maroc) -25m
400m4Nages	04'26"35	BERRADA MORAD(91)	WAC	05/12/2009	CHARTRES (France)-25m
Relais4x50mNageLibre	01'55"13	DIDOUH ABDELKADER(87)- ELKASRI MEHDI(87) BENYAKOUB Med MOUAD(87)-MHAMDI TAYEB(87)	CNJ	29/02/2004	RABAT(Maroc) - 50m
Relais4x100mNageLibre	03:35.48	Ali MSOUGAR (01)–Mohamed Yassine BOUKHARI (01) Youssef HEMRI (01)–Ali HEMRI(01)	FUS	26/01/2019	Meknès
Relais4x200mNageLibre	07:46.58	Ali MSOUGAR (01) – Abdeljabbar REGRAGUI (01) Youssef HEMRI (01) – Ali HEMRI (01)	EN	04/08/2019	CASABLANCA (Maroc)-50m
Relais4x50m4Nages	02'00"60	BENJGHAOUI OTMANE(85)- ELRHARRHRI ABDELGHAFOUR(85) ELMENOUNIMEHDI(85)-ELQUEBRITI ABDELMOUGHITE(85)	CODM	09/03/2003	CASABLANCA (Maroc)-50m
Relais4x100m4Nages	04:07.00	Ali MSOUGAR (01) – Ahmed BENNANI (01) Youssef HEMRI (01) Ali HEMRI (01)	FUS	27/01/2018	Meknès

TABLETTE DES PERFORMANCES** CADETTES**

Mise à jour du 27 Novembre 2019

Épreuves	Temps	Noms&Prénoms	Clubs	dates	lieux
50mNagelibre	00'26"96	BOUTOUILYASMEEN(98) ImaneHoudaELBARODI (01)	USCM USCM	19/12/2014 01/07/2018	CHEVREUSE(France)-25m Casablanca(50m)
100mNagelibre	00'57"62	BOUTOUILYASMEEN(98)	USCM	21/12/2014	CHEVREUSE(France)-25m
200mNagelibre	02 :02.02	Lina KHIYARA(03)	RAJA	25/11/2018	Hasselt (Belgique)
400mNagelibre	04 :27.76	Lina KHIYARA(03)	RAJA	11/11/2018	Gent(Belgique)
800mNagelibre	09'13"94	ELABDI RANIA (94)	USCM	08/04/2011	MEKNES(Maroc) -25m
1500mNagelibre	18'04"39	BOULAAMANEIMANE(89)	CNJ	09/04/2005	RABAT(Maroc) - 50m
50mDos	00:29.08	Hiba FAHSI(01)	OCK	27/01/2017	Meknès
50mDos	00:29.67	HibaFAHSI(01)	OCK	22/11/2017	Marrakech
100mDos	01 :03.39	HibaFAHSI(01)	OCK	26/11/2017	Marrakech
200mDos	02:17.11	Hiba FAHSI01)	OCK	26/01/2018	Meknès
50mBrasse	00:33.57	ImaneHibaBARODI (01)	USCM	13/07/2018	Tunis
100mBrasse	01 :13.45	HibaLAKNIT(02)	OCK	27/01/2018	Meknès
200mBrasse	02'38"20	KHIYARA INES(98)	RAJA	10/11/2013	GENT(Belgique)-25m
50mPapillon	00:28.69	ImenHoudaELBARODI (01)	USCM	11/09/2018	Alger
100mPapillon	01'04"65	KARRAKCHOU LILIA (92)	CNJ	28/06/2009	ROME(Italie)- 50m
200mPapillon	02'22"52	KARRAKCHOU LILIA (92)	CNJ	19/08/2009	AMMAN (Jordanie) -50m
100m4Nages	01:08.16	Yasmine DGAIMESH (03)	RAJA	10/11/2019	Paris (France)- 25m
200m4Nages	02:23.14	Lina KHIYARA(03)	RAJA	10/11/2018	Gent (Belgique)
400m4Nages	05:09.20	Lina KHIYARA(03)	RCA	26/01/2019	Meknès
Relais4x50mNageLibre	01"57'19	MSELLAKKenza(2000) –RMILYHiba(2000) BENBOUZIANEHiba(2000)–RACHDIHajar(2000)	TSC	07/02/2016	Marrakech -25m
Relais4x100mNageLibre	04:05.50	DohaFAHSI (01)- (Mariam SELLAFI (01) Hiba LAKNIT(01) –HibaFAHSI (01)	OCK	27/01/2018	Meknèsw
Relais4x200mNageLibre	09'34"99	ASSOUABGHITA (95) - ELABDI RIM(94) MAHFOUHLINA (95)- ELABDI RANIA(94)	USCM	10/04/2011	MEKNES(Maroc) -25m
Relais4x50m4Nages	02'13"06	MSELLAKKenza(2000) –BENBOUZIANEHiba(2000) RMILYHiba(2000)- RACHDI Hajar(2000)	TSC	07/02/2016	Marrakech -25m
Relais4x100m4Nages	04:44.17	Kenza MSELLEK (00)- NadieEL HAOUARI(00) HibaRMILI(00)- Hajar RACHDI (00)	TSC	12/02/2017	Meknès

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**** CADETS ****

Mise à jour du 09 Août 2018

Épreuves	RECORDS	NOMS&PRENOMS	CLUBS	DATES	LIEUX
50mNagelibre	00'23"80	SamyBOUTOUIL(00)	CODM	02/07/2017	Rabat
100mNagelibre	00'51"47	SamyBOUTOUIL(00)	USCM	20/12/2015	Rabat
200mNagelibre	01'52"45	SamyBOUTOUIL(00)	USCM	22/11/2015	ANGERS(France)-25m
400mNagelibre	04 :02.22	Ali HEMRI (01)	FUS	27/01/2018	Meknès
800mNagelibre	08 :31.29	YoussefHEMRI(01)	FUS	12/07/2018	Tunis
1500mNagelibre	16'27"65	LAHRICHI DRISS(97)	ADM	24/11/2013	ELJADIDA (Maroc) -25m
50mDos	00'26"66	ELMERINIMERWANE(97)	RAJA	06/12/2013	DIJON (France)-25m
100mDos	00'57"74	LAHRICHI DRISS(97)	ADM	01/03/2014	MEKNES(Maroc) -25m
200mDos	02'03"13	LAHRICHI DRISS(97)	ADM	26/02/2014	MEKNES(Maroc) -25m
50mBrasse	00 :28.95	Ahmed YassineFLYOU(01)	RAJA	06/05/2018	Casablanca
100mBrasse	01'06"02	BOUTOUIL SAMY(2000)	USCM	28/11/2015	CHEVREUSE(France)- 25m
200mBrasse	02'23"73	KZIBERBAKR(98)	AS.FAR	09/04/2015	MEKNES(Maroc) -25m
50mPapillon	00 :25.80	MohamedYassineBOUKHARI(01)	CODM	27/01/2018	Meknès
100mPapillon	00'56"55	BOUTOUIL SAMY(2000)	USCM	19/12/2015	MASSY(France)-25m
200mPapillon	02'11"17	ACHELHI BILAL (92)	WAC	16/03/2008	AIX-LES-BAINS (France)-50m
100m4Nages	00'59"50	BOUTOUIL SAMY(2000)	USCM	30/10/2015	CHOLET(France)-25m
200m4Nages	02'08"27	BOUTOUIL SAMY(2000)	USCM	20/12/2015	MASSY(France)-25m
400m4Nages	04'39"35	JORDAN YAMINE(91)	WAC	10/04/2008	MANCHESTER(Angletaire)-25m
Relais4x50mNageLibre	01'40"41	BELAFKIH AHMEDWADIA (99)- KZIBERBAKR(98) ABROUKOMAR(98)- BENASSILA NADR(98)	AS.FAR	08/04/2015	MEKNES(Maroc) -25m
Relais4x100mNageLibre	03 :37.47	Ali MSOUGAR(01) –YoussefHEMRI (01) AnasBENYAHIA (01)–Ali HEMRI (01)	FUS	27/01/2018	Meknès
Relais4x200mNageLibre	08:07.78	Ali MSOUGAR(01) –MohamedYassineBENSALEH YoussefHEMRI–Ali HEMRI	FUS	05/08/2018	Casablanca50 m
Relais4x50m4Nages	01'53"34	BEN ASSILA BADR(98)- KZIBERBAKR(98) ABROUKOMAR(98)- BELAFKIH AHMEDWADIA(99)	AS.FAR	08/04/2015	MEKNES(Maroc) -25m
Relais4x100m4Nages	04'05"77	LAHRICHIISMAIL(1999)–BADRANIADNANE(2000) ELMOUSTAKIMMAD(99)– ELMOUSTAKIMMOUAD(1999)	RAJA	23/01/2016	MEKNES(Maroc) -25m

TABLETTE DES PERFORMANCES

**** MINIMES FILLES****

Mise à jour du 31 Aout 2022

Épreuves	Temps	Noms	Clubs	dates	lieux
50mNagelibre	00'27"56	BOUTOUILYASMEEN(98)	USCM	15/04/2012	MEKNES(Maroc)
100mNagelibre	00 :59.31	LinaKHIYARA(03)	RAJA	19/11/2017	Stockport(Angleterre)
200mNagelibre	02:06.82	LinaKHIYARA(03)	RAJA	11/11/2017	Stockport(Angleterre)
400mNagelibre	04 :25.64	LinaKHIYARA(03)	RAJA	31/07/2017	Leuvin(Belgique)
800mNagelibre	09 :17.97	MEQDAR MALAK (07)	FUS	07/08/2022	Casablanca - 50m
1500mNagelibre	17 :53.65	Sherine BOUFTINI	WAC	08/12/2019	Sarcelles (France) 25 m
50mDos	00'31"77	FAHSI HIBA(2001)	OCK	23/01/2016	Meknès
100mDos	01'06"80	FAHSI HIBA(2001)	OCK	01/09/2016	Tunis-50m
200mDos	02'26"39	FAHSI HIBA(2001)	OCK	02/09/2016	Tunis-50m
50mBrasse	00:35.19	Hiba LAKNIT(02)	CODM	10/02/2017	Meknès
100mBrasse	01'15"70	ELBEKRI SARA(87)	WAC	01/04/2000	ELJADIDA (Maroc) -25m
200mBrasse	02:40.87	MEQDAR Malak(07)	FUS	07/08/2022	Casablanca - 50m
50mPapillon	00:29.57	Sawsane EL GAMAH (05)	WAC	30/11/2019	Macon (France) 25 m
100mPapillon	01 :06.44	Sawsane EL GAMAH(05)	WAC	31/03/2019	Marrakech – 25 m
200mPapillon	02:27.81	Sherine BOUFTINI (05)	WAC	30/11/2019	Sarcelles (France) - 25m
100m4Nages	01:09.83	Sawsane EL GAMAH (05)	WAC	30/11/2019	Macon (France) 25 m
200m4Nages	02 :26.38	LinaKHIYARA(03)	RAJA	27/07/2018	Charleroi(Belgique)
400m4Nages	05 :14.55	LinaKHIYARA(03)	RAJA	04/08/2018	Casablanca
Relais4x50mNageLibre	02'01"50	IDRISSI ZAYNAB - BENHAMOU GHITA - JALAL BASMA - BARAKAT	WAC	04/08/2022	Casablanca - 50m
Relais4x100mNagelibre	04:10.19	Maha BASKACH (05)–Hiba CHAHIDI (05) Meriem DABRI (05) - Lina DANA (05)	USCM	24/01/2020	Meknès
Relais4x200mNagelibre	09:17.67	Ines RACHIDI (05) -,Hiba CHOUAIBI (04) Sawsane EL GAMAH (05) - Maha	E.N	05/08/2019	Casablanca-50m
Relais4x50m4Nages	02'18"04	GHENI FATIMA ZAHRA(00) - BOUSSAADANEWIAM(01)CHAARI	AS.FAR	07/06/2015	Rabat -25m
Relais4x100m4Nages	04:42.76	Sawsane EL GAMAH (05) – Hiba CHOUAIBI (04) Malak DARKAOUI (05) – Maha BARKACH (05)	E.N	07/08/2019	Casablanca-50m

