

## TABLETTE DES PERFORMANCES

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

*Mise à jour du 18 Juin 2019*

<b>Épreuves</b>	<b>RECORDS</b>	<b>NOMS&amp;PRENOMS</b>	<b>CLUBS</b>	<b>DATES</b>	<b>LIEUX</b>
50mNageLibre	<b>00:26.79</b>	ImaneHouda EL BARODI(01)	USCM	17/11/2018	Montpellier (FRANCE)-25m
100mNageLibre	<b>00'57"62</b>	BOUTOUILYASMEEN(98)	USCM	30/10/2015	CHEVREUSE(France)-25m
200mNageLibre	<b>02 :05-59</b>	BOUTOUILYASMEEN(98)	USCM	29/10/2016	Cholet(France)25m
400mNageLibre	<b>04'29"38</b>	BOUTOUILYASMEEN(98)	USCM	31/10/2015	CHOLET(France)- 25m
800mNageLibre	<b>09'14"57</b>	ELABDIRANIA(94)	USCM	11/01/2012	MEKNES(Maroc) -25m
1500mNageLibre	<b>17'37"87</b>	ELABDIRANIA(94)	USCM	04/12/2011	KENITRA (Maroc)- 25m
50mDos	<b>00 :29.22</b>	Hiba FAHSI(01)	OCK	14/12/2018	Hangzhou (Chine) - 25 m
100mDos	<b>01'04"34</b>	BOUTOUILYASMEEN(98)	USCM	19/11/2015	ANGERS(France)-25m
200mDos	<b>02'18"38</b>	Hiba FAHSI(01)	OCK	13/12/2018	Hangzhou (Chine) – 25 m
50mBrasse	<b>00 :32.59</b>	ImaneHouda EL BARODI(01)	USCM	20/04/2019	Ryad-(KSA) – 25 m
100mBrasse	<b>01 :12.59</b>	ImaneHouda EL BARODI(01)	USCM	19/04/2019	Ryad-(KSA) – 25 m
200mBrasse	<b>02:40.85</b>	ImaneHouda EL BARODI(01)	USCM	20/04/2019	Ryad-(KSA) – 25 m
50mPapillon	<b>00:28.26</b>	ImaneHouda EL BARODI(01)	USCM	03/05/2019	Ryad-(KSA) – 25 m
100mPapillon	<b>01'03"44</b>	RAMONDHANNANESHHERAZADE(90)	WAC	21/12/2008	PARIS(France)-25m
200mPapillon	<b>02'21"00</b>	RAMONDHANNANESHHERAZADE(90)	WAC	24/07/2008	CASABLANCA (Maroc)-50m
100m4Nages	<b>01'06"77</b>	BOUTOUILYASMEEN(98)	USCM	30/10/2015	CHOLET(France)- 25m
200m4Nages	<b>02'25"84</b>	KHIYARA INES (98)	RAJA	31/10/2015	Embourg(Belgique)25m
400m4Nages	<b>05'14"87</b>	IAZNADIA (78)	WAC	12/02/1994	France
Relais4x50mNageLibre	<b>02'21"86</b>	TAREKMERIEM(87)-ELMARHAR MERIEM(86) KHALILRKIA (87) -MAHMOUN RHITA(87)	WAC	02/03/2003	CASABLANCA (Maroc)-50m
Relais4x100mNageLibre	<b>04'20"70</b>	CHBIHI NOUFISSA (90)- ELBOUKHARI GHITA(89) BOULAAMANEIMANE(89)- RAMONDHANNANESHHERAZADE(90)	E.N	04/08/2007	CASABLANCA (Maroc)-50m
Relais4x200mNageLibre	<b>09'09"40</b>	CHBIHI NOUFISSA (90)- BOULAAMANEIMANE(89) ELBOUKHARI GHITA(89)-RAMONDHANNANESHHERAZADE(90)	E.N	02/08/2007	CASABLANCA (Maroc)-50m
Relais4x50m4Nages	<b>02'24"41</b>	HADDANESARA(86)-BELARBI LAILA(87) KASSI HOUDA(86)-BENMASSAOUDFATIMA ZOHRA(87)	USCM	29/02/2004	RABAT(Maroc) - 50m
Relais4x100m4Nages	<b>05 :05.33</b>	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	<b>03'59"16</b>	BERRADA MORAD(91)	WAC	15/11/2009	MONTPELLIER(France)-25m
800mNageLibre	<b>08:19.20</b>	Ali HEMRI (01)	FUS	09/11/2019	Sherbrooke (Canada)
1500mNageLibre	<b>15:50.09</b>	Ali HEMRI (01)	FUS	24/11/2019	Quebec (Canada)
50mDos	<b>00'25"90</b>	ELMERINIMERWANE(97)	RAJA	21/11/2014	MONTPELLIER(France)-25m
100mDos	<b>00'55"51</b>	ELMERINIMERWANE(97)	RAJA	22/11/2014	MONTPELLIER(France)-25m
200mDos	<b>02'02"22</b>	LAHRICHI DRISS(97)	WAC	08/04/2015	MEKNES(Maroc) -25m
50mBrasse	<b>00:29.05</b>	SamyBOUTOUIL(00)	CODM	24/03/2018	Massy(France)
100mBrasse	<b>01 :02.12</b>	SamyBOUTOUIL(00)	CODM	16/11/2018	MONTPELLIER(France)-25m
200mBrasse	<b>02'19"67</b>	ENNAIMAHMEDREDA(96)	CODM	09/04/2015	MEKNES(Maroc)
50mPapillon					
100mPapillon	<b>00:54.40</b>	SamyBOUTOUIL(00)	CODM	15/11/2018	MONTPELLIER(France)-25m
200mPapillon	<b>02'05"56</b>	SABERSAID(95)	CODM	01/03/2014	MEKNES(Maroc) -25m
100m4Nages	<b>00 :56.32</b>	SamyBOUTOUIL(00)	CODM	16/11/2018	MONTPELLIER(France)-25m
200m4Nages	<b>02'06"33</b>	SABERSAID(95)	CODM	26/02/2014	MEKNES(Maroc) -25m
400m4Nages	<b>04'26"35</b>	BERRADA MORAD(91)	WAC	05/12/2009	CHARTRES (France)-25m
Relais4x50mNageLibre	<b>01'55"13</b>	DIDOUH ABDELKADER(87)- ELKASRI MEHDI(87) BENYAKOUB Med MOUAD(87)-MHAMDI TAYEB(87)	CNJ	29/02/2004	RABAT(Maroc) - 50m
Relais4x100mNageLibre	<b>03:35.48</b>	Ali MSOUGAR (01)–Mohamed Yassine BOUKHARI ( 01) Youssef HEMRI (01)–Ali HEMRI(01)	FUS	26/01/2019	Meknès
Relais4x200mNageLibre	<b>07:46.58</b>	Ali MSOUGAR (01) – Abdeljabbar REGRAGUI (01) Youssef HEMRI (01) – Ali HEMRI (01)	EN	04/08/2019	CASABLANCA (Maroc)-50m
Relais4x50m4Nages	<b>02'00"60</b>	BENJGHAOUI OTMANE(85)- ELRHARRHRI ABDELGHAFOUR(85) ELMENOUNIMEHDI(85)-ELQUEBRITI ABDELMOUGHITE(85)	CODM	09/03/2003	CASABLANCA (Maroc)-50m
Relais4x100m4Nages	<b>04:07.00</b>	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	<b>00'26"96</b>	BOUTOUILYASMEEN(98) ImaneHoudaELBARODI (01)	USCM USCM	19/12/2014 01/07/2018	CHEVREUSE(France)-25m Casablanca(50m)
100mNagelibre	<b>00'57"62</b>	BOUTOUILYASMEEN(98)	USCM	21/12/2014	CHEVREUSE(France)-25m
200mNagelibre	<b>02 :02.02</b>	Lina KHIYARA(03)	RAJA	25/11/2018	Hasselt (Belgique)
400mNagelibre	<b>04 :27.76</b>	Lina KHIYARA(03)	RAJA	11/11/2018	Gent(Belgique)
800mNagelibre	<b>09'13"94</b>	ELABDI RANIA (94)	USCM	08/04/2011	MEKNES(Maroc) -25m
1500mNagelibre	<b>18'04"39</b>	BOULAAMANEIMANE(89)	CNJ	09/04/2005	RABAT(Maroc) - 50m
50mDos	<b>00:29.08</b>	<b>Hiba FAHSI(01)</b>	OCK	27/01/2017	Meknès
50mDos	<b>00:29.67</b>	HibaFAHSI(01)	OCK	22/11/2017	Marrakech
100mDos	<b>01 :03.39</b>	HibaFAHSI(01)	OCK	26/11/2017	Marrakech
200mDos	<b>02:17.11</b>	<b>Hiba FAHSI01)</b>	OCK	26/01/2018	Meknès
50mBrasse	<b>00:33.57</b>	ImaneHibaBARODI (01)	USCM	13/07/2018	Tunis
100mBrasse	<b>01 :13.45</b>	HibaLAKNIT(02)	OCK	27/01/2018	Meknès
200mBrasse	<b>02'38"20</b>	KHIYARA INES(98)	RAJA	10/11/2013	GENT(Belgique)-25m
50mPapillon	<b>00:28.69</b>	ImenHoudaELBARODI (01)	USCM	11/09/2018	Alger
100mPapillon	<b>01'04"65</b>	KARRAKCHOU LILIA (92)	CNJ	28/06/2009	ROME(Italie)- 50m
200mPapillon	<b>02'22"52</b>	KARRAKCHOU LILIA (92)	CNJ	19/08/2009	AMMAN (Jordanie) -50m
100m4Nages	<b>01:08.16</b>	Yasmine DGAIMESH (03)	RAJA	10/11/2019	Paris (France)- 25m
200m4Nages	<b>02:23.14</b>	Lina KHIYARA(03)	RAJA	10/11/2018	Gent (Belgique)
400m4Nages	<b>05:09.20</b>	Lina KHIYARA(03)	RCA	26/01/2019	Meknès
Relais4x50mNageLibre	<b>01"57'19</b>	MSELLAKKenza(2000) –RMILYHiba(2000) BENBOUZIANEHiba(2000)–RACHDIHajar(2000)	TSC	07/02/2016	Marrakech -25m
Relais4x100mNageLibre	<b>04:05.50</b>	DohaFAHSI (01)- (Mariam SELLAFI (01) Hiba LAKNIT(01) –HibaFAHSI (01)	OCK	27/01/2018	Meknèsw
Relais4x200mNageLibre	<b>09'34"99</b>	ASSOUABGHITA (95) - ELABDI RIM(94) MAHFOUHLINA (95)- ELABDI RANIA(94)	USCM	10/04/2011	MEKNES(Maroc) -25m
Relais4x50m4Nages	<b>02'13"06</b>	MSELLAKKenza(2000) –BENBOUZIANEHiba(2000) RMILYHiba(2000)- RACHDI Hajar(2000)	TSC	07/02/2016	Marrakech -25m
Relais4x100m4Nages	<b>04:44.17</b>	Kenza MSELLEK (00)- NadieEL HAOUARI(00) HibaRMILI(00)- Hajar RACHDI (00)	TSC	12/02/2017	Meknès

## TABLETTE DES PERFORMANCES

\*\* CADETS \*\*

Mise à jour du 16 Novembre 2022

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 :30.31	CHAHINE SAID (05)	USCM	20/08/2022	Tunis
1500mNagelibre	16'12"39	CHAHINE SAID (05)	USCM	24/08/2022	Tunis
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) ELMOUSTAKIMIMAD(99)– ELMOUSTAKIMMOUAD(1999)	RAJA	23/01/2016	MEKNES(Maroc) -25m

## TABLETTE DES PERFORMANCES

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

**Mise à jour du 16 Novembre 2022**

Épreuves	Temps	Noms	Clubs	dates	lieux
50mNagelibre	<b>00'27"56</b>	BOUTOUILYASMEEN(98)	USCM	15/04/2012	MEKNES(Maroc)
100mNagelibre	<b>00 :59.31</b>	LinaKHIYARA(03)	RAJA	19/11/2017	Stockport(Angleterre)
200mNagelibre	<b>02:06.82</b>	LinaKHIYARA(03)	RAJA	11/11/2017	Stockport(Angleterre)
400mNagelibre	<b>04 :25.64</b>	LinaKHIYARA(03)	RAJA	31/07/2017	Leuvin(Belgique)
800mNagelibre	<b>09 :17.97</b>	MEQDAR MALAK (07)	FUS	07/08/2022	Casablanca - 50m
1500mNagelibre	<b>17 :49.66</b>	<b>MEQDAR MALAK</b>	<b>FUS</b>	<b>24/10/2021</b>	<b>Abu Dhabi (U A E)</b>
50mDos	<b>00'31"77</b>	FAHSI HIBA(2001)	OCK	23/01/2016	Meknès
100mDos	<b>01'06"80</b>	FAHSI HIBA(2001)	OCK	01/09/2016	Tunis-50m
200mDos	<b>02'26"39</b>	FAHSI HIBA(2001)	OCK	02/09/2016	Tunis-50m
50mBrasse	<b>00:35.19</b>	Hiba LAKNIT(02)	CODM	10/02/2017	Meknès
100mBrasse	<b>01'15"70</b>	ELBEKRI SARA(87)	WAC	01/04/2000	ELJADIDA (Maroc) -25m
200mBrasse	<b>02:40.87</b>	<b>MEQDAR Malak(07)</b>	FUS	07/08/2022	Casablanca - 50m
50mPapillon	<b>00:29.57</b>	Sawsane EL GAMAH (05)	WAC	30/11/2019	Macon (France) 25 m
100mPapillon	<b>01 :06.44</b>	Sawsane EL GAMAH(05)	WAC	31/03/2019	Marrakech – 25 m
200mPapillon	<b>02:27.81</b>	Sherine BOUFTINI (05)	WAC	30/11/2019	Sarcelles (France) - 25m
100m4Nages	<b>01:09.83</b>	Sawsane EL GAMAH (05)	WAC	30/11/2019	Macon (France) 25 m
200m4Nages	<b>02 :26.38</b>	LinaKHIYARA(03)	RAJA	27/07/2018	Charleroi(Belgique)
400m4Nages	<b>05 :14.55</b>	LinaKHIYARA(03)	RAJA	04/08/2018	Casablanca
Relais4x50mNageLibre	<b>02'01"50</b>	IDRISSI ZAYNAB - BENHAMOU GHITA - JALAL BASMA - BARAKAT	WAC	04/08/2022	Casablanca - 50m
Relais4x100mNagelibre	<b>04:10.19</b>	Maha BASKACH (05)–Hiba CHAHIDI (05) Meriem DABRI (05) - Lina DANA (05)	USCM	24/01/2020	Meknès
Relais4x200mNagelibre	<b>09:17.67</b>	Ines RACHIDI (05) -,Hiba CHOUAIBI (04) Sawsane EL GAMAH (05) - Maha	E.N	05/08/2019	Casablanca-50m
Relais4x50m4Nages	<b>02'18"04</b>	GHENI FATIMA ZAHRA(00) - BOUSSAADANEWIAM(01)CHAARI	AS.FAR	07/06/2015	Rabat -25m
Relais4x100m4Nages	<b>04:42.76</b>	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	<b>00:24.48</b>	Marwane SEBBATA (06)	USCM	16/09/2021	Meknes25 m
100mNagelibre	<b>00:54.36</b>	Marwane SEBBATA (06)	USCM	17/09/2021	Meknes 25 m
200mNagelibre	<b>01'56"07</b>	BOUTOUILSAMY (00)	USCM	25/01/2015	MASSY(France) -25m
400mNagelibre	<b>04:09.30</b>	Liam OUARDI (04)	FUS	12/05/2019	Mantereau(France)-25m
800mNagelibre	<b>08 :35.36</b>	Said CHAHINE (05)	USCM	25/01/2020	Meknès
1500mNagelibre	<b>16 :33.37</b>	YasserBENCHEBBA(04)	FUS	23/12/2018	Kenitra
50mDos	<b>00:27.17</b>	Marwane SEBBATA (06)	USCM	17/09/2021	Meknes 25 m
100mDos	<b>00'59"47</b>	Marwane SEBBATA (06)	USCM	17/09/2021	Meknes 25 m
200mDos	<b>02:10.89</b>	Marwane SEBBATA (06)	USCM	17/09/2021	Meknes 25 m
50mBrasse	<b>00'30"60</b>	BOUTOUILSAMY (00)	USCM	29/11/2014	CHEVREUSE(France)-25m
100mBrasse	<b>01'07"98</b>	BOUTOUILSAMY (00)	USCM	24/01/2015	MASSY(France) -25m
200mBrasse	<b>02 :30.96</b>	Mehdi ELMANSAR(04)	RAJA	04/11/2018	Lutan (GrandeBretagne)
50mPapillon	<b>00'26"77</b>	BOUTOUILSAMY (00)	USCM	30/11/2014	CHEVREUSE(France)-25m
100mPapillon	<b>00'59"96</b>	BOUTOUILSAMY(00)	USCM	25/01/2015	MASSY(France) -25m
200mPapillon	<b>02:14.79</b>	Mohamed Sami ZEMZAMI (05)	USCM	05/08/2019	Casablanca 50 m
100m4Nages	<b>01'00"50</b>	BOUTOUILSAMY (00)	USCM	31/10/2015	CHOLET(France)-25m
200m4Nages	<b>02'14"41</b>	BOUTOUILSAMY (00)	USCM	29/11/2014	CHEVREUSE(France)-25m
400m4Nages	<b>04 :49.25</b>	Mehdi ELMANSAR(04)	RAJA	16/12/2018	Sheffield (GrandeBretagne)
Relais4x50mNageLibre	<b>01 :48.05</b>	MohamedYassineBOUKHARI (01)–MoncefTIJARI(02) SaadNAJI (01)-AbdeljabarREGRAGUI(01)	CODM	15/05/2016	FES - 25m
Relais4x100mNagelibre	<b>03:41.03</b>	Hamza BENHALIMA (04) – Mehdi EL MANSAR (04) Yasser BENCHEBBA (04) – Salim FRIKECH (04)	E.N	05/08/2019	Casablanca 50 m
Relais4x200mNagelibre	<b>08:07.65</b>	Mohamed Sami ZEMZAMI (05) – Mehdi EL MANSAR (04) Yasser BENCHEBBA (04) – Hamza BENHALIMA (04)	E.N	04/08/2019	Casablanca 50 m
Relais4x50m4Nages	<b>01:58.59</b>	AbdeljabarREGRAGUI (01) –Mohamed YassineBOUKHARI (01) SaadNAJI (01) -MonsifHamzaTIJARI (02)	CODM	20/03/2016	MEKNES-25m
Relais4x100m4Nages	<b>04:09.23</b>	Hamza BENHALIMA (04) - Mohamed Sami ZEMZAMI (05) Mehdi EL MANSAR (04) –Salim FRIKECH (04)	E.N	07/08/2019	Casablanca 50 m



## TABLETTE DES PERFORMANCES

\*\*BENJAMINES\*\*

*Mise à jour du 31 Décembre 2019*

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

## TABLETTE DES PERFORMANCES

\*\*BENJAMINS\*\*

*Mise à jour du 16 Novembre 2022*

Épreuves	Temps	Noms&Prénoms	Clubs	dates	lieux
50mNageLibre	00:26.34	SOBHI YAHYA	FUS	09/09/2022	Caire (Egypte)
100mNageLibre	00:55.98	SOBHI YAHYA	FUS	24/07/2022	Salé (Maroc)
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	EIMehdiELAOUFIR(05)- Said CHAHINE (05) MarwaneSEBBATA(05)-Mohamed SamiZAMZAMI(05)	USCM	08/07/2018	Rabat
Relais4x100mNagelibre	03:59.51	KAMAL OMAR - EL MAJDOUB MOHAMED TAHA AKIRTAS KHALIL - SOBHI YAHYA	E. N.	09/09/2022	Caire (Egypte)
Relais4x200mNagelibre	08:53.69	Yassine SEBBATA (06) – Omar BENMOUSSA (06) Adam LAMHITI (06) - Marwane SEBBATA (06)	E. N.	04/08/2019	Casablanca 50 m
Relais4x50m4Nages	02 :06.10	Said CHAHINE (05) - Mohamed Sami ZAMZAMI (05) AdamBOURZINE(05) –EIMehdiELAOUFIR(05)	USCM	07/07/2018	Rabat
Relais4x100m4Nages	04:33.28	Marwane SEBBATA – Akram NEJJAR Omar BENMOUSSA – Yassine SEBBATA	E. N.	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	<b>00'30"83</b>	ETTALBIOUMAIMA(03)	CODM	15/06/2014	Rabat
100mNageLibre	<b>01:08.59</b>	KHIALI HIBA	WAC	19/06/2022	El Jadida (Maroc)-25m
200mNageLibre	<b>02:32.85</b>	YassmineDRAYEF(06)	RAJA	05/06/2016	Kenitra
400mNageLibre	<b>05 :16.44</b>	MalakMEQDAR(07)	FUS	24/06/2018	Rabat
800mNageLibre	<b>11:03.82</b>	Joulane MAHJOUBI(07)	ASAMIN	01/04/2018	Marrakech
50mDos	<b>00'37"63</b>	YassmineDRAYEF(06)	RAJA	15/04/2017	Casablanca
100mDos	<b>01:21.84</b>	OumniaSEBBATA(05)	FUS	12/06/2016	Kenitra25m
200mDos	<b>02:57.30</b>	AyaRIFAI (07)	ASAMIN	01/04/2018	Marrakech
50mBrasse	<b>00'39"12</b>	LAKNITHIBA(02)	CODM	19/05/2013	MEKNES(Maroc) -25m
100mBrasse	<b>01'31"81</b>	ELBEKRI SARA(87)	WAC	19/07/1997	MEKNES(Maroc)-50m
200mBrasse	<b>03:15.68</b>	MeryemHOSNI (05)	ACK	24/07/2016	Casablanca(50m)
50mPapillon	<b>00:34.44</b>	YassmineDRAYEF(06)	RAJA	16/07/2017	Rabat
100mPapillon	<b>01:17.53</b>	YassmineDRAYEF(06)	RAJA	07/05/2017	Casablanca-50m
100m4Nages	<b>01'19"01</b>	LAKNITHIBA(02)	CODM	19/05/2013	MEKNES(Maroc) -25m
200m4Nages	<b>02'46"84</b>	ETTALBIOUMAIMA(03)	CODM	15/06/2014	RABAT(Maroc)-25m
400m4Nages	<b>05:58.91</b>	YassmineDRAYEF(06)	RAJA	11/06/2017	Casablanca
Relais4x50mNageLibre	<b>02'18"81</b>	SALEKHOUDA(97)-ELMASNAOUI NARJISS (97) SALEKFADWA (97) - ELMASNAOUI YASSMINE(97)	USCM	13/07/2008	RABAT(Maroc)-25m
Relais4x50m4Nages	<b>02:36.31</b>	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&amp;Prénoms</u>	<u>Clubs</u>	<u>Dates</u>	<u>Lieux</u>
50mNageLibre	<b>00:29.48</b>	MarwaneSEBBATA(06)	FUS	16/07/2017	Rabat
100mNageLibre	<b>01:07.37</b>	HamzaKAMAL(06)	USCM	12/06/2016	Kenitra
200mNageLibre	<b>02:20.84</b>	HamzaKAMAL(06)	USCM	12/07/2017	Rabat
400mNageLibre	<b>05:04.25</b>	HamzaKAMAL(06)	USCM	09/04/201è	Oujda
50mDos	<b>00:34.18</b>	MarwaneSEBBATA(06)	FUS	16/07/2017	Rabat
100mDos	<b>01'15"70</b>	Souhaib ELMOUSSAMI (06)	CODM	15/01/2017	Meknès
200mDos	<b>02:45.64</b>	Souhaib ELMOUSSAMI (06)	CODM	19/03/2017	Meknès
50mBrasse	<b>00:40.55</b>	AdamLAHMITI(06)	SNF	16/07/2017	Rabat
100mBrasse	<b>01'27"34</b>	OULACHBAR OTHMANE	WAC	07/08/2022	Casablanca-50m
200mBrasse	<b>02'32"20</b>	MGHARI KHALIL(90)	USF	26/08/2000	Marrakech
50mPapillon	<b>00:32.84</b>	HamzaKAMAL(06)	USCM	12/07/2017	Rabat
100mPapillon	<b>01:16.57</b>	AdamBOURZINE(05)	USCM	03/04/2016	Kenitra
200mPapillon	<b>03'05"99</b>	GAZARI NIZAR(93)	DHJ	30/08/2003	Marrakech
100m4Nages	<b>01:15.25</b>	HamzaKAMAL(06)	USCM	20/05/201	Rabat
200m4Nages	<b>02:40.59</b>	HamzaKAMAL(06)	USCM	12/07/2017	Rabat
400m4Nages	<b>05:48.72</b>	AkramNEJJAR(06)	USCM	11/06/2017	Kenitra
Relais4x50mNageLibre	<b>02:09.16</b>	SamyBENCHEBBA(06)- HamzaFILALI (06) AkramNEJJAR(06)- HamzaKAMAL(06)	USCM	12/07/2017	Rabat
Relais4x50m4Nages	<b>02'13"63</b>	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 &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
<b>Relais4x50mNageLibreMixtePOUSSINS</b>	<b>02:10.56</b>	LinaDANNA(2005)–SaidCHAHINE(2005) MahaBASKACH(2005)-AdamBOURZINE	<b>USCM</b>	17/07/2016	Fès
<b>Relais4x50mNageLibreMixteBENJAMINS</b>	<b>01:58.59</b>	ImaneBASKACH(2003)–Anir SEDIQUI(2003) HibaCHOUAIBI(2004)–YasserBENCHEBBA(2004)	<b>USCM</b>	17/07/2016	Fès
<b>Relais4x100NageLibreMixteBENJAMINS</b>	<b>04 :09.91</b>	Nada RAGTAOUI (07) – Sofia GARNOUSSI (06) Yassine SEBBATA (06) - Marwane SEBBATA (06)	EN	04/08/2019	Casablanca 50 m
<b>Relais4x100mNageLibreMixteMINIMES</b>	<b>03:54.99</b>	Yassir BENCHEBBA (04) - Maha BASKACH (05) Hiba CHOUAIBI (04) - Salim FRIKKECH (04)	E.N	04/08/2019	Casablanca 50 m
<b>Relais4x50mNageLibreMixteMINIMES</b>	<b>01 :48.15</b>	Maha BASKACH (05) – Said CHAHINE (05) Lina DANA (05) - Mohamed Sami ZEMZAMI (05)	<b>USCM</b>	24/01/2020	Meknès
<b>Relais4x100mNageLibreMixteCADETS</b>	<b>04'00"53</b>	CHAARISOUKAINA(2000)-ELKHADRISAMARA(2000) BELAFKIHAMEDWDIA (1999)-CHAARISOUFIANE	<b>ASFAR</b>	23/01/2016	Meknès
<b>Relais4x100mNageLibreMixte CADETS</b>	<b>01 :44.76</b>	Adam SEDDOUK (03) – Lina KHIYARA (03) Yasmine TALEB (03) – Salim FRIKKECH (03)	CODM	24/01/2020	Meknès
<b>Relais4x100mNageLibreMixteJUNIORS</b>	<b>04'00"16</b>	MOULAYBERKCHIMEHDI(1998)-EIDEMIRIAM(1998) ELALAMINIZAR(1998)-BOUTOUILYASMEEN(1998)	<b>USCM</b>	<b>23/01/2016</b>	Meknès
<b>Relais4x50m4NagesMixtePOUSSINS</b>	<b>02:30.63</b>	SaidCHAHINE(2005)–LinaDANNA(2005) AdamBOURZINE(2005)–MahaBASKACH(2005)	<b>USCM</b>	17/07/2016	Fès
<b>Relais4x50m4NagesMixteBENJAMINS</b>	<b>02:15.31</b>	HibaCHOUAIBI(2004)–YasserBENCHEBBA(2004) ImaneBASKACH(2003)–Anir SEDIQUI(2003)	<b>USCM</b>	17/07/2016	Fès
<b>Relais4x50m4NagesMixte MINIMES</b>	<b>02 :01.58</b>	Oumnia SEBBATA (03) – Mohamed Sami ZEMZAMI (03) AdamBOURZINE (03) – Maha BASKACH (03)	USCM	24/01/2020	Meknès
<b>Relais4x50m4NagesMixteCADETS</b>	<b>01 :57.39</b>	Yasmine DGAIMESH (03) – Azzedine EL BADR (03) Soraya ABADI (03) – Idriss AZHAR (03)	RAJA	24/01/2020	Meknès
<b>Relais4x100m4NagesMixteBENJAMINS</b>	<b>04 :40.63</b>	Sofia GARNOUSSI (06) - Omar BENMOUSSA (06) Malak MEQDAR (07) - Marwane SEBBATA (06)	EN	04/08/2019	Casablanca 50 m
<b>Relais4x100m4NagesMixteMINIMES</b>	<b>04:25.72</b>	Mehdi EL MANSAR (04) – Sawsane EL GAMAH (05) Malak DARKAOUI (05) – Salim FRIKKECH (04)	EN	07/08/2019	Casablanca 50 m
<b>Relais4x100m4NagesMixteCADETS</b>	<b>04'33"12</b>	ELMHAMEDIKENZA(1999) – ELMOUSSAMIOTHMANE(1999) HAMOUCHANESAMI(2000)–LASFARMERYEM	<b>CODM</b>	<b>24/01/2016</b>	Meknès
<b>Relais4x100m4NagesMixteJUNIORS</b>	<b>04'29"96</b>	CHAKRIRIM (1997)–ZOUHAIRIZINEB(1997) BANSARYOUSSEF(1998)–FARIHAMINE	RAJA	<b>24/01/2016</b>	Meknès