

# TABLETTE DE RECORDS DU MAROC EN BASSIN DE 25m

## DAMES

**Mise à jour 30 décembre 2018**

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage Libre	<b>00:26.55</b>	Noura MANA (97)	TSC	<b>02/07/2017</b>	Rabat
100m Nage Libre	<b>00:57.62</b>	Yasmeen BOUTOUIL (98)	USCM	21/12/2014	Chevreuse (France)
<b>200m Nage Libre</b>	<b>02:02.02</b>	<b>Lina KHIYARA 03</b>	<b>RCA</b>	<b>25/11/2018</b>	<b>Hasselt (Belgique)</b>
400m Nage Libre	<b>04:16.17</b>	Sara EL BEKRI (87)	RCA	19/11/2011	Saint-Dizier (France)
800m Nage Libre	<b>08:46.14</b>	Sara EL BEKRI (87)	RCA	18/11/2011	Saint-Dizier (France)
1500m Nage Libre	<b>17:48.17</b>	Rania EL ABDI(94)	USCM	05/02/2012	Meknès
<b>50 m Dos</b>	<b>00:29.22</b>	<b>Hiba FAHSI (01)</b>	<b>OCK</b>	<b>27/01/2018</b>	<b>Hangzhou (Chine)</b>
<b>100m Dos</b>	<b>01:02.84</b>	<b>Hiba FAHSI (01)</b>	<b>OCK</b>	<b>30/12/2017</b>	<b>Marrakech</b>
<b>200m Dos</b>	<b>02:15.95</b>	<b>Hiba FAHSI 1)</b>	<b>OCK</b>	<b>26/01/2018</b>	<b>Meknès</b>
50m Brasse	<b>00:31.38</b>	Sara EL BEKRI (87)	RCA	04/12/2011	Angers (France)
100m Brasse	<b>01:06.50</b>	Sara EL BEKRI (87)	RCA	02/12/2011	Angers (France)
200m Brasse	<b>02:23.54</b>	Sara EL BEKRI (87)	RCA	03/12/2011	Angers (France)
50m Papillon	<b>00:28.97</b>	Sara EL BEKRI (87)	RCA	10/04/2011	Meknès
100m Papillon	<b>01:02.58</b>	Sara EL BEKRI (87)	RCA	13/11/2011	Compiègne(France)
200m Papillon	<b>02:13.41</b>	Sara EL BEKRI (87)	RCA	19/11/2011	Saint-Dizier (France)
100m 4Nages	<b>01:02.98</b>	Sara EL BEKRI (87)	RCA	16/12/2010	Dubai (Emirates Arabes Unies)
200m 4Nages	<b>02:15.39</b>	Sara EL BEKRI (87)	RCA	18/12/2010	Dubai (Emirates Arabes Unies)
400m 4Nages	<b>04:48.22</b>	Sara EL BEKRI (87)	RCA	15/12/2010	Dubai (Emirates Arabes Unies)
Relais 4x100m Nage Libre	<b>04:05.50</b>	Doha FAHSI (01) - Mariem SELLAFI Hiba LAKNIT (01) – Hiba FAHSI (01)	OCK	27/01/2018	Meknès
Relais 4x200m Nage Libre	<b>09:02.06</b>	Ghita ASSOUAB (95) – Kenza EL MHAMEDI (99) Kenza LAISSAOUI (97) – Meryem BADA (94)	CODM	11/04/2015	Meknès
Relais 4x100m 4Nages	<b>04:36.41</b>	Hiba FAHSI (01) – Mariam LAMGHARI (00) Doha FAHSI (01) – Mariam SELLAFI (02)	OCK	02/07/2017	Rabat
Relais 4x50m Nage Libre	<b>01:57.19</b>	Kenza MSELLAK (2000) – Hiba RMILI (2000) Hiba BENBOUZIANE (2000) – Hajar RACHDI (2000)	TSC	07/02/2016	Marrakech
Relais 4x50m 4Nages	<b>02:13.06</b>	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	<b>00:22.14</b>	Mehdi AYOUBI (98)	CODM	12/02/2017	Meknès
100 m Nage Libre	<b>00:48.91</b>	Mehdi AYOUBI (98)	CODM	08/12/2018	Greenwood (Canada)
200m Nage Libre	<b>01:50.03</b>	Malid LAKHLIFIA (86)	WAC	15/01/2005	Dunkerque(France)
400m Nage Libre	<b>03:55.36</b>	Morad BERRADA (91)	WAC	05/12/2010	Chartres (France)
800m Nage Libre	<b>08:17.80</b>	Said SABER (95)	AS.FAR	09/04/2015	Meknès
1500m Nage Libre	<b>15:54.51</b>	Morad BERRADA (91)	WAC	14/11/2010	Montpellier (France)
50m Dos	<b>00:25.40</b>	Driss LAHRICHI (97)	CODM	18/11/2018	Montpellier (France)
100m Dos	<b>00:54.21</b>	Driss LAHRICHI (97)	CODM	16/11/2018	Montpellier (France)
200m Dos	<b>01:57.93</b>	Driss LAHRICHI (97)	CODM	15/11/2018	Montpellier (France)
50m Brasse	<b>00:28.83</b>	Amine FAWZI (86)	USCM	18/04/2013	Meknès
100m Brasse	<b>01:02.12</b>	Samy BOUTOUIL (00)	CODM	16/11/2018	Montpellier (France)
200m Brasse	<b>02:19.67</b>	Ahmed Reda ENNAIM (96)	CODM	09/04/2015	Meknès
50m Papillon	<b>00:24.26</b>	Mehdi AYOUBI (98)	CODM	27/01/2018	Meknès
100m Papillon	<b>00:53.76</b>	Mehdi AYOUBI (98)	CODM	07/12/2018	Greenwood Canada