TABLETTE DES PERFORMANCES
****MINIMES GARÇONS****

Mise à jour du 20 Septembre 2021

Épreuves	Temps	Noms	Club	dates	Lieux
50mNagelibre	00:24.48	Marwane SEBBATA (06)	USCM	16/09/2021	Meknes25 m
100mNagelibre	00:54.36	Marwane SEBBATA (06)	USCM	17/09/2021	Meknes 25 m
200mNagelibre	01'56"07	BOUTOUILSAMY (00)	USCM	25/01/2015	MASSY(France) -25m
400mNagelibre	04:09.30	Liam OUARDI (04)	FUS	12/05/2019	Mantereau(France)-25m
800mNagelibre	08 :35.36	Said CHAHINE (05)	USCM	25/01/2020	Meknès
1500mNagelibre	16 :33.37	YasserBENCHEBBA(04)	FUS	23/12/2018	Kenitra
50mDos	00:27.17	Marwane SEBBATA (06)	USCM	17/09/2021	Meknes 25 m
100mDos	00'59"47	Marwane SEBBATA (06)	USCM	17/09/2021	Meknes 25 m
200mDos	02:10.89	Marwane SEBBATA (06)	USCM	17/09/2021	Meknes 25 m
50mBrasse	00'30"60	BOUTOUILSAMY (00)	USCM	29/11/2014	CHEVREUSE(France)-25m
100mBrasse	01'07"98	BOUTOUILSAMY (00)	USCM	24/01/2015	MASSY(France) -25m
200mBrasse	02 :30.96	Mehdi ELMANSAR(04)	RAJA	04/11/2018	Lutan (GrandeBretagne)
50mPapillon	00'26"77	BOUTOUILSAMY (00)	USCM	30/11/2014	CHEVREUSE(France)-25m
100mPapillon	00'59"96	BOUTOUILSAMY(00)	USCM	25/01/2015	MASSY(France) -25m
200mPapillon	02:14.79	Mohamed Sami ZEMZAMI (05)	USCM	05/08/2019	Casablanca 50 m
100m4Nages	01'00"50	BOUTOUILSAMY (00)	USCM	31/10/2015	CHOLET(France)-25m
200m4Nages	02'14"41	BOUTOUILSAMY (00)	USCM	29/11/2014	CHEVREUSE(France)-25m
400m4Nages	04 :49.25	Mehdi ELMANSAR(04)	RAJA	16/12/2018	Sheffield (GrandeBretagne)
Relais4x50mNageLibre	01 :48.05	MohamedYassineBOUKHARI (01)–MoncefTIJARI(02) SaadNAJI (01)-AbdeljabarREGRAGUI(01)	CODM	15/05/2016	FES - 25m
Relais4x100mNagelibre	03:41.03	Hamza BENHALIMA (04) – Mehdi EL MANSAR (04) Yasser BENCHEBBA (04) – Salim FRIKECH (04)	E.N	05/08/2019	Casablanca 50 m
Relais4x200mNagelibre	08:07.65	Mohamed Sami ZEMZAMI (05) – Mehdi EL MANSAR (04) Yasser BENCHEBBA (04) – Hamza BENHALIMA (04)	E.N	04/08/2019	Casablanca 50 m
Relais4x50m4Nages	01:58.59	AbdeljabarREGRAGUI (01) –Mohamed YassineBOUKHARI (01) SaadNAJI (01) -MonsifHamzaTIJARI (02)	CODM	20/03/2016	MEKNES-25m
Relais4x100m4Nages	04:09.23	Hamza BENHALIMA (04) - Mohamed Sami ZEMZAMI (05) Mehdi EL MANSAR (04) –Salim FRIKECH (04)	E.N	07/08/2019	Casablanca 50 m

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BENJAMINES

Mise à jour du 31 Décembre 2019

Épreuves	Temps	Noms	Clubs	dates	lieux
50mNagelibre	00 :29.18	Rania JEAN-ZEPHIRI(05)	MAS	15/12/2019	Antibes(France)
100mNagelibre	01 :02.19	Lina DANNA(05)	USCM	08/07/2018	Rabat
200mNagelibre	02:15.62	Rania JEAN-ZEPHIRI(05)	MAS	15/12/2019	Antibes(France)
400mNagelibre	04 :43.31	Lina DANNA(05)	USCM	07/07/2018	Rabat
800mNagelibre	09 :31.42	Lina DANNA(05)	USCM	07/07/2018	Rabat
1500mNagelibre	19:12.04	InassRACHIDI(05)	RAJA	26/04/2018	Edmunston (Canada)
50mDos	00:32.76	OumniaSEBBATA (05)	USCM	11/03/2018	Oujda
100mDos	01'09"96	BOUTOUILYASMEEN(98)	USCM	09/07/2011	MEKNES(Maroc)
200mDos	02:31.79	Sofia GARNOUSSI(06)	FUS	29/06/2019	Rabat
50mBrasse	00'35"67	LAKNITHIBA(02)	CODM	19/04/2015	MEKNES(Maroc)
100mBrasse	01'17"60	LAKNITHIBA(02)	CODM	05/07/2015	ALEXANDROUPOLI (Grece)
200mBrasse	02 :45.51	MalakMEQDAR(06)	FUS	07/08/2019	Casablanca 50 m
50mPapillon	00:31.56	TaghridDAHANI (03)	RAJA	27/03/2016	Casablanca
100mPapillon	01:11.95	Lina DANNA(05)	USCM	08/07/2018	Rabat
200mPapillon	02 :38.25	YasmineDRAYEF(06)	ADM	11/11/2018	El Jadida
100m4Nages	01'13"54	DIOURIRIM(00)	CODM	28/04/2013	MEKNES(Maroc)
200m4Nages	02:29.178	ELABBARIHAFSA(02)	OCK	07/06/2015	RABAT(Maroc)
400m4Nages	05:35.31	TaghridDAHANI (03)	RAJA	03/04/2016	Fontaine(France)
Relais4x50mNagelibre	01:58.59	MaryemDAGRI (05) - Hadil CHAHIDI (05) MahaBASKACH(05) - LinaDANA (05)	USCM	08/07/2018	Oujda
Relais4x100mNagelibre	04:20.99	Nada RAGTAOUI– Zineb ATILLAH Meryem BAHAJOUB – Sofia GARNOUSSI	FUS	29/06/2019	Rabat
Relais4x200mNagelibre	09:25.22	Sofia GARNOUSSI (06) – Zineb ATTILLAH (06) Nada RAGTAOUI (07) – Malak MEQDAR (07)	EN	04/08/2019	Casablanca 50 m
Relais4x50m4Nages	02 :12.78	HibaCHOUAIBI (04)–HibaBOURZINE(04) Lina DANNA (05) –MahaBASKACH (05)	USCM	16/07/2017	Rabat
Relais4x100m4Nages	04:48.17	Sofia GARNOUSSI – Malak MEQDAR Zineb ATILLAH 6 Meryem BAHAJOUB	FUS	30/06/2019	Rabat

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BENJAMINS

Mise à jour du 31 Aout 2022

Épreuves	Temps	Noms&Prénoms	Clubs	dates	lieux
50mNageLibre	00:26.44	SOBHI YAHYA	FUS	25/06/2022	Casablanca 50 m
100mNageLibre	00:56.72	YasserBENCHEBBA(04)	USCM	16/07/2017	Rabat
200mNageLibre	02:05.83	AkramALAOUI(03)	OCK	10/07/2016	Repentigny(Canada)
400mNageLibre	04:23.29	AkramALAOUI(03)	OCK	02/07/2016	Repentigny(Canada)
800mNageLibre	09:11.28	Mohamed SamiZAMZAMI(05)	USC	08/07/2018	Rabat
1500mNageLibre	18:03.96	Hamza KAMAL (06)	USCM	07/04/2019	Istres (France)
50mDos	00 :30.72	MarwaneSEBBATA(06)	USCM	29/06/2019	Rabat
100 m Dos	01:05.54	Marwane SEBBATA (06)	USCM	30//2019	Rabat
200mDos	02:19.93	Marwane SEBBATA (06)	USCM	29/06/2019	Rabat
50mBrasse	00:34.51	KarimJENNANE(04)	CODM	14/05/2017	Meknès
100mBrasse	01:15.16	Adam LAMHITI(06)	SNF	29/06/2019	Rabat
200mBrasse	02:46.96	Adam LAMHITI(06)	SNF	30/06/2019	Rabat
50mPapillon	00:28.53	YassirBENCHABA(04)	USCM	16/07/2017	Rabat
100mPapillon	01:04.91	AkramALAOUI(03)	OCK	02/07/2016	Point-Claire(Canada)
200mPapillon	02:23.26	Hamza KAMAL(06)	USCM	29/06/2019	Rabat
100m4Nages	01:11.49	YassirBENCHABA(04)	USCM	26/03/2017	Kenitra
200m4Nages	02:26.15	Hamza KAMAL(06)	USCM	29/06/2019	Rabat
400m4Nages	05:11.13	Mehdi ELMANSAR(04)	RAJA	30/04/2017	Antibes(France)
Relais4x50mNageLibre	01:50.80	ElMehdiELAOUFIR(05)- Said CHAHINE (05) MarwaneSEBBATA(05)-Mohamed SamiZAMZAMI(05)	USCM	08/07/2018	Rabat
Relais4x100mNageLibre	04:03.17	SOBHI YAHYA - AKIRTAS KHALIL KAMAL OMAR - EL MAJDOUB MOHAMED TAHA	FUS	25/06/2022	Casablanca 50 m
Relais4x200mNageLibre	08:53.69	Yassine SEBBATA (06) – Omar BENMOUSSA (06) Adam LAMHITI (06) - Marwane SEBBATA (06)	EN	04/08/2019	Casablanca 50 m
Relais4x50m4Nages	02 :06.10	Said CHAHINE (05) - Mohamed Sami ZAMZAMI (05) AdamBOURZINE(05) –ElMehdiELAOUFIR(05)	USCM	07/07/2018	Rabat
Relais4x100m4Nages	04:33.28	Marwane SEBBATA – Akram NEJJAR Omar BENMOUSSA – Yassine SEBBATA	EN	07/08/2019	Casablanca 50 m

TABLETTE DES PERFORMANCES

** **POUSSINES** **

Mise à jour du 31 Aout 2022

Épreuves	Temps	Noms&Prénoms	Clubs	dates	lieux
50mNageLibre	00'30"83	ETTALBIOUMAIMA(03)	CODM	15/06/2014	Rabat
100mNageLibre	01:08.59	KHALI HIBA	WAC	19/06/2022	El Jadida (Maroc)-25m
200mNageLibre	02:32.85	YassmineDRAYEF(06)	RAJA	05/06/2016	Kenitra
400mNageLibre	05 :16.44	MalakMEQDAR(07)	FUS	24/06/2018	Rabat
800mNageLibre	11:03.82	Joulane MAHJOUBI(07)	ASAMIN	01/04/2018	Marrakech
50mDos	00'37"63	YassmineDRAYEF(06)	RAJA	15/04/2017	Casablanca
100mDos	01:21.84	OumniaSEBBATA(05)	FUS	12/06/2016	Kenitra25m
200mDos	02:57.30	AyaRIFAI (07)	ASAMIN	01/04/2018	Marrakech
50mBrasse	00'39"12	LAKNITHIBA(02)	CODM	19/05/2013	MEKNES(Maroc) -25m
100mBrasse	01'31"81	ELBEKRI SARA(87)	WAC	19/07/1997	MEKNES(Maroc)-50m
200mBrasse	03:15.68	MeryemHOSNI (05)	ACK	24/07/2016	Casablanca(50m)
50mPapillon	00:34.44	YassmineDRAYEF(06)	RAJA	16/07/2017	Rabat
100mPapillon	01:17.53	YassmineDRAYEF(06)	RAJA	07/05/2017	Casablanca-50m
100m4Nages	01'19"01	LAKNITHIBA(02)	CODM	19/05/2013	MEKNES(Maroc) -25m
200m4Nages	02'46"84	ETTALBIOUMAIMA(03)	CODM	15/06/2014	RABAT(Maroc)-25m
400m4Nages	05:58.91	YassmineDRAYEF(06)	RAJA	11/06/2017	Casablanca
Relais4x50mNageLibre	02'18"81	SALEKHOUDA(97)-ELMASNAOUI NARJISS (97) SALEKFADWA (97) - ELMASNAOUI YASSMINE(97)	USCM	13/07/2008	RABAT(Maroc)-25m
Relais4x50m4Nages	02:36.31	LamiaELMACHRAFI(05) -Hind DOUHA (05) YassmineDRAYEF(06) -KenzaSALMAN (05)	RAJA	14/07/2016	Casablanca-50m

TABLETTE DES PERFORMANCES

POUSSINS

Mise à jour du 31 Aout 2022

<u>Épreuves</u>	<u>Records</u>	<u>Noms&Prénoms</u>	<u>Clubs</u>	<u>Dates</u>	<u>Lieux</u>
50mNageLibre	00:29.48	MarwaneSEBBATA(06)	FUS	16/07/2017	Rabat
100mNageLibre	01:07.37	HamzaKAMAL(06)	USCM	12/06/2016	Kenitra
200mNageLibre	02:20.84	HamzaKAMAL(06)	USCM	12/07/2017	Rabat
400mNageLibre	05:04.25	HamzaKAMAL(06)	USCM	09/04/201è	Oujda
50mDos	00:34.18	MarwaneSEBBATA(06)	FUS	16/07/2017	Rabat
100mDos	01'15"70	Souhaib ELMOUSSAMI (06)	CODM	15/01/2017	Meknès
200mDos	02:45.64	Souhaib ELMOUSSAMI (06)	CODM	19/03/2017	Meknès
50mBrasse	00:40.55	AdamLAHMITI(06)	SNF	16/07/2017	Rabat
100mBrasse	01'27"34	OULACHBAR OTHMANE	WAC	07/08/2022	Casablanca-50m
200mBrasse	02'32"20	MGHARI KHALIL(90)	USF	26/08/2000	Marrakech
50mPapillon	00:32.84	HamzaKAMAL(06)	USCM	12/07/2017	Rabat
100mPapillon	01:16.57	AdamBOURZINE(05)	USCM	03/04/2016	Kenitra
200mPapillon	03'05"99	GAZARI NIZAR(93)	DHJ	30/08/2003	Marrakech
100m4Nages	01:15.25	HamzaKAMAL(06)	USCM	20/05/201	Rabat
200m4Nages	02:40.59	HamzaKAMAL(06)	USCM	12/07/2017	Rabat
400m4Nages	05:48.72	AkramNEJJAR(06)	USCM	11/06/2017	Kenitra
Relais4x50mNageLibre	02:09.16	SamyBENCHEBBA(06)- HamzaFILALI (06) AkramNEJJAR(06)- HamzaKAMAL(06)	USCM	12/07/2017	Rabat
Relais4x50m4Nages	02'13"63	AnirSADIQUI ()-TahaMALKI () YassirBENCHABA() -YahyaBRIDI()	USCM	12/06/2016	Kenitra

TABLETTE DES PERFORMANCES RELAIS MIXTES

Mise à jour du 04 Février 2020

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS & PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
Relais4x50mNageLibreMixtePOUSSINS	02:10.56	LinaDANNA(2005)–SaidCHAHINE(2005) MahaBASKACH(2005)-AdamBOURZINE	USCM	17/07/2016	Fès
Relais4x50mNageLibreMixteBENJAMINS	01:58.59	ImaneBASKACH(2003)–Anir SEDIQUI(2003) HibaCHOUAIBI(2004)–YasserBENCHEBBA(2004)	USCM	17/07/2016	Fès
Relais4x100NageLibreMixteBENJAMINS	04 :09.91	Nada RAGTAOUI (07) – Sofia GARNOUSSI (06) Yassine SEBBATA (06) - Marwane SEBBATA (06)	EN	04/08/2019	Casablanca 50 m
Relais4x100mNageLibreMixteMINIMES	03:54.99	Yassir BENCHEBBA (04) - Maha BASKACH (05) Hiba CHOUAIBI (04) - Salim FRIKKECH (04)	E.N	04/08/2019	Casablanca 50 m
Relais4x50mNageLibreMixteMINIMES	01 :48.15	Maha BASKACH (05) – Said CHAHINE (05) Lina DANA (05) - Mohamed Sami ZEMZAMI (05)	USCM	24/01/2020	Meknès
Relais4x100mNageLibreMixteCADETS	04'00"53	CHAARISOUKAINA(2000)-ELKHADRISAMARA(2000) BELAFKIHAMEDWDIA (1999)-CHAARISOUFIANE	ASFAR	23/01/2016	Meknès
Relais4x100mNageLibreMixte CADETS	01 :44.76	Adam SEDDOUK (03) – Lina KHIYARA (03) Yasmine TALEB (03) – Salim FRIKKECH (03)	CODM	24/01/2020	Meknès
Relais4x100mNageLibreMixteJUNIORS	04'00"16	MOULAYBERKCHIMEHDI(1998)-EIDEMIRIAM(1998) ELALAMINIZAR(1998)-BOUTOUILYASMEEN(1998)	USCM	23/01/2016	Meknès
Relais4x50m4NagesMixtePOUSSINS	02:30.63	SaidCHAHINE(2005)–LinaDANNA(2005) AdamBOURZINE(2005)–MahaBASKACH(2005)	USCM	17/07/2016	Fès
Relais4x50m4NagesMixteBENJAMINS	02:15.31	HibaCHOUAIBI(2004)–YasserBENCHEBBA(2004) ImaneBASKACH(2003)–Anir SEDIQUI(2003)	USCM	17/07/2016	Fès
Relais4x50m4NagesMixte MINIMES	02 :01.58	Oumnia SEBBATA (03) – Mohamed Sami ZEMZAMI (03) AdamBOURZINE (03) – Maha BASKACH (03)	USCM	24/01/2020	Meknès
Relais4x50m4NagesMixteCADETS	01 :57.39	Yasmine DGAIMESH (03) – Azzedine EL BADR (03) Soraya ABADI (03) – Idriss AZHAR (03)	RAJA	24/01/2020	Meknès
Relais4x100m4NagesMixteBENJAMINS	04 :40.63	Sofia GARNOUSSI (06) - Omar BENMOUSSA (06) Malak MEQDAR (07) - Marwane SEBBATA (06)	EN	04/08/2019	Casablanca 50 m
Relais4x100m4NagesMixteMINIMES	04:25.72	Mehdi EL MANSAR (04) – Sawsane EL GAMAH (05) Malak DARKAOUI (05) – Salim FRIKKECH (04)	EN	07/08/2019	Casablanca 50 m
Relais4x100m4NagesMixteCADETS	04'33"12	ELMHAMEDIKENZA(1999) – ELMOUSSAMIOTHMANE(1999) HAMOUCHANESAMI(2000)–LASFARMERYEM	CODM	24/01/2016	Meknès
Relais4x100m4NagesMixteJUNIORS	04'29"96	CHAKRIRIM (1997)–ZOUHAIRIZINEB(1997) BANSARYOUSSEF(1998)–FARIHAMINE	RAJA	24/01/2016	Meknès