

# 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<br>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)<br>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)<br>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)<br>Hiba BENBOUZIANE (2000) – Hajar RACHDI (2000) | TSC        | 07/02/2016        | Marrakech                     |
| Relais 4x50m 4Nages      | <b>02:13.06</b> | Kenza MSELLAK (2000) – Hiba BENBOUZIANE<br>(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)<br>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)<br>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)<br>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)<br>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)<br>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)<br>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)<br>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<br>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)<br>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 18 Juin 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)         |
| <b>50m Dos</b>           | <b>00:25.93</b>  | <b>Driss LAHRICHI (97)</b>   | <b>CODM</b>  | <b>16/04/2019</b> | <b>Rennes (France)</b> |
| <b>100m Dos</b>          | <b>00:56.75</b>  | <b>Driss LAHRICHI (97)</b>   | <b>CODM</b>  | <b>17/04/2019</b> | <b>Rennes (France)</b> |
| 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             |
| <b>50m Papillon</b>      | <b>00 :24.11</b> | <b>Yusuf TIBAZI (96)</b>   | <b>RCA</b>   | <b>13/09/2018</b> | <b>Alger</b>           |
| 100m Papillon            | <b>00 :53.91</b> | Yusuf TIBAZI (96)  | RCA          | 01/05/2016        | Fran Crippen (USA)     |
| <b>200m Papillon</b>     | <b>02 :02.49</b> | <b>Said saber (96)</b>   | <b>CNN</b>   | <b>14/09/2018</b> | <b>Alger</b>           |
| 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)<br>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)<br>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)<br>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)<br>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)<br>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)<br>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)<br>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)<br>BATAHI NOUAAMANE (1994) – ASSOUAB GHITA (1995) | CODM         | 24/01/2016   | MEKNES (MAROC) – 25 m |

**BASSIN DE 50 m**

|                                       |                  |  |                         |                   |              |
|---------------------------------------|------------------|--|-------------------------|-------------------|--------------|
| <b>Relais 4x100m Nage Libre Mixte</b> | <b>03 :48.63</b> | <b>Yusuf TIBAZI– Yasmeen BOUTOUIL</b><br>Noura MANA – Samy BOUTOUIL                      | <b>Équipe Nationale</b> | <b>10/09/2018</b> | <b>DUBAÏ</b> |
| Relais 4x50m Nage Libre Mixte         |                  |  |                         |                   |              |
| Relais 4x100m 4 Nages Mixte           | 04 :08.97        | Hiba FAHSI (01) – Imane Hiba EL BARODI (01)<br>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 18 Juin 2019*

| <u>EPREUVES</u>          | <u>RECORDS</u> | <u>NOMS &amp; PRENOMS</u>  | <u>CLUBS</u> | <u>DATES</u> | <u>LIEUX</u>               |
|--------------------------|----------------|--|--------------|--------------|----------------------------|
| 50m Nage libre           | 00:26.79       | Imane Houda EL BARODI (01)   | USCM         | 17/11/2018   | Montpellier (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) - 25 m    |
| 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 :32.59      | Imane Houda EL BARODI (01)   | USCM         | 20/04/2019   | Ryad - (KSA) – 25 m        |
| 100m Brasse              | 01 :12.59      | Imane Houda EL BARODI (01)   | USCM         | 19/04/2019   | Ryad - (KSA) – 25 m        |
| 200m Brasse              | 02:40.85       | Imane Houda EL BARODI (01)   | USCM         | 20/04/2019   | Ryad - (KSA) – 25 m        |
| 50m Papillon             | 00:28.26       | Imane Houda EL BARODI (01)   | USCM         | 03/05/2019   | Ryad - (KSA) – 25 m        |
| 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)<br>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)<br>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)<br>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)<br>KASSI HOUDA (86) - BENMASSAOUD FATIMA ZOHRA (87)             | USCM         | 29/02/2004   | RABAT (Maroc) - 50m        |
| Relais 4x100m 4Nages     | 05 :05.33      | Kaoutar KHALED (01) – Wissal NAFR (00)<br>Hiba RMILI (00) – Atar IDRISSE (01)                          | OCK          | 27/01/2019   | Meknès                     |

# 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)<br>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)<br>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)<br>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)<br>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)<br>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)<br>Imane Houda EL BARODI (01)                                       | USCM<br>USCM | 19/12/2014<br>01/07/2018 | CHEVREUSE (France) - 25m<br>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)<br>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)<br>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)<br>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)<br>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)<br>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)<br>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)<br>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<br/>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)<br>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)<br>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 Juin 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)           |
| <b>1500m Nage libre</b>  | <b>18 :12.24</b> | <b>Sherine BOUFTINI</b>  | <b>WAC</b> | <b>11/05/2019</b> | <b>Mantereau (France) 25 m</b>   |
| 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>02:28.33</b>  | <b>Sherine BOUFTINI (05)</b>   | <b>WAC</b> | <b>12/04/2019</b> | <b>Mantereau (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<br>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)<br>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)<br>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) -<br>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)<br>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 15 Juin 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>04:09.30</b>  | Liam OUARDI (04)  | FUS      | 12/05/2019 | Mantereau (France) -25m     |
| 800m Nage libre          | <b>08 :38.01</b> | Yasser BENCHEBBA (04)   | FUS      | 06/01/2019 | Kenitra                     |
| 1500m Nage libre         | <b>16 :33.37</b> | Yasser BENCHEBBA (04)   | FUS      | 23/12/2018 | Kenitra                     |
| 50m Dos                  | <b>00:28.33</b>  | Salim FRIKECH ( 04)   | CODM     | 17/02/2019 | Fès - 25m                   |
| 100m Dos                 | <b>01'00"42</b>  | BOUTOUIL SAMY (00)  | USCM     | 24/01/2015 | MASSY (France) -25m         |
| 200m Dos                 | <b>02:10.99</b>  | Mehdi EL MANSAR (04)  | RAJA NAT | 31/03/2019 | Marrakech -25m              |
| 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 03 Juillet 2019

| 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          | 02:15.83  | Sofia GARNOUSSI(06 )   | FUS   | 29/06/2019 | 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                 | 02:31.79  | Sofia GARNOUSSI(06 )   | FUS   | 29/06/2019 | Rabat                  |
| 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 MEQDAR (06)  | FUS   | 30/06/2019 | 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 | Yasmine 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)   | OCC   | 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)<br>Maha BASKACH (05) - Lina DANA (05)   | USCM  | 08/07/2018 | Oujda                  |
| Relais 4x100m Nage libre | 04:20.99  | Nada RAGTAOUI – Zineb ATILLAH<br>Meryem BAHAJOUB – Sofia GARNOUSSI             | FUS   | 29/06/2019 | Rabat                  |
| Relais 4x50m 4Nages      | 02 :12.78 | Hiba CHOUAIBI (04) – Hiba BOURZINE (04)<br>Lina DANNA (05) – Maha BASKACH (05) | USCM  | 16/07/2017 | Rabat                  |
| Relais 4x100m 4Nages     | 04:48.17  | Sofia GARNOUSSI – Malak MEQDAR<br>Zineb ATILLAH 6 Meryem BAHAJOUB              | FUS   | 30/06/2019 | Rabat                  |

## TABLETTE DES PERFORMANCES

\*\* BENJAMINS \*\*

Mise à jour d u 03 Juillet 2019

| 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 :30.72 | Marwane SEBBATA (06)  | USCM  | 29/06/2019 | Rabat                 |
| 100 m Dos                | 01:05.54  | Marwane SEBBATA (06)  | USCM  | 30//2019   | Rabat                 |
| 200m Dos                 | 02:19.93  | Marwane SEBBATA (06)  | USCM  | 29/06/2019 | Rabat                 |
| 50m Brasse               | 00:34.51  | Karim JENNANE (04)  | CODM  | 14/05/2017 | Meknès                |
| 100m Brasse              | 01:15.16  | Adam LAMHITI (06 )  | SNF   | 29/06/2019 | Rabat                 |
| 200m Brasse              | 02:46.96  | Adam LAMