

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	00:26.32	EL BARODI Imane Houda (01)	FUS	20/12/2021	Abu Dhabi
100mNageLibre	00:57.62	YasmeenBOUTOUIL (98)	USCM	21/12/2014	Chevreuse(France)
200mNageLibre	02:02.02	Lina KHIYARA03)	RAJA	25/11/2018	Hasselt (Belgique)
400mNageLibre	04:16.17	Sara ELBEKRI(87)	RAJA	19/11/2011	Saint-Dizier(France)
800mNageLibre	08:46.14	Sara ELBEKRI(87)	RAJA	18/11/2011	Saint-Dizier(France)
1500mNageLibre	17:48.17	Rania ELABDI(94)	USCM	05/02/2012	Meknès
50 m Dos	00:29.22	Hiba FAHSI(01)	OCK	14/12/2018	Hangzhou (Chine)
100mDos	01:02.84	Hiba FAHSI(01)	OCK	30/12/2017	Marrakech
200mDos	02:15.95	Hiba FAHSI (01)	OC	26/01/2018	Meknès
50mBrasse	00:31.38	Sara ELBEKRI(87)	RAJA	04/12/2011	Angers(France)
100mBrasse	01:06.50	Sara ELBEKRI(87)	RAJA	02/12/2011	Angers(France)
200mBrasse	02:23.54	Sara ELBEKRI(87)	RAJA	03/12/2011	Angers(France)
50mPapillon	00:28.11	Imane EL BARODI(01)	FUS	25/10/2021	Abudhabi (UAE)
100mPapillon	01:02.58	Sara ELBEKRI(87)	RAJA	13/11/2011	Compiègne(France)
200mPapillon	02:13.41	Sara ELBEKRI(87)	RAJA	19/11/2011	Saint-Dizier(France)
100m4Nages	01:02.98	Sara ELBEKRI(87)	RAJA	16/12/2010	Dubai (EmiratesArabesUnies)
200m4Nages	02:15.39	Sara ELBEKRI(87)	RAJA	18/12/2010	Dubai (EmiratesArabesUnies)
400m4Nages	04:48.22	Sara ELBEKRI (87)	RAJA	15/12/2010	Dubai (EmiratesArabesUnies)
Relais4x100mNageLibre	04:05.50	Doha FAHSI (01) - Mariem SELAFI Hiba LAKNIT(01) –HibaFAHSI (01)	OCK	27/01/2018	Meknès
Relais4x200mNageLibre	09:02.06	GhitaASSOUAB (95)–Kenza ELMHAMED(99) Kenza LAISSAOUI (97)–MeryemBADA(94)	CODM	11/04/2015	Meknès
Relais4x100m4Nages	04:32.79	Sofia GARNOUSSI (06)- Malak MEQDAR(07) Meryem BAHAJOUB(06)–Inass ALLAOUI(06)	MAROC	27/10/2021	Abudhabi (UAE)
Relais4x50mNageLibre	01:54.61	Sofia GARNOUSSI (06)- Malak MEQDAR(07) Zineb ATILLAH(06)–Inass ALLAOUI(06)	MAROC	24/10/2021	Abudhabi (UAE)
Relais4x50m4Nages	02:08.66	Sofia GARNOUSSI (06)- Malak MEQDAR(07) Zineb ATILLAH(06)–Inass ALLAOUI(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	00:22.59	Souhail HAMOUCHANE (97)	CODM	26/10/2021	Abudhabi (UAE)
100 m NageLibre	00:48.58	Samy BOUTOUIL (2000)	E. N.	06/11/2022	Chartres (France)
200mNageLibre	01:49.90	Ali HEMRI (01)	FUS	23/10/2021	Cherbourg(France)
400mNageLibre	03:53.41	Ali HEMRI (01)	FUS	07/11/2021	Quebec (Canada)
800mNageLibre	08:11.47	Ali HEMRI (01)	FUS	27/11/2021	Quebec (Canada)
1500mNageLibre	15:50.09	Ali HEMRI (01)	FUS	24/11/2019	Quebec (Canada)
50mDos	00:25.10	DrissLAHRICHI (97)	OCK	12/12/2019	Angers (France)
100mDos	00 :53.68	DrissLAHRICHI (97)	OCK	13/12/2019	Angers (France)
200mDos	01:57.67	DrissLAHRICHI (97)	OCK	12/12/2019	Angers (France)
50mBrasse	00:26.88	SamyBOUTOUIL (00)	E. N.	06/11/2022	Chartres (France)
100mBrasse	01:02.12	SamyBOUTOUIL (00)	CODM	16/11/2018	Montpellier(France)
200mBrasse	02:19.67	Ahmed RedaENNAIM(96)	CODM	09/04/2015	Meknès
50mPapillon	00:24.59	Samy BOUTOUIL (00)	CODM	12/12/2019	Angers (France)
100mPapillon	00:53.93	Samy BOUTOUIL	COD	20/12/2021	Abu Dhabi
200mPapillon	02:00.02	NouamaneBATAHI (94)	CODM	18/11/2016	Angers(France)
100m4Nages	00:54.55	SamyBOUTOUIL (00)	E. N.	03/11/2022	Chartres (France)
200m4Nages	02:03.59	MoradBERRADA(91)	WAC	04/12/2011	ANGERS(France)
400m4Nages	04:18.78	MoradBERRADA(91)	WAC	03/12/2011	ANGERS(France)
Relais4x100mNageLibre	03:39.41	KAMAL Hamza, SEBBATA Marwane, BENMOUSSA Omar, ELFALLAKI ELACHRAFI	E. N.	26/10/2021	Abudhabi (UAE)
Relais4x200mNageLibre	07:48.34	SalaheddineARIGUI (94)–BakrKZIBER(98) BadrBEN ASSILA (98) –Said SABER(95)	AS.FAR	11/04/2015	Meknès
Relais4x100m4Nages	03:47.77	DrissLAHRAICHI(97)– AhmedRedaENNAIM(96) Said SABER(95) –SouhailHAMOUCHANE(97)	CODM	12/02/2017	Meknès
Relais4x50m4Nages	01:51.91	Marwane SEBBATA(06)– Hamza KAMAL(06) Omar BENMOUSSA(06)– Ilyas ELFALLAKI(06)	MAROC	25/10/2021	Abudhabi (UAE)
Relais4x50mNageLibre	01:41.18	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	00:26.81	Noura MANA(97)	CODM	01/07/2018	Casablanca
100mNageLibre	00:58.30	Sara ELBEKRI(87)	RAJA	13/09/2010	Casablanca
200mNageLibre	02:03.10	SaraELBEKRI(87)	RAJA	17/12/2011	Doha(Qatar)
400mNageLibre	04:17.55	SaraELBEKRI(87)	RAJA	19/12/2011	Doha(Qatar)
800mNageLibre	08:49.57	SaraELBEKRI(87)	RAJA	24/02/2012	Bordeaux(France)
1500mNageLibre	17:04.85	SaraELBEKRI(87)	RAJA	17/02/2012	Sarcelles(France)
50mDos	00:30.01	HibaFAHSI(01)	OCK	24/07/2018	Alger
100mDos	01:04.82	HibaFAHSI(01)	OCK	15/07/2018	Tunis
200mDos	02:20.73	HibaFAHSI(01)	OCK	23/07/2018	Alger
50mBrasse	00:31.54	SaraELBEKRI(87)	RAJA	22/04/2009	Montpellier (France)
100mBrasse	01:08.21	SaraELBEKRI(87)	RAJA	29/07/2012	Londres(GBR)
200mBrasse	02:25.86	SaraELBEKRI(87)	RAJA	01/08/2012	Londres(GBR)
50mPapillon	00:28.42	ImenHoudaELBARODI(01)	USCM	26/05/2022	Barcelone (Espagne)
100mPapillon	01:03.35	SherazadeRAMONDHANNANE(90)	WAC	22/05/2009	ChalonsurSaone(France)
200mPapillon	02:16.21	SaraELBEKRI(87)	RAJA	19/12/2011	Doha(Qatar)
200m4Nages	02:17.24	SaraELBEKRI(87)	RAJA	17/12/2011	Doha(Qatar)
400m4Nages	04:48.04	SaraELBEKRI(87)	RAJA	18/12/2011	Doha(Qatar)
Relais4x50mNageLibre	01:59.25	ImaneBOULAAMANE(89)–MarwaBOULAAMANE(93) LiliaKARAKCHOU(92) –Kenza LYAGOUBI(94)	CNJ	19/07/2008	Rabat
Relais4x100mNageLibre	04:00.33	ImaneHibaELBARODI(01)–NouraMANA (97) HibaFAHSI (01)–YassmeenBOUTOUIL(98)	E.N	15/07/2018	Tunis
Relais4x200mNageLibre	08:43.40	RaniaELABDI(94)- SherazadeRAMONDHANNANE (90) NoufissaCHBIHI(90)–SaraELBEKRI(87)	E.N	13/09/2010	Casablanca
Relais4x50m4Nages	02:14.74	ImaneBOULAAMANE(89)–GhitaBOUKHARI(89)Lilia KARAKCHOU(92)–KenzaLYAGOUBI(94)	CNJ	19/07/2008	Rabat
Relais4x100m4Nages	04:22.21	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	00 :22.90	Souhail HAMOUCHANE(97)	CODM	06/08/2017	Casablanca
100mNageLibre	00 :50.14	Samy BOUTOUIL (00)	CODM	07/04/2022	LIMOGES (France)
200mNageLibre	01 :51.70	HEMRI ALI	FUS	06/08/2022	Casablanca
400mNageLibre	04 :01.79	HEMRI ALI	FUS	08/05/2022	Casablanca
800mNageLibre	08 :25.83	Said SABER(95)	CODM	07/04/2016	DUBAÏ
1500mNageLibre	16'12''39	CHAHINE SAID	USCM	24/08/2022	Tunis (TUNISIE)
50mDos	00:25.39	Driss LAHRICHI (97)	OCK	05/03/2022	Sherbrooke (Canada)
100mDos	00:55.04	DrissLAHRICHI (97)	OCK	04/03/2022	Sherbrooke (Canada)
200mDos	02 :00.74	DrissLAHRICHI (97)	OCK	05/03/2022	Sherbrooke (Canada)
50mBrasse	00 :28.22	Samy BOUTOUIL (00)	E. N.	20/06/2022	Budapest (Hongrie)
100mBrasse	01'05''85	FAWZI AMINE(86)	USCM	28/07/2013	Casablanca
200mBrasse	02 :23.53	ENNAIMAhmed Reda(96)	CODM	22/05/2016	Casablanca
50mPapillon	00 :24.11	YusufTIBAZI(96)	RAJA	13/09/2018	Alger
100mPapillon	00 :53.89	YusufTIBAZI(96)	RAJA	22/08/2019	Casablanca
200mPapillon	02 :02.49	Said saber(96)	CNN	14/09/2018	Alger
200m4Nages	02'05''35	BERRADA MORAD(91)	WAC	21/12/2011	DOHA(Qatar)
400m4Nages	04'25''58	BERRADA MORAD(91)	WAC	18/03/2012	DUNKERQUE(France)
Relais4x50mNageLibre	01'43''53	HAFDI YOUSSEF(86)-GUEROUANI ALAE(83) ZIDOUHIAMAHD(80)-TOUMI AZIZ(81)	E.N	22/12/2001	Casablanca
Relais4x100mNageLibre	03:25.92	Souhail HAMMOUCHANE – Merwane EL MRINI Driss LAHRICHI – Samy Mohamed BOUTOUIL	E.N	21/08/2019	Casablanca
Relais4x200mNageLibre	07 :46.58	Adil ASOUAB - Abdeljabbar REGRAGUI Youssef HEMRI – Ali HEMRI	EN	05/08/2018	Casablanca
Relais4x50m4Nages	01'54''46	HAFDI YOUSSEF(86)-GUEROUANI ALAE(83) ZIDOUHIAMAHD(80)-TOUMI AZIZ(81)	E.N	22/12/2001	Casablanca
Relais4x100m4Nages	03 :48.82	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
BASSIN DE 25m					
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)- ASSOUBAGHITA(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					

