

# TABLETTE DES RECORDS DUMAROC EN BASSIN DE 25 m

DAMES

*Mise à jour du 26/11/2021*

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50mNageLibre	<b>00:26.32</b>	EL BARODI Imane Houda (01)	FUS	20/12/2021	Abu Dhabi
100mNageLibre	<b>00:57.62</b>	YasmeenBOUTOUIL (98)	USCM	21/12/2014	Chevreuse(France)
200mNageLibre	<b>02:02.02</b>	Lina KHIYARA03)	RAJA	25/11/2018	Hasselt (Belgique)
400mNageLibre	<b>04:16.17</b>	Sara ELBEKRI(87)	RAJA	19/11/2011	Saint-Dizier(France)
800mNageLibre	<b>08:46.14</b>	Sara ELBEKRI(87)	RAJA	18/11/2011	Saint-Dizier(France)
1500mNageLibre	<b>17:48.17</b>	Rania ELABDI(94)	USCM	05/02/2012	Meknès
50 m Dos	<b>00:29.22</b>	Hiba FAHSI(01)	OCK	14/12/2018	Hangzhou (Chine)
100mDos	<b>01:02.84</b>	Hiba FAHSI(01)	OCK	30/12/2017	Marrakech
200mDos	<b>02:15.95</b>	Hiba FAHSI (01)	OC	26/01/2018	Meknès
50mBrasse	<b>00:31.38</b>	Sara ELBEKRI(87)	RAJA	04/12/2011	Angers(France)
100mBrasse	<b>01:06.50</b>	Sara ELBEKRI(87)	RAJA	02/12/2011	Angers(France)
200mBrasse	<b>02:23.54</b>	Sara ELBEKRI(87)	RAJA	03/12/2011	Angers(France)
50mPapillon	<b>00:28.11</b>	Imane EL BARODI(01)	FUS	25/10/2021	Abudhabi (UAE)
100mPapillon	<b>01:02.58</b>	Sara ELBEKRI(87)	RAJA	13/11/2011	Compiègne(France)
200mPapillon	<b>02:13.41</b>	Sara ELBEKRI(87)	RAJA	19/11/2011	Saint-Dizier(France)
100m4Nages	<b>01:02.98</b>	Sara ELBEKRI(87)	RAJA	16/12/2010	Dubai (EmiratesArabesUnies)
200m4Nages	<b>02:15.39</b>	Sara ELBEKRI(87)	RAJA	18/12/2010	Dubai (EmiratesArabesUnies)
400m4Nages	<b>04:48.22</b>	Sara ELBEKRI (87)	RAJA	15/12/2010	Dubai (EmiratesArabesUnies)
Relais4x100mNageLibre	<b>04:05.50</b>	Doha FAHSI (01) - Mariem SELAFI Hiba LAKNIT(01) –HibaFAHSI (01)	OCK	27/01/2018	Meknès
Relais4x200mNageLibre	<b>09:02.06</b>	GhitaASSOUAB (95)–Kenza ELMHAMED(99) Kenza LAISSAOUI (97)–MeryemBADA(94)	CODM	11/04/2015	Meknès
Relais4x100m4Nages	<b>04:32.79</b>	Sofia GARNOUSSI (06)- Malak MEQDAR(07) Meryem BAHAJOUB(06)–Inass ALLAOU(06)	MAROC	27/10/2021	Abudhabi (UAE)
Relais4x50mNageLibre	<b>01:54.61</b>	Sofia GARNOUSSI (06)- Malak MEQDAR(07) Zineb ATILLAH(06)–Inass ALLAOU(06)	MAROC	24/10/2021	Abudhabi (UAE)
Relais4x50m4Nages	<b>02:08.66</b>	Sofia GARNOUSSI (06)- Malak MEQDAR(07) Zineb ATILLAH(06)–Inass ALLAOU(06)	MAROC	25/10/2021	Abudhabi (UAE)

***TABLETTE DES RECORDS DU MAROC EN BASSIN DE 25 m***  
**MESSIEURS**

*Mise à jour du 10 - 11 - 2022*

Épreuves	Temps	Noms & Prénoms	Clubs	Dates	Lieux
50mNageLibre	<b>00:22.59</b>	Souhail HAMOUCHANE (97)	CODM	26/10/2021	Abudhabi (UAE)
100 m NageLibre	<b>00:48.58</b>	Samy BOUTOUIL (2000)	E. N.	06/11/2022	Chartres (France)
200mNageLibre	<b>01:49.90</b>	Ali HEMRI (01)	FUS	23/10/2021	Cherbourg(France)
400mNageLibre	<b>03:53.41</b>	Ali HEMRI (01)	FUS	07/11/2021	Quebec (Canada)
800mNageLibre	<b>08:11.47</b>	Ali HEMRI (01)	FUS	27/11/2021	Quebec (Canada)
1500mNageLibre	<b>15:50.09</b>	Ali HEMRI (01)	FUS	24/11/2019	Quebec (Canada)
50mDos	<b>00:25.10</b>	DrissLAHRICHI (97)	OCK	12/12/2019	Angers (France)
100mDos	<b>00 :53.68</b>	DrissLAHRICHI (97)	OCK	13/12/2019	Angers (France)
200mDos	<b>01:57.67</b>	DrissLAHRICHI (97)	OCK	12/12/2019	Angers (France)
50mBrasse	<b>00:26.88</b>	SamyBOUTOUIL (00)	E. N.	06/11/2022	Chartres (France)
100mBrasse	<b>01:02.12</b>	SamyBOUTOUIL (00)	CODM	16/11/2018	Montpellier(France)
200mBrasse	<b>02:19.67</b>	Ahmed RedaENNAIM(96)	CODM	09/04/2015	Meknès
50mPapillon	<b>00:24.59</b>	Samy BOUTOUIL (00)	CODM	12/12/2019	Angers (France)
100mPapillon	<b>00:53.93</b>	Samy BOUTOUIL	COD	20/12/2021	Abu Dhabi
200mPapillon	<b>02:00.02</b>	NouamaneBATAHI (94)	CODM	18/11/2016	Angers(France)
100m4Nages	<b>00:54.55</b>	SamyBOUTOUIL (00)	E. N.	03/11/2022	Chartres (France)
200m4Nages	<b>02:03.59</b>	MoradBERRADA(91)	WAC	04/12/2011	ANGERS(France)
400m4Nages	<b>04:18.78</b>	MoradBERRADA(91)	WAC	03/12/2011	ANGERS(France)
Relais4x100mNageLibre	<b>03:39.41</b>	KAMAL Hamza, SEBBATA Marwane, BENMOUSSA Omar, ELFALLAKI ELACHRAFI	E. N.	26/10/2021	Abudhabi (UAE)
Relais4x200mNageLibre	<b>07:48.34</b>	SalaheddineARIGUI (94)–BakrKZIBER(98) BadrBEN ASSILA (98) –Said SABER(95)	AS.FAR	11/04/2015	Meknès
Relais4x100m4Nages	<b>03:47.77</b>	DrissLAHRAICHI(97)– AhmedRedaENNAIM(96) Said SABER(95) –SouhailHAMOUCHANE(97)	CODM	12/02/2017	Meknès
Relais4x50m4Nages	<b>01:51.91</b>	Marwane SEBBATA(06)– Hamza KAMAL(06) Omar BENMOUSSA(06)– Ilyas ELFALLAKI(06)	MAROC	25/10/2021	Abudhabi (UAE)
Relais4x50mNageLibre	<b>01:41.18</b>	Marwane SEBBATA(06)– Hamza KAMAL(06) Omar BENMOUSSA(06)– Ilyas ELFALLAKI(06)	MAROC	24/10/2021	Abudhabi (UAE)

# TABLETTE DES RECORDS DU MAROC EN BASSIN DE 50 m

## DAMES

**Mise à jour du 02 Juin 2022**

Épreuves	Temps	Noms & Prénoms	Clubs	Dates	Lieux
50mNageLibre	<b>00:26.81</b>	Noura MANA(97)	CODM	01/07/2018	Casablanca
100mNageLibre	<b>00:58.30</b>	Sara ELBEKRI(87)	RAJA	13/09/2010	Casablanca
200mNageLibre	<b>02:03.10</b>	SaraELBEKRI(87)	RAJA	17/12/2011	Doha(Qatar)
400mNageLibre	<b>04:17.55</b>	SaraELBEKRI(87)	RAJA	19/12/2011	Doha(Qatar)
800mNageLibre	<b>08:49.57</b>	SaraELBEKRI(87)	RAJA	24/02/2012	Bordeaux(France)
1500mNageLibre	<b>17:04.85</b>	SaraELBEKRI(87)	RAJA	17/02/2012	Sarcelles(France)
50mDos	<b>00:30.01</b>	HibaFAHSI(01)	OCK	24/07/2018	Alger
100mDos	<b>01:04.82</b>	HibaFAHSI(01)	OCK	15/07/2018	Tunis
200mDos	<b>02:20.73</b>	HibaFAHSI(01)	OCK	23/07/2018	Alger
50mBrasse	<b>00:31.54</b>	SaraELBEKRI(87)	RAJA	22/04/2009	Montpellier (France)
100mBrasse	<b>01:08.21</b>	SaraELBEKRI(87)	RAJA	29/07/2012	Londres(GBR)
200mBrasse	<b>02:25.86</b>	SaraELBEKRI(87)	RAJA	01/08/2012	Londres(GBR)
50mPapillon	<b>00:28.42</b>	ImenHoudaELBARODI(01)	USCM	26/05/2022	Barcelone (Espagne)
100mPapillon	<b>01:03.35</b>	SherazadeRAMONDHANNANE(90)	WAC	22/05/2009	ChalonsurSaone(France)
200mPapillon	<b>02:16.21</b>	SaraELBEKRI(87)	RAJA	19/12/2011	Doha(Qatar)
200m4Nages	<b>02:17.24</b>	SaraELBEKRI(87)	RAJA	17/12/2011	Doha(Qatar)
400m4Nages	<b>04:48.04</b>	SaraELBEKRI(87)	RAJA	18/12/2011	Doha(Qatar)
Relais4x50mNageLibre	<b>01:59.25</b>	ImaneBOULAAMANE(89)–MarwaBOULAAMANE(93) LiliaKARAKCHOU(92) –Kenza LYAGOUBI(94)	CNJ	19/07/2008	Rabat
Relais4x100mNageLibre	<b>04:00.33</b>	ImaneHibaELBARODI(01)–NouraMANA (97) HibaFAHSI (01)–YassmeenBOUTOUIL(98)	E.N	15/07/2018	Tunis
Relais4x200mNageLibre	<b>08:43.40</b>	RaniaELABDI(94)- SherazadeRAMONDHANNANE (90) NoufissaCHBIHI(90)–SaraELBEKRI(87)	E.N	13/09/2010	Casablanca
Relais4x50m4Nages	<b>02:14.74</b>	ImaneBOULAAMANE(89)–GhitaBOUKHARI(89)Lilia KARAKCHOU(92)–KenzaLYAGOUBI(94)	CNJ	19/07/2008	Rabat
Relais4x100m4Nages	<b>04:22.21</b>	ImaneBOULAAMANE(89)–SaraELBEKRI (87) NoufissaCHBIHI (90)–MarwaELBANAR (85)	E.N	17/12/2011	Doha(Qatar)

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

**Mise à jour du 10 Novembre 2022**

Épreuves	Temps	Noms & Prénoms	Clubs	Dates	Lieux
50mNageLibre	<b>00 :22.90</b>	Souhail HAMOUCHANE(97)	CODM	06/08/2017	Casablanca
100mNageLibre	<b>00 :50.14</b>	Samy BOUTOUIL (00)	CODM	07/04/2022	LIMOGES (France)
200mNageLibre	<b>01 :51.70</b>	HEMRI ALI	FUS	06/08/2022	Casablanca
400mNageLibre	<b>04 :01.79</b>	HEMRI ALI	FUS	08/05/2022	Casablanca
800mNageLibre	<b>08 :25.83</b>	Said SABER(95)	CODM	07/04/2016	DUBAÏ
1500mNageLibre	<b>16'12''39</b>	CHAHINE SAID	USCM	24/08/2012	Tunis (TUNISIE)
50mDos	<b>00:25.39</b>	Driss LAHRICHI (97)	OCK	05/03/2022	Sherbrooke (Canada)
100mDos	<b>00:55.04</b>	DrissLAHRICHI (97)	OCK	04/03/2022	Sherbrooke (Canada)
200mDos	<b>02 :00.74</b>	DrissLAHRICHI (97)	OCK	05/03/2022	Sherbrooke (Canada)
50mBrasse	<b>00 :28.22</b>	Samy BOUTOUIL (00)	E. N.	20/06/2022	Budapest (Hongrie)
100mBrasse	<b>01'05''85</b>	FAWZI AMINE(86)	USCM	28/07/2013	Casablanca
200mBrasse	<b>02 :23.53</b>	ENNAIMAhmed Reda(96)	CODM	22/05/2016	Casablanca
50mPapillon	<b>00 :24.11</b>	YusufTIBAZI(96)	RAJA	13/09/2018	Alger
100mPapillon	<b>00 :53.89</b>	YusufTIBAZI(96)	RAJA	22/08/2019	Casablanca
200mPapillon	<b>02 :02.49</b>	Said saber(96)	CNN	14/09/2018	Alger
200m4Nages	<b>02'05''35</b>	BERRADA MORAD(91)	WAC	21/12/2011	DOHA(Qatar)
400m4Nages	<b>04'25''58</b>	BERRADA MORAD(91)	WAC	18/03/2012	DUNKERQUE(France)
Relais4x50mNageLibre	<b>01'43''53</b>	HAFDI YOUSSEF(86)-GUEROUANI ALAE(83) ZIDOUHIAMAHD(80)-TOUMI AZIZ(81)	E.N	22/12/2001	Casablanca
Relais4x100mNageLibre	<b>03:25.92</b>	Souhail HAMMOUCHANE – Merwane EL MRINI Driss LAHRICHI – Samy Mohamed BOUTOUIL	E.N	21/08/2019	Casablanca
Relais4x200mNageLibre	<b>07 :46.58</b>	Adil ASOUAB - Abdeljabbar REGRAGUI Youssef HEMRI – Ali HEMRI	EN	05/08/2018	Casablanca
Relais4x50m4Nages	<b>01'54''46</b>	HAFDI YOUSSEF(86)-GUEROUANI ALAE(83) ZIDOUHIAMAHD(80)-TOUMI AZIZ(81)	E.N	22/12/2001	Casablanca
Relais4x100m4Nages	<b>03 :48.82</b>	LAHRICHI Driss(97)-Yusuf TIBAZI Adam SAJID – Seamy Mohamed BOUTOUIL	E.N	24/08/2019	Casablanca

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

*Mise à jour du 27 Août 2018*

EPREUVE	RECORDS	NOMS & PRENOMS	CLUBS	DATES	LIEUX
<b>BASSIN DE 25m</b>					
Relais 4x50m Nage Libre Mixte					
Relais 4x100m Nage Libre Mixte	04'00"16	MOULAYBERKCHIMEHDI(1998)-EIDEMIRIAM(1998) ELALAMINIZAR(1998)-BOUTOUILYASMEEN(1998)	USCM	23/01/2016	MEKNES(MAROC) 25 m
Relais 4x50m 4 Nages Mixte					
Relais 4x100m 4 Nages Mixte	04'23"10	BOULAAMANEIMANE(1989)- ENNAIMAHMEDREDA(1996) BATAHINOUAAMANE(1994)- ASSOUBGHITA(1995)	CODM	24/01/2016	MEKNES(MAROC) 25 m

**BASSIN DE 50m**

Relais 4x100m Nage Libre Mixte	03:46.95	Soraya ABADI – Ali HEMRI Ali MSOUGUER – Lina KHIYARA	Équipe Nationale	23/07/2018	Alger
Relais 4x50m Nage Libre Mixte					
Relais 4x100m 4 Nages Mixte	04:08.11	Driss LAHRICHI – Yusuf TIBAZI Hiba LAKNIT – Noura MANA	Équipe Nationale	22/08/2019	Casablanca
Relais 4x50m 4 Nages Mixte					