200m Papillon	<b>02:00.02</b>	Nouamane BATAHI (94)	CODM	18/11/2016	Angers(France)
100m 4Nages	<b>00:56.32</b>	Samy BOUTOUIL (00)	CODM	15/11/2018	Montpellier (France)
200m 4Nages	<b>02:03.59</b>	Morad BERRADA (91)	WAC	04/12/2011	ANGERS (France)
400m 4Nages	<b>04:18.78</b>	Morad BERRADA (91)	WAC	03/12/2011	ANGERS (France)
Relais 4x100m Nage Libre	<b>03:24.52</b>	Souhail HAMOUCHANE (97) – Adil ASSOUB (92) Driss LAHRICHI (97) - Mehdi AYOUBI (98)	CODM	27/01/2018	Meknès
Relais 4x200m Nage Libre	<b>07:48.34</b>	Salaheddine ARIGUI (94) – Bakr KZIBER (98) Badr BEN ASSILA (98) – Said SABER (95)	AS.FAR	11/04/2015	Meknès
Relais 4x100m 4 Nages	<b>03:47.77</b>	Driss LAHRAICHI (97) – Ahmed Reda ENNAIM(96) Said SABER (95) –Souhail HAMOUCHANE (97)	CODM	12/02/2017	Meknès
Relais 4x50m 4Nages	<b>02:31.37</b>	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 &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	<b>00:26.81</b>	Noura MANA (97)	CODM	01/07/2018	Casablanca
100m Nage Libre	<b>00:58.30</b>	Sara EL BEKRI (87)	RCA	13/09/2010	Casablanca
200m Nage Libre	<b>02:03.10</b>	Sara EL BEKRI (87)	RCA	17/12/2011	Doha (Qatar)
400m Nage Libre	<b>04:17.55</b>	Sara EL BEKRI (87)	RCA	19/12/2011	Doha (Qatar)
800m Nage Libre	<b>08:49.57</b>	Sara EL BEKRI (87)	RCA	24/02/2012	Bordeaux (France)
1500m Nage Libre	<b>17:04.85</b>	Sara EL BEKRI (87)	RCA	17/02/2012	Sarcelles (France)
50m Dos	<b>00:30.01</b>	Hiba FAHSI (01)	OCK	24/07/2018	Alger
100m Dos	<b>01:04.82</b>	Hiba FAHSI (01)	OCK	15/07/2018	Tunis
200m Dos	<b>02:20.73</b>	Hiba FAHSI (01)	OCK	23/07/2018	Alger
50m Brasse	<b>00:31.54</b>	Sara EL BEKRI (87)	RCA	22/04/2009	Montpellier (France)
100m Brasse	<b>01:08.21</b>	Sara EL BEKRI (87)	RCA	29/07/2012	Londres (GBR)
200m Brasse	<b>02:25.86</b>	Sara EL BEKRI (87)	RCA	01/08/2012	Londres (GBR)
<b>50m Papillon</b>	<b>00:28.69</b>	<b>Imen Houda EL BARODI (01)</b>	<b>USCM</b>	<b>11/09/2018</b>	<b>Alger</b>
100m Papillon	<b>01:03.35</b>	Sherazade RAMOND HANNANE (90)	WAC	22/05/2009	Chalon sur Saone (France)
200m Papillon	<b>02:16.21</b>	Sara EL BEKRI (87)	RCA	19/12/2011	Doha (Qatar)
200m 4Nages	<b>02:17.24</b>	Sara EL BEKRI (87)	RCA	22/12/2011	Doha (Qatar)
400m 4Nages	<b>04:48.04</b>	Sara EL BEKRI (87)	RCA	18/12/2011	Doha (Qatar)
Relais 4x50m Nage Libre	<b>01:59.25</b>	Imane BOULAAMANE (89) – Marwa BOULAAMANE (93) Lilia KARAKCHOU (92) – Kenza LYAGOUBI (94)	CNJ	19/07/2008	Rabat
Relais 4x100m Nage Libre	<b>04:00.33</b>	Imane Hiba EL BARODI (01) – Noura MANA (97) Hiba FAHSI (01) – Yassmeen BOUTOUIL (98)	E.N	15/07/2018	Tunis
Relais 4x200m Nage Libre	<b>08:43.40</b>	Rania EL ABDI (94) - Sherazade RAMOND HANNANE (90) Noufissa CHBIHI (90) – Sara EL BEKRI (87)	E.N	13/09/2010	Casablanca
Relais 4x50m 4Nages	<b>02:14.74</b>	Imane BOULAAMANE (89) – Ghita BOUKHARI (89) Lilia KARAKCHOU (92) – Kenza LYAGOUBI (94)	CNJ	19/07/2008	Rabat
Relais 4x100m 4Nages	<b>04:22.21</b>	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 &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	<b>00 :22.35</b>	Mehdi AYOUBI (98)	CODM	04/08/2017	Montreal (Canada)
100m Nage Libre	<b>00 :49.50</b>	Mehdi AYOUBI (98)	CODM	27/07/2017	Toronto (Canada)
200m Nage Libre	<b>01 :52.72</b>	Morad BERRADA (91)	WAC	18/12/2011	DOHA (Qatar)
400m Nage Libre	<b>04 :02.43</b>	Said SABER (95)	CODM	05/04/2016	DUBAÏ
800m Nage Libre	<b>08 :25.83</b>	Said SABER (95)	CODM	07/04/2016	DUBAÏ
1500m Nage Libre	<b>16'25''51</b>	Morad BERRADA (91)	WAC	21/01/2012	NANCY (France)
50m Dos	<b>00'26''24</b>	Bilal ACHELHI (92)	CODM	21/06/2013	MERSSIN (Turquie)
100m Dos	<b>0 0'56''77</b>	Marwane EL MERINI (97) Driss LAHRICHI (97)	RCA CODM	02/04/2016 27/05/2018	Montpellier (France) Saint Raphael (France)
200m Dos	<b>02 :05.25</b>	Driss LAHRICHI (97)	CODM	22/05/2018	Saint Raphael (France)
50m Brasse	<b>00 :28.95</b>	Ahmed Yassine FLYOU (01)	RCA	06/05/2018	Casablanca
100m Brasse	<b>01'05''85</b>	FAWZI AMINE (86)	USCM	28/07/2013	Casablanca
200m Brasse	<b>02 :23.53</b>	ENNAIM Ahmed Reda (96)	CODM	22/05/2016	Casablanca
50m Papillon	<b>00 :24.11</b>	Yusuf TIBAZI (96)	RCA	13/09/2018	Alger
100m Papillon	<b>00 :53.91</b>	Yusuf TIBAZI (96)	RCA	01/05/2016	Fran Crippen (USA)
200m Papillon	<b>02 :02.49</b>	Said saber (96)	CNN	14/09/2018	Alger
200m 4Nages	<b>02'05''35</b>	BERRADA MORAD (91)	WAC	21/12/2011	DOHA (Qatar)
400m 4Nages	<b>04'25''58</b>	BERRADA MORAD (91)	WAC	18/03/2012	DUNKERQUE (France)
Relais 4x50m Nage Libre	<b>01'43''53</b>	HAFDI YOUSSEF (86)-GUEROUANI ALAE (83) ZIDOUHIA MAHDI (80) – TOUMI AZIZ (81)	E.N	22/12/2001	CASABLANCA (Maroc)
Relais 4x100m Nage Libre	<b>03'27''42</b>	ZERAIDI ISSAM (92) – KOUAME AMINE (86) EL HAZZAZ MEHDI (91) – BERRADA MORAD (91)	E.N	20/12/2011	DOHA (Qatar)
Relais 4x200m Nage Libre	<b>07 :52.42</b>	Samy BOUTOUIL (00) – Bakr KZIBER (98) Mehdi AYOUBI (98) – Driss LAHRICHI (97)	CODM	05/08/2018	Casablanca
Relais 4x50m 4Nages	<b>01'54''46</b>	HAFDI YOUSSEF (86)-GUEROUANI ALAE (83) ZIDOUHIA MAHDI (80) – TOUMI AZIZ (81)	E.N	22/12/2001	Casablanca
Relais 4x100m 4Nages	<b>03 :53.39</b>	LAHRICHI Driss (97) – ENNAIM Ahmed Reda (96) SABER Said (95) – EL MERINI Merwane (97)	E.N	06/04/2016	DUBA
Relais 4x100m 4Nages	<b>03 :53.39</b>	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 &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
<b>BASSIN DE 25 m</b>					
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 27 Janvier 2019**

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage libre	<b>00'26"82</b>	BOUTOUIL YASMEEN (98)	USCM	07/11/2015	PARIS(FRANCE) - 25m
100m Nage libre	<b>00'57"62</b>	BOUTOUIL YASMEEN (98)	USCM	30/10/2015	CHEVREUSE (France) - 25m
200m Nage libre	<b>02 :05-59</b>	BOUTOUIL YASMEEN (98)	USCM	29/10/2016	Cholet (France) 25 m
400m Nage libre	<b>04'29"38</b>	BOUTOUIL YASMEEN (98)	USCM	31/10/2015	CHOLET (France) - 25m
800m Nage libre	<b>09'14"57</b>	EL ABDI RANIA (94)	USCM	11/01/2012	MEKNES (Maroc) - 25m
1500m Nage libre	<b>17'37"87</b>	EL ABDI RANIA (94)	USCM	04/12/2011	KENITRA (Maroc) - 25m
50m Dos	<b>00 :29.22</b>	Hiba FAHSI (01)	OCK	14/12/2018	Hangzhou (Chine) - 25 m
100m Dos	<b>01'04"34</b>	BOUTOUIL YASMEEN (98)	USCM	19/11/2015	ANGERS (France) - 25m
200m Dos	<b>02'18"38</b>	Hiba FAHSI (01)	OCK	13/12/2018	Hangzhou (Chine) – 25 m
50m Brasse	<b>00 :34.39</b>	EL HAOUARI Nadia (00)	TSC	11/03/2018	Torino - (Italie) – 25 m
100m Brasse	<b>01 :16.11</b>	EL HAOUARI Nadia (00)	TSC	10/03/2018	Torino - (Italie) – 25 m
200m Brasse	<b>02'43"02</b>	LOUHAICHI FATINE (83)	RCA	23/04/1999	LE CAIRE (Egypte) - 50m
50m Papillon	<b>00'29"01</b>	RAMOND HANNANE SHERAZADE (90)	WAC	31/07/2009	ROME (Italie) - 50m
100m Papillon	<b>01'03"44</b>	RAMOND HANNANE SHERAZADE (90)	WAC	21/12/2008	PARIS (France) - 25m
200m Papillon	<b>02'21"00</b>	RAMOND HANNANE SHERAZADE (90)	WAC	24/07/2008	CASABLANCA (Maroc) - 50m
100m 4Nages	<b>01'06"77</b>	BOUTOUIL YASMEEN (98)	USCM	30/10/2015	CHOLET (France) - 25m
200m 4Nages	<b>02'25"84</b>	KHIYARA INES (98)	RCA	31/10/2015	Embourg (Belgique) 25m
400m 4Nages	<b>05'14"87</b>	IAZ NADIA (78)	WAC	12/02/1994	France
Relais 4x50m Nage Libre	<b>02'21"86</b>	TAREK MERIEM (87) - EL MARHAR MERIEM (86) KHALIL RKIA (87) - MAHMOUN RHITA (87)	WAC	02/03/2003	CASABLANCA (Maroc) - 50m
Relais 4x100m Nage Libre	<b>04'20"70</b>	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	<b>09'09"40</b>	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	<b>02'24"41</b>	HADDANE SARA (86) - BELARBI LAILA (87) KASSI HOUDA (86) - BENMASSAOUD FATIMA ZOHRA (87)	USCM	29/02/2004	RABAT (Maroc) - 50m
<b>Relais 4x100m 4Nages</b>	<b>05 :05.33</b>	Kaoutar KHALED (01) – Wissal NAFR (00) Hiba RMILI (00) – Atar IDRISSE (01)	<b>OCK</b>	<b>27/01/2019</b>	<b>Meknès</b>

## TABLETTE DES PERFORMANCES

### \*\* JUNIORS GARÇONS \*\*

**Mise à jour du 27 Janvier 2019**

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	<b>00:22.14</b>	Mehdi AYOUBI (98)	CODM	12/02/2017	Meknès
100 m Nage Libre	<b>00:48.95</b>	Mehdi AYOUBI (98)	CODM	10/12/2016	Montréal (Canada)
200m Nage libre	<b>01:51.13</b>	Mehdi AYOUBI (98)	CODM	11/02/2017	Meknès
400m Nage libre	<b>03'59"16</b>	BERRADA MORAD (91)	WAC	15/11/2009	MONTPELLIER (France) - 25m
800m Nage libre	<b>08:23.08</b>	Youssef HEMRI (01)	FUS	27/01/2019	Meknès
1500m Nage libre	<b>16'17"10</b>	JORDAN YAMINE (91)	WAC	20/02/2010	TORONTO (Canada) - 25m
50m Dos	<b>00'25"90</b>	EL MERINI MERWANE (97)	RCA	21/11/2014	MONTPELLIER (France) - 25m
100m Dos	<b>00'55"51</b>	EL MERINI MERWANE (97)	RCA	22/11/2014	MONTPELLIER (France) - 25m
200m Dos	<b>02'02"22</b>	LAHRICHI DRISS (97)	WAC	08/04/2015	MEKNES (Maroc) - 25m
50m Brasse	<b>00:29.05</b>	Samy BOUTOUIL (00)	CODM	24/03/2018	Massy (France)
100m Brasse	<b>01 :02.12</b>	Samy BOUTOUIL (00)	CODM	16/11/2018	MONTPELLIER (France) - 25m
200m Brasse	<b>02'19"67</b>	ENNAIM AHMED REDA (96)	CODM	09/04/2015	MEKNES (Maroc)
50m Papillon	<b>00:24.57</b>	Mehdi AYOUBI (98)	CODM	11/02/2017	Meknès
100m Papillon	<b>00:54.40</b>	Samy BOUTOUIL (00)	CODM	15/11/2018	MONTPELLIER (France) - 25m
200m Papillon	<b>02'05"56</b>	SABER SAID (95)	CODM	01/03/2014	MEKNES (Maroc) - 25m
100m 4Nages	<b>00 :56.32</b>	Samy BOUTOUIL (00)	CODM	16/11/2018	MONTPELLIER (France) - 25m
200m 4Nages	<b>02'06"33</b>	SABER SAID (95)	CODM	26/02/2014	MEKNES (Maroc) - 25m
400m 4Nages	<b>04'26"35</b>	BERRADA MORAD (91)	WAC	05/12/2009	CHARTRES (France) - 25m
Relais 4x50m Nage Libre	<b>01'55"13</b>	DIDOUH ABDELKADER (87) - EL KASRI MEHDI (87) BENYAKOUB Med MOUAD (87) - MHAMDI TAYEB (87)	CNJ	29/02/2004	RABAT (Maroc) - 50m
<b>Relais 4x100m Nage Libre</b>	<b>03:35.48</b>	Ali MSOUGAR (01) – Mohamed Yassine BOUKHARI ( 01) Youssef HEMRI (01) – Ali HEMRI (01)	<b>FUS</b>	<b>26/01/2019</b>	<b>Meknès</b>
Relais 4x200m Nage Libre	<b>08'51"06</b>	EL HAOUAT MOHAMED (86) - SAIDI OMAR (85) MGHARI YOUSSEF (85) - KOUAME AMINE (86)	USF	31/07/2003	CASABLANCA (Maroc) - 50m
Relais 4x50m 4Nages	<b>02'00"60</b>	BENJGHAOUI OTMANE (85) - EL RHARRHRI ABDELGHAFOUR (85) EL MENOUNI MEHDI (85) - EL QUEBRITI ABDELMOUGHITE (85)	CODM	09/03/2003	CASABLANCA (Maroc) - 50m
<b>Relais 4x100m 4Nages</b>	<b>04:07.00</b>	Ali MSOUGAR (01) – Ahmed BENNANI (01) Youssef HEMRI (01) Ali HEMRI (01)	<b>FUS</b>	<b>27/01/2018</b>	<b>Meknès</b>

## TABLETTE DE PERFORMANCES \*\* CADETTES \*\*

*Mise à jour du 31 Janvier 2019*

Épreuves	Temps	Noms & Prénoms	Clubs	dates	lieux
50m Nage libre	<b>00'26"96</b>	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	<b>00'57"62</b>	BOUTOUIL YASMEEN (98)	USCM	21/12/2014	CHEVREUSE (France) - 25m
200m Nage libre	<b>02 :02.02</b>	Lina KHIYARA (03)	RCA	25/11/2018	Hasselt (Belgique)
400m Nage libre	<b>04 :27.76</b>	Lina KHIYARA (03)	RCA	11/11/2018	Gent (Belgique)
800m Nage libre	<b>09'13"94</b>	EL ABDI RANIA (94)	USCM	08/04/2011	MEKNES (Maroc) - 25m
1500m Nage libre	<b>18'04"39</b>	BOULAAMANE IMANE (89)	CNJ	09/04/2005	RABAT (Maroc) - 50m
50m Dos	<b>00:29.08</b>	<b>Hiba FAHSI (01)</b>	OCK	27/01/2017	Meknès
50m Dos	<b>00:29.67</b>	Hiba FAHSI (01)	OCK	22/11/2017	Marrakech
100m Dos	<b>01 :03.39</b>	Hiba FAHSI (01)	OCK	26/11/2017	Marrakech
200m Dos	<b>02:17.11</b>	<b>Hiba FAHSI 01)</b>	OCK	26/01/2018	Meknès
50m Brasse	<b>00:33.57</b>	Imane Hiba BARODI (01)	USCM	13/07/2018	Tunis
100m Brasse	<b>01 :13.45</b>	Hiba LAKNIT (02)	OCK	27/01/2018	Meknès
200m Brasse	<b>02'38"20</b>	KHIYARA INES (98)	RCA	10/11/2013	GENT (Belgique) - 25m
50m Papillon	<b>00:28.69</b>	Imen Houda EL BARODI (01)	USCM	11/09/2018	Alger
100m Papillon	<b>01'04"65</b>	KARRAKCHOU LILIA (92)	CNJ	28/06/2009	ROME (Italie) - 50m
200m Papillon	<b>02'22"52</b>	KARRAKCHOU LILIA (92)	CNJ	19/08/2009	AMMAN (Jordanie) - 50m
100m 4Nages	<b>01'08"86</b>	KHIYARA INES (98)	RCA	26/10/2014	Outremeuse (Belgique) - 25m
200m 4Nages	<b>02:23.14</b>	Lina KHIYARA (03)	RCA	10/11/2018	Gent (Belgique)
<b>400m 4Nages</b>	<b>05:09.20</b>	<b>Lina KHIYARA (03)</b>	<b>RCA</b>	<b>26/01/2019</b>	<b>Meknès</b>
Relais 4x50m Nage Libre	<b>01"57'19</b>	MSELLAK Kenza (2000) – RMILY Hiba (2000) BENBOUZIANE Hiba (2000) – RACHDI Hajar (2000)	TSC	07/02/2016	Marrakech - 25m
Relais 4x100m Nage Libre	<b>04:05.50</b>	Doha FAHSI (01) - (Mariam SELLAFI (01) Hiba LAKNIT (01) – Hiba FAHSI (01)	OCK	27/01/2018	Meknèsw
Relais 4x200m Nage Libre	<b>09'34"99</b>	ASSOUAB GHITA (95) - EL ABDI RIM (94) MAHFOUD LINA (95) - EL ABDI RANIA (94)	USCM	10/04/2011	MEKNES (Maroc) - 25m
Relais 4x50m 4Nages	<b>02'13"06</b>	MSELLAK Kenza (2000) – BENBOUZIANE Hiba (2000) RMILY Hiba (2000) - RACHDI Hajar (2000)	TSC	07/02/2016	Marrakech - 25m
Relais 4x100m 4Nages	<b>04:44.17</b>	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 &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage libre	<b>00'23"80</b>	Samy BOUTOUIL (00)	CODM	02/07/2017	Rabat
100m Nage libre	<b>00'51"47</b>	Samy BOUTOUIL (00)	USCM	<b>20/12/2015</b>	<b>Rabat</b>
200m Nage libre	<b>01'52"45</b>	Samy BOUTOUIL (00)	USCM	<b>22/11/2015</b>	<b>ANGERS (France) - 25m</b>
400m Nage libre	<b>04 :02.22</b>	Ali HEMRI (01)	FUS	<b>27/01/2018</b>	<b>Meknès</b>
800m Nage libre	<b>08 :31.29</b>	Youssef HEMRI (01)	FUS	12/07/2018	Tunis
1500m Nage libre	<b>16'27"65</b>	LAHRICHI DRISS (97)	ADM	24/11/2013	EL JADIDA (Maroc) - 25m
50m Dos	<b>00'26"66</b>	EL MERINI MERWANE (97)	RCA	06/12/2013	DIJON (France) - 25m
100m Dos	<b>00'57"74</b>	LAHRICHI DRISS (97)	ADM	01/03/2014	MEKNES (Maroc) - 25m
200m Dos	<b>02'03"13</b>	LAHRICHI DRISS (97)	ADM	26/02/2014	MEKNES (Maroc) - 25m
50m Brasse	<b>00 :28.95</b>	Ahmed Yassine FLYOU (01)	RCA	06/05/2018	Casablanca
100m Brasse	<b>01'06"02</b>	<b>BOUTOUIL SAMY (2000)</b>	USCM	<b>28/11/2015</b>	<b>CHEVREUSE (France) - 25m</b>
200m Brasse	<b>02'23"73</b>	KZIBER BAKR (98)	AS.FAR	09/04/2015	MEKNES (Maroc) - 25m
50m Papillon	<b>00 :25.80</b>	Mohamed Yassine BOUKHARI (01)	CODM	27/01/2018	Meknès
100m Papillon	<b>00'56"55</b>	<b>BOUTOUIL SAMY (2000)</b>	USCM	<b>19/12/2015</b>	<b>MASSY (France) - 25m</b>
200m Papillon	<b>02'11"17</b>	ACHELHI BILAL (92)	WAC	16/03/2008	AIX-LES-BAINS (France) - 50m
100m 4Nages	<b>00'59"50</b>	<b>BOUTOUIL SAMY (2000)</b>	USCM	<b>30/10/2015</b>	<b>CHOLET (France) - 25m</b>
200m 4Nages	<b>02'08"27</b>	<b>BOUTOUIL SAMY (2000)</b>	USCM	<b>20/12/2015</b>	<b>MASSY (France) - 25m</b>
400m 4Nages	<b>04'39"35</b>	JORDAN YAMINE (91)	WAC	10/04/2008	MANCHESTER (Angletaire) - 25m
Relais 4x50m Nage Libre	<b>01'40"41</b>	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	<b>03 :37.47</b>	Ali MSOUGAR (01) – Youssef HEMRI (01) Anas BENYAHIA (01) – Ali HEMRI (01)	FUS	27/01/2018	Meknès
<b>Relais 4x200m Nage Libre</b>	<b>08:07.78</b>	<b>Ali MSOUGAR (01) – Mohamed Yassine BENSALAH Youssef HEMRI – Ali HEMRI</b>	<b>FUS</b>	<b>05/08/2018</b>	<b>Casablanca</b>
Relais 4x50m 4Nages	<b>01'53"34</b>	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	<b>04'05"77</b>	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 16 Avril 2019**

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	<b>00'27"56</b>	BOUTOUIL YASMEEN (98)	USCM	15/04/2012	MEKNES (Maroc)
100m Nage libre	<b>00 :59.31</b>	Lina KHIYARA (03)	RCA	19/11/2017	Stockport (Angleterre)
200m Nage libre	<b>02:06.82</b>	Lina KHIYARA (03)	RCA	11/11/2017	Stockport (Angleterre)
400m Nage libre	<b>04 :25.64</b>	Lina KHIYARA (03)	RCA	31/07/2017	Leuvin (Belgique)
800m Nage libre	<b>09 :23.75</b>	Lina KHIYARA (03)	RCA	17/11/2017	Stockport (Angleterre)
1500m Nage libre	<b>18 :24.03</b>	Douaa EDDAHBI (05)	TSC	25/01/2019	Meknès
50m Dos	<b>00'31"77</b>	FAHSI HIBA (2001)	OCK	23/01/2016	Meknès
100m Dos	<b>01'06"80</b>	FAHSI HIBA (2001)	OCK	01/09/2016	Tunis – 50m
200m Dos	<b>02'26"39</b>	FAHSI HIBA (2001)	OCK	02/09/2016	Tunis – 50m
50m Brasse	<b>00:35.19</b>	Hiba LAKNIT (02)	CODM	10/02/2017	Meknès
100m Brasse	<b>01'15"70</b>	EL BEKRI SARA (87)	WAC	01/04/2000	EL JADIDA (Maroc) - 25m
200m Brasse	<b>02:43.94</b>	Hiba LAKNIT (02)	CODM	11/02/2017	Meknès
50m Papillon	<b>00:29.94</b>	Taghrid DAHBANI (03)	FUS	29/04/2018	Rabat
100m Papillon	<b>01 :06.44</b>	Sawsane EL GAMAH (05)	WAC	31/03/2019	Marrakech – 25 m
<b>200m Papillon</b>	<b>02:30.42</b>	<b>Sherine BOUFTINI (05)</b>	<b>WAC</b>	<b>14/03/2019</b>	<b>Dunkerque (France) - 25 m</b>
100m 4Nages	<b>01'11"11</b>	BENBATI FATIMA ZAHRA (97)	ADM	02/02/2012	Meknès - 25m
200m 4Nages	<b>02 :26.38</b>	Lina KHIYARA (03)	RCA	27/07/2018	Charleroi (Belgique)
400m 4Nages	<b>05 :14.55</b>	Lina KHIYARA (03)	RCA	04/08/2018	Casablanca
Relais 4x50m Nage Libre	<b>02'02"81</b>	BOUSSAADANE WIAM (01) - TIBARI SOUHA (01) GHENI FATIMA ZAHRA	AS.FAR	07/06/2015	Rabat - 25m
Relais 4x100m Nage libre	<b>04:13.54</b>	Hiba BORZINE (04) – Hiba CHOUAIBI (04) Maha BASKACH (05) – Lina DANA (05)	USCM	26/01/2019	Meknès
Relais 4x200m Nage libre	<b>09:35.95</b>	Doha FAHSI ( 01) – Hafsa EL ABBARI 52002) Hiba LAKNIT (2002) – Kenza ZERAIDI (2002)	E.N	01/04/2015	Tunis - 50m
Relais 4x50m 4Nages	<b>02'18"04</b>	GHENI FATIMA ZAHRA (00) - BOUSSAADANE WIAM (01) CHAARI	AS.FAR	07/06/2015	Rabat - 25m
Relais 4x100m 4Nages	<b>04:45.60</b>	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 03 Avril 2019**

Épreuves	Temps	Noms	Club	dates	Lieux
50m Nage libre	<b>00:25.08</b>	Yasser BENCHEBBA (04)	FUS	25/01/2019	Meknès
100m Nage libre	<b>00'54"59</b>	BOUTOUIL SAMY (00)	USCM	08/03/2015	LIMOGES (France) - 50m
200m Nage libre	<b>01'56"07</b>	BOUTOUIL SAMY (00)	USCM	25/01/2015	MASSY (France) -25m
400m Nage libre	<b>04'10"27</b>	BOUTOUIL SAMY (00)	USCM	08/11/2014	CLAMART (France) -25m
800m Nage libre	<b>08 :48.91</b>	Yasser BENCHEBBA (04)	FUS	27/01/2019	Meknès
1500m Nage libre	<b>16 :33.37</b>	Yasser BENCHEBBA (04)	FUS	23/12/2018	Kenitra
<b>50m Dos</b>	<b>00:28.33</b>	<b>Salim FRIKECH ( 04)</b>	<b>CODM</b>	<b>17/02/2019</b>	<b>Fès - 25m</b>
100m Dos	<b>01'00"42</b>	BOUTOUIL SAMY (00)	USCM	24/01/2015	MASSY (France) -25m
<b>200m Dos</b>	<b>02:10.99</b>	<b>Mehdi EL MANSAR (04)</b>	<b>RAJA NAT</b>	<b>31/03/2019</b>	<b>Marrakech -25m</b>
50m Brasse	<b>00'30"60</b>	BOUTOUIL SAMY (00)	USCM	29/11/2014	CHEVREUSE (France) - 25m
100m Brasse	<b>01'07"98</b>	BOUTOUIL SAMY (00)	USCM	24/01/2015	MASSY (France) -25m
200m Brasse	<b>02 :30.96</b>	Mehdi EL MANSAR (04)	RCA	04/11/2018	Lutan (Grande Bretagne)
50m Papillon	<b>00'26"77</b>	BOUTOUIL SAMY (00)	USCM	30/11/2014	CHEVREUSE (France) - 25m
100m Papillon	<b>00'59"96</b>	BOUTOUIL SAMY (00)	USCM	25/01/2015	MASSY (France) -25m
200m Papillon	<b>02:16.03</b>	Monssif Hamza TIJARI (02)	COD	12/02/2017	Meknès
100m 4Nages	<b>01'00"50</b>	BOUTOUIL SAMY (00)	USCM	31/10/2015	CHOLET (France) -25m
200m 4Nages	<b>02'14"41</b>	BOUTOUIL SAMY (00)	USCM	29/11/2014	CHEVREUSE (France) - 25m
400m 4Nages	<b>04 :49.25</b>	Mehdi EL MANSAR (04)	RCA	16/12/2018	Sheffield (Grande Bretagne)
Relais 4x50m Nage Libre	<b>01 :48.05</b>	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	<b>03:48.43</b>	Ali HEMRI (2001) – Youssef HEMRI (2001) Abdeljabbar REGRAGUI (2001) – Med Yassine BOUKHARI (2001)	E.N	01/09/2016	Tunis – 50m
Relais 4x200m Nage libre	<b>08:33.15</b>	Youssef HEMRI (01) – Mohamed Yassine BOUKHARI (2001) Abdeljabbar REGRAGUI (2001) - Ali HEMRI	E.N	02/09/2016	Tunis – 50m
Relais 4x50m 4Nages	<b>01:58.59</b>	Abdeljabar REGRAGUI (01) – Mohamed Yassine BOUKHARI (01) Saad NAJI (01) - Monsif Hamza TIJARI (02)	COD M	20/03/2016	MEKNES -25m
Relais 4x100m 4Nages	<b>04:13.32</b>	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	05:11.13	Mehdi EL MANSAR (04)	RCA	30/04/2017	Antibes (France)
Relais 4x50m Nage Libre	01:50.80	El Mehdi EL AOUFIR (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 AOUFIR (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	<b>00'30"83</b>	ETTALBI OUMAIMA (03)	CODM	15/06/2014	Rabat
100m Nage libre	<b>01:11 ;85</b>	Hind DOUHA (05)	RCA	25/06/2016	Casablanca
200m Nage libre	<b>02:32.85</b>	Yassmine DRAYEF (06)	RCA	05/06/2016	Kenitra
400m Nage libre	<b>05 :16.44</b>	Malak MEQDAR (07)	FUS	24/06/2018	Rabat
800 m Nage Libre	<b>11:03.82</b>	Joulane MAHJOUBI (07)	ASAMIN	01/04/2018	Marrakech
50m Dos	<b>00'37"63</b>	Yassmine DRAYEF (06)	RCA	15/04/2017	Casablanca
100m Dos	<b>01:21.84</b>	Oumnia SEBBATA (05)	FUS	12/06/2016	Kenitra 25m
200m Dos	<b>02:57.30</b>	Aya RIFAI (07)	ASAMIN	01/04/2018	Marrakech
50m Brasse	<b>00'39"12</b>	LAKNIT HIBA (02)	CODM	19/05/2013	MEKNES (Maroc) - 25m
100m Brasse	<b>01'31"81</b>	EL BEKRI SARA (87)	WAC	19/07/1997	MEKNES (Maroc) -50m
200m Brasse	<b>03:15.68</b>	Meryem HOSNI (05)	ACK	24/07/2016	Casablanca (50m)
50m Papillon	<b>00:34.44</b>	Yassmine DRAYEF (06)	RCA	16/07/2017	Rabat
100m Papillon	<b>01:17.53</b>	Yassmine DRAYEF (06)	RCA	07/05/2017	Casablanca -50m
100m 4Nages	<b>01'19"01</b>	LAKNIT HIBA (02)	CODM	19/05/2013	MEKNES (Maroc) - 25m
200m 4Nages	<b>02'46"84</b>	ETTALBI OUMAIMA (03)	CODM	15/06/2014	RABAT (Maroc) -25m
400m 4Nages	<b>05:58.91</b>	Yassmine DRAYEF (06)	RCA	11/06/2017	Casablanca
Relais 4x50m Nage Libre	<b>02'18"81</b>	SALEK HOUDA (97) - EL MASNAOUI NARJISS (97) SALEK FADWA (97) - EL MASNAOUI YASSMINE (97)	USCM	13/07/2008	RABAT (Maroc) -25m
Relais 4x50m 4Nages	<b>02:36.31</b>	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 &amp; Prénoms</u>	<u>Clubs</u>	<u>Dates</u>	<u>Lieux</u>
50m Nage Libre	<b>00:29.48</b>	Marwane SEBBATA (06)	FUS	16/07/2017	Rabat
100m Nage Libre	<b>01:07.37</b>	Hamza KAMAL (06)	USCM	12/06/2016	Kenitra
200m Nage Libre	<b>02:20.84</b>	Hamza KAMAL (06)	USCM	12/07/2017	Rabat
400m Nage Libre	<b>05:04.25</b>	Hamza KAMAL (06)	USCM	09/04/201è	Oujda
50m Dos	<b>00:34.18</b>	Marwane SEBBATA (06)	FUS	16/07/2017	Rabat
100m Dos	<b>01'15"70</b>	Souhaib EL MOUSSAMI (06)	CODM	15/01/2017	Meknès
200m Dos	<b>02:45.64</b>	Souhaib EL MOUSSAMI (06)	CODM	19/03/2017	Meknès
50m Brasse	<b>00:40.55</b>	Adam LAHMITI (06)	SNF	16/07/2017	Rabat
100m Brasse	<b>01'32"00</b>	BOUKHARI Med Yassine (01)	CODM	24/06/2012	MEKNES
200m Brasse	<b>02'32"20</b>	MGHARI KHALIL (90)	USF	26/08/2000	Marrakech
50m Papillon	<b>00:32.84</b>	Hamza KAMAL (06)	USCM	12/07/2017	Rabat
100m Papillon	<b>01:16.57</b>	Adam BOURZINE (05)	USCM	03/04/2016	Kenitra
200m Papillon	<b>03'05"99</b>	GAZARI NIZAR (93)	DHJ	30/08/2003	Marrakech
100m 4Nages	<b>01:15.25</b>	Hamza KAMAL (06)	USCM	20/05/2 01	Rabat
200m 4Nages	<b>02:40.59</b>	Hamza KAMAL (06)	USCM	12/07/2017	Rabat
400m 4 Nages	<b>05:48.72</b>	Akram NEJJAR (06)	USCM	11/06/2017	Kenitra
Relais 4x50m Nage Libre	<b>02:09.16</b>	Samy BENCHEBBA (06) - Hamza FILALI (06) Akram NEJJAR (06) - Hamza KAMAL (06)	USCM	12/07/2017	Rabat
Relais 4x50m 4Nages	<b>02'13"63</b>	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 &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
<b>Relais 4x50m Nage Libre Mixte POUSSINS</b>	<b>02:10.56</b>	Lina DANNA (2005) – Said CHAHINE (2005) Maha BASKACH (2005)- Adam BOURZINE	USCM	17/07/2016	Fès
<b>Relais 4x50m Nage Libre Mixte BENJAMINS</b>	<b>01:58.59</b>	Imane BASKACH (2003) – Anir SEDIQUI (2003) Hiba CHOUAIBI (2004) – Yasser BENCHEBBA ( 2004)	USCM	17/07/2016	Fès
<b>Relais 4x50m Nage Libre Mixte MINIMES</b>					
<b>Relais 4x50m Nage Libre Mixte CADETS</b>					
<b>Relais 4x50m Nage Libre Mixte JUNIORS</b>					
<b>Relais 4x100m Nage Libre Mixte MINIMES</b>	<b>04'08"59</b>	REGRAGUI ABDELJABBAR (2001) - ZERAIDI KENZA (2002) - LAKNIT HIBA (2002) - BOUKHARI MOHAMED YASSINE (2001)	CODM	23/01/2016	Meknès
<b>Relais 4x100m Nage Libre Mixte CADETS</b>	<b>04'00"53</b>	CHAARI SOUKAINA (2000) - EL KHADRI SAMARA (2000) BELAFKIH AHMED WDIA (1999) - CHAARI SOUFIANE (1999)	AS FAR	23/01/2016	Meknès
<b>Relais 4x100m Nage Libre Mixte JUNIORS</b>	<b>04'00"16</b>	MOULAY BERKCHI MEHDI (1998) - EIDE MIRIAM (1998) EL ALAMI NIZAR (1998) - BOUTOUIL YASMEEN (1998)	USCM	23/01/2016	Meknès
<b>Relais 4x50m 4 Nages Mixte POUSSINS</b>	<b>02 :30.63</b>	Said CHAHINE (2005) – Lina DANNA (2005) Adam BOURZINE (2005) – Maha BASKACH (2005)	USCM	17/07/2016	Fès
<b>Relais 4x50m 4 Nages Mixte BENJAMINS</b>	<b>02:15.31</b>	Hiba CHOUAIBI (2004) – Yasser BENCHEBBA (2004) Imane BASKACH (2003) – Anir SEDIQUI (2003)	USCM	17/07/2016	Fès
<b>Relais 4x50m 4 Nages Mixte MINIMES</b>					
<b>Relais 4x50m 4 Nages Mixte CADETS</b>					
<b>Relais 4x50m 4 Nages Mixte JUNIORS</b>					
<b>Relais 4x100m 4 Nages Mixte MINIMES</b>	<b>04 :40.55</b>	Abdeljabbar REGRAGUI (2001) – Hiba LAKNIT (2002) Ali HEMRI (2001) – Doha FAHSI (2001)			
<b>Relais 4x100m 4 Nages Mixte CADETS</b>	<b>04'33"12</b>	EL MHAMED KENZA (1999) – EL MOUSSAMI OTHMANE (1999) HAMOUCHANE SAMI (2000) – LASFAR MERYEM	CODM	24/01/2016	Meknès
<b>Relais 4x100m 4 Nages Mixte JUNIORS</b>	<b>04'29"96</b>	CHAKRI RIM (1997) – ZOUHAIRI ZINEB (1997) BANSAR YOUSSEF (1998) – FARIH AMINE	RCA	24/01/2016	Meknès