

TABLETTE DE RECORDS DU MAROC EN BASSIN DE 25m

DAMES

Mise à jour 30 décembre 2018

Épreuves	Temps	Noms & Prénoms	Clubs	dates	li
50m Nage Libre	00:26.55	Noura MANA (97)	TSC	02/07/2017	Rabat
100m Nage Libre	00:57.62	Yasmeen BOUTOUIL (98)	USCM	21/12/2014	Chevreuse (France)
200m Nage Libre	02:02.02	Lina KHIYARA 03	RCA	25/11/2018	Hasselt (Belgique)
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
50 m Dos	00:29.22	Hiba FAHSI (01)	OCK	27/01/2018	Hangzhou (Chine)
100m Dos	01:02.84	Hiba FAHSI (01)	OCK	30/12/2017	Marrakech
200m Dos	02:15.95	Hiba FAHSI	OCK	26/01/2018	Meknès
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	04:05.50	Doha FAHSI (01) - Mariem SELLAFI Hiba LAKNIT (01) – Hiba FAHSI (01)	OCK	27/01/2018	Meknès
Relais 4x200m Nage Libre	09:02.06	Ghita ASSOUB (95) – Kenza EL MHAMED (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 26 Décembre 2018

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	00:48.91	Mehdi AYOUBI (98)	CODM	08/12/2018	Greenwood (Canada)
200m Nage Libre	01:50.03	Malid LAKHLIFIA (86)	WAC	15/01/2005	Dunkerque(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	00:25.40	Driss LAHRICHI (97)	CODM	18/11/2018	Montpellier (France)
100m Dos	00:54.21	Driss LAHRICHI (97)	CODM	16/11/2018	Montpellier (France)
200m Dos	01:57.93	Driss LAHRICHI (97)	CODM	15/11/2018	Montpellier (France)
50m Brasse	00:28.83	Amine FAWZI (86)	USCM	18/04/2013	Meknès
100m Brasse	01:02.12	Samy BOUTOUIL (00)	CODM	16/11/2018	Montpellier (France)
200m Brasse	02:19.67	Ahmed Reda ENNAIM (96)	CODM	09/04/2015	Meknès
50m Papillon	00:24.26	Mehdi AYOUBI (98)	CODM	27/01/2018	Meknès
100m Papillon	00:53.76	Mehdi AYOUBI (98)	CODM	07/12/2018	Greenwood Canada
200m Papillon	02:00.02	Nouamane BATAHI (94)	CODM	18/11/2016	Angers(France)
100m 4Nages	00:56.32	Samy BOUTOUIL (00)	CODM	15/11/2018	Montpellier (France)
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	03:24.52	Souhail HAMOUCHANE (97) – Adil ASSOUB (92) Driss LAHRICHI (97) - Mehdi AYOUBI (98)	CODM	27/01/2018	Meknès
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	Meknès
Relais 4x100m 4 Nages	03:47.77	Driss LAHRAICHI (97) – Ahmed Reda ENNAIM(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 27 Septembre 2018

<u>ÉPREUVES</u>	<u>RECORDS</u>	<u>NOMS & PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	00:26.81	Noura MANA (97)	CODM	01/07/2018	Casablanca
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	00:30.01	Hiba FAHSI (01)	OCK	24/07/2018	Alger
100m Dos	01:04.82	Hiba FAHSI (01)	OCK	15/07/2018	Tunis
200m Dos	02:20.73	Hiba FAHSI (01)	OCK	23/07/2018	Alger
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	00:28.69	Imen Houda EL BARODI (01)	USCM	11/09/2018	Alger
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	04:00.33	Imane Hiba EL BARODI (01) – Noura MANA (97) Hiba FAHSI (01) – Yassmeen BOUTOUIL (98)	E.N	15/07/2018	Tunis
Relais 4x200m Nage Libre	08:43.40	Rania EL ABDI (94) - Sherazade RAMOND 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 27 Septembre 2018

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS & PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	00 :22.35	Mehdi AYOUBI (98)	CODM	04/08/2017	Montreal (Canada)
100m Nage Libre	00 :49.50	Mehdi AYOUBI (98)	CODM	27/07/2017	Toronto (Canada)
200m Nage Libre	01 :52.72	Morad BERRADA (91)	WAC	18/12/2011	DOHA (Qatar)
400m Nage Libre	04 :02.43	Said SABER (95)	CODM	05/04/2016	DUBAÏ
800m Nage Libre	08 :25.83	Said SABER (95)	CODM	07/04/2016	DUBAÏ
1500m Nage Libre	16'25''51	Morad BERRADA (91)	WAC	21/01/2012	NANCY (France)
50m Dos	00'26''24	Bilal ACHELHI (92)	CODM	21/06/2013	MERSSIN (Turquie)
100m Dos	00'56''77	Marwane EL MERINI (97) Driss LAHRICHI (97)	RCA CODM	02/04/2016 27/05/2018	Montpellier (France) Saint Raphael (France)
200m Dos	02 :05.25	Driss LAHRICHI (97)	CODM	22/05/2018	Saint Raphael (France)
50m Brasse	00 :28.95	Ahmed Yassine FLYOU (01)	RCA	06/05/2018	Casablanca
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 :24.11	Yusuf TIBAZI (96)	RCA	13/09/2018	Alger
100m Papillon	00 :53.91	Yusuf TIBAZI (96)	RCA	01/05/2016	Fran Crippen (USA)
200m Papillon	02 :02.49	Said saber (96)	CNN	14/09/2018	Alger
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 :52.42	Samy BOUTOUIL (00) – Bakr KZIBER (98) Mehdi AYOUBI (98) – Driss LAHRICHI (97)	CODM	05/08/2018	Casablanca
Relais 4x50m 4Nages	01'54''46	HAFDI YOUSSEF (86)-GUEROUANI ALAE (83) ZIDOUHIA MAHDI (80) – TOUMI AZIZ (81)	E.N	22/12/2001	Casablanca
Relais 4x100m 4Nages	03 :53.39	LAHRICHI Driss (97) – ENNAIM Ahmed Reda (96) SABER Said (95) – EL MERINI Merwane (97)	E.N	06/04/2016	DUBA
Relais 4x100m 4Nages	03 :53.39	LAHRICHI Driss (97) – Ahmed Yassine FLIYOU (01) Said SABER 595) – Souhail HAMOUCHANE	E.N	13/07/2018	Tunis

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

Mise à jour du 27 Septembre 2018

<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) – ASSOUAB GHITA (1995)	CODM	24/01/2016	MEKNES (MAROC) – 25 m

BASSIN DE 50 m

Relais 4x100m Nage Libre Mixte	03 :48.63	Yusuf TIBAZI– Yasmeen BOUTOUIL Noura MANA – Samy BOUTOUIL	Équipe Nationale	10/09/2018	DUBAÏ
Relais 4x50m Nage Libre Mixte					
Relais 4x100m 4 Nages Mixte	04 :08.97	Hiba FAHSI (01) – Imane Hiba EL BARODI (01) Said SABER (95) – Souheil HAMOUCHANE (97)	Équipe Nationale	13/07/2018	DUBAÏ
Relais 4x50m 4 Nages Mixte					

TABLETTE DE PERFORMANCES

** JUNIORS FILLES **

Mise à jour du 26 Décembre 2018

<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 :05-59	BOUTOUIL YASMEEN (98)	USCM	29/10/2016	Cholet (France) 25 m
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 :29.22	Hiba FAHSI (01)	OCK	14/12/2018	Hangzhou (Chine)
100m Dos	01'04"34	BOUTOUIL YASMEEN (98)	USCM	19/11/2015	ANGERS (France) - 25m
200m Dos	02'18"38	Hiba FAHSI (01)	OCK	13/12/2018	Hangzhou (Chine) – 25 m
50m Brasse	00 :34.39	EL HAOUARI Nadia (00)	TSC	11/03/2018	Torino - (Italie)
100m Brasse	01 :16.11	EL HAOUARI Nadia (00)	TSC	10/03/2018	Torino - (Italie)
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	Embourg (Belgique) 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 :06.23	Kenza MSELLEK (00) – Nadia EL HAOUARI Khaoula ELMACHRAFI (00) – Hajar RACHDI (00)	TSC	28/01/2018	Meknès

TABLETTE DES PERFORMANCES

** JUNIORS GARÇONS **

Mise à jour du 28 Novembre 2018

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS & PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
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	01:51.13	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	00:29.05	Samy BOUTOUIL (00)	CODM	24/03/2018	Massy (France)
100m Brasse	01 :02.12	Samy BOUTOUIL (00)	CODM	16/11/2018	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	00:54.40	Samy BOUTOUIL (00)	CODM	15/11/2018	MONTPELLIER (France) - 25m
200m Papillon	02'05"56	SABER SAID (95)	CODM	01/03/2014	MEKNES (Maroc) - 25m
100m 4Nages	00 :56.32	Samy BOUTOUIL (00)	CODM	16/11/2018	MONTPELLIER (France) - 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 26 Décembre 2018

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage libre	00'26"96	BOUTOUIL YASMEEN (98) Imane Houda EL BARODI (01)	USCM USCM	19/12/2014 01/07/2018	CHEVREUSE (France) - 25m Casablanca (50 m)
100m Nage libre	00'57"62	BOUTOUIL YASMEEN (98)	USCM	21/12/2014	CHEVREUSE (France) - 25m
200m Nage libre	02 :02.02	Lina KHIYARA (03)	RCA	25/11/2018	Hasselt (Belgique)
400m Nage libre	04 :27.76	Lina KHIYARA (03)	RCA	11/11/2018	Gent (Belgique)
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	00:29.08	Hiba FAHSI (01)	OCK	27/01/2017	Meknès
50m Dos	00:29.67	Hiba FAHSI (01)	OCK	22/11/2017	Marrakech
100m Dos	01 :03.39	Hiba FAHSI (01)	OCK	26/11/2017	Marrakech
200m Dos	02:17.11	Hiba FAHSI 01)	OCK	26/01/2018	Meknès
50m Brasse	00:33.57	Imane Hiba BARODI (01)	USCM	13/07/2018	Tunis
100m Brasse	01 :13.45	Hiba LAKNIT (02)	OCK	27/01/2018	Meknès
200m Brasse	02'38"20	KHIYARA INES (98)	RCA	10/11/2013	GENT (Belgique) - 25m
50m Papillon	00:28.69	Imen Houda EL BARODI (01)	USCM	11/09/2018	Alger
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 :23.14	Lina KHIYARA (03)	RCA	10/11/2018	Gent (Belgique)
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	04:05.50	Doha FAHSI (01) - (Mariam SELLAFI (01) Hiba LAKNIT (01) – Hiba FAHSI (01)	OCK	27/01/2018	Meknèsw
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 09 Août 2018

<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 :02.22	Ali HEMRI (01)	FUS	27/01/2018	Meknès
800m Nage libre	08 :31.29	Youssef HEMRI (01)	FUS	12/07/2018	Tunis
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 :28.95	Ahmed Yassine FLYOU (01)	RCA	06/05/2018	Casablanca
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 :25.80	Mohamed Yassine BOUKHARI (01)	CODM	27/01/2018	Meknès
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 :37.47	Ali MSOUGAR (01) – Youssef HEMRI (01) Anas BENYAHIA (01) – Ali HEMRI (01)	FUS	27/01/2018	Meknès
Relais 4x200m Nage Libre	08:07.78	Ali MSOUGAR (01) – Mohamed Yassine BENSALAH Youssef HEMRI – Ali HEMRI	FUS	05/08/2018	Casablanca
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 PERFORMANCES

** MINIMES FILLES **

Mise à jour du 15 Janvier 2019

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 :59.31	Lina KHIYARA (03)	RCA	19/11/2017	Stockport (Angleterre)
200m Nage libre	02:06.82	Lina KHIYAR A(03)	RCA	11/11/2017	Stockport (Angleterre)
400m Nage libre	04 :25.64	Lina KHIYARA (03)	RCA	31/07/2017	Leuvin (Belgique)
800m Nage libre	09 :23.75	Lina KHIYARA (03)	RCA	17/11/2017	Stockport (Angleterre)
1500m Nage libre	18 :25.45	Sherine BOUFTINI	WAC	14/10/2018	Mantereau (France)
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	00:29.94	Taghrid DAHBANI (03)	FUS	29/04/2018	Rabat
100m Papillon	01 :06.93	Lina KHIYARA (03)	RCA	28/07/2018	Charleroi (Belgique)
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 :26.38	Lina KHIYARA (03)	RCA	27/07/2018	Charleroi (Belgique)
400m 4Nages	05 :14.55	Lina KHIYARA (03)	RCA	04/08/2018	Casablanca
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 (01) – Hafsa EL ABBARI 52002) Hiba LAKNIT (2002) – Kenza ZERAIDI (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 26 Décembre 2018

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	08 :50.91	Yasser BENCHEBBA	FUS	23/12/2018	Kenitra
1500m Nage libre	16 :33.37	Yasser BENCHEBBA (04)	FUS	23/12/2018	Kenitra
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 :30.96	Mehdi EL MANSAR (04)	RCA	04/11/2018	Lutan (Grande Bretagne)
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 :49.25	Mehdi EL MANSAR (04)	RCA	16/12/2018	Sheffield (Grande Bretagne)
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	E.N	04/09/2016	Tunis – 50m

TABLETTE DES PERFORMANCES

** BENJAMINES **

Mise à jour du 22 Novembre 2018

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	00 :29.30	DIOURI RIM (00)	CODM	17/03/2013	Meknès
100m Nage libre	01 :02.19	Lina DANNA(05)	USCM	08/07/2018	Rabat
200m Nage libre	02:18.28	Lina DANNA(05)	USCM	07/07/2018	Rabat
400m Nage libre	04 :43.31	Lina DANNA(05)	USCM	07/07/2018	Rabat
800m Nage libre	09 :31.42	Lina DANNA(05)	USCM	07/07/2018	Rabat
1500m Nage libre	19:12.04	Inass RACHIDI(05)	RCA	26/04/2018	Edmunston (Canada)
50m Dos	00:32.76	Oumnia SEBBATA (05)	USCM	11/03/2018	Oujda
100m Dos	01'09"96	BOUTOUIL YASMEEN (98)	USCM	09/07/2011	MEKNES (Maroc)
200m Dos	02'33"10	ZERAIDI KENZA (02)	AS.FAR	04/07/2015	ALEXANDROUPOLI (Grece)
50m Brasse	00'35"67	LAKNIT HIBA (02)	CODM	19/04/2015	MEKNES (Maroc)
100m Brasse	01'17"60	LAKNIT HIBA (02)	CODM	05/07/2015	ALEXANDROUPOLI (Grece)
200m Brasse	02 :48.44	Malak DARKAOUI (05)	CODM	08/07/2018	Rabat
50m Papillon	00: 31.56	Taghrid DAHBANI (03)	RCA	27/03/2016	Casablanca
100m Papillon	01:11.95	Lina DANNA(05)	USCM	08/07/2018	Rabat
200m Papillon	02 :38.25	Yassmine DRAYEF (06)	ADM	11/11/2018	El Jadida
100m 4Nages	01'13"54	DIOURI RIM (00)	CODM	28/04/2013	MEKNES (Maroc)
200m 4Nages	02:29.178	EL ABBARI HAFSA (02)	OCK	07/06/2015	RABAT (Maroc)
400m 4Nages	05:35.31	Taghrid DAHBANI (03)	RCA	03/04/2016	Fontaine (France)
Relais 4x50m Nage libre	01:58.59	Maryem DAGRI (05) - Hadil CHAHIDI (05) Maha BASKACH (05) - Lina DANA (05)	USCM	08/07/2018	Oujda
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)
Relais 4x50m 4Nages	02 :12.78	Hiba CHOUAIBI (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)

TABLETTE DES PERFORMANCES

** BENJAMINS **

Mise à jour du 10 Janvier 2018

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	09:11.28	Mohamed Sami ZAMZAMI (05)	USCM	08/07/2018	Rabat
50m Dos	00 :31.49	Marwane SEBBATA (06)	USCM	11/03/2018	Oujda
100m Dos	01:06.98	Marwane SEBBATA (06)	USCM	06/01/2019	Rabat
200m Dos	02:25.39	Said CHAHINE (05)	USCM	08/07/2018	Rabat
50m Brasse	00:34.51	Karim JENNANE (04)	CODM	14/05/2017	Meknès
100m Brasse	01:16.48	Ismail DERQQAOUI (05)	USF	08/07/2018	Rabat
200m Brasse	02:48.40	Ismail DERQQAOUI (05)	USF	08/07/2018	Rabat
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	04:40.71	Hamza KAMAL (06)	USCM	16/12/2018	Antibes (France)
Relais 4x50m Nage Libre	01:50.80	El Mehdi EL AOUIFIR (05) - Said CHAHINE (05) Marwane SEBBATA (05) - Mohamed Sami ZAMZAMI (05)	USCM	08/07/2018	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 :06.10	Said CHAHINE (05) - Mohamed Sami ZAMZAMI (05) Adam BOURZINE (05) – El Mehdi EL AOUIFIR (05)	USCM	07/07/2018	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

TABLETTE DES PERFORMANCES

** **POUSSINES** **

Mise à jour du 22 Novembre 2018

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	Yassmine DRAYEF (06)	RCA	05/06/2016	Kenitra
400m Nage libre	05 :16.44	Malak MEQDAR (07)	FUS	24/06/2018	Rabat
800 m Nage Libre	11:03.82	Joulane MAHJOUBI (07)	ASAMIN	01/04/2018	Marrakech
50m Dos	00'37"63	Yassmine DRAYEF (06)	RCA	15/04/2017	Casablanca
100m Dos	01:21.84	Oumnia SEBBATA (05)	FUS	12/06/2016	Kenitra 25m
200m Dos	02:57.30	Aya RIFAI (07)	ASAMIN	01/04/2018	Marrakech
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	Yassmine DRAYEF (06)	RCA	16/07/2017	Rabat
100m Papillon	01:17.53	Yassmine DRAYEF (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	Yassmine DRAYEF (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) Yassmine DRAYEF (06) - Kenza SALMAN (05)	RCA	14/07/2016	Casablanca -50m

TABLETTE DES PERFORMANCES

** **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 LAHMITI (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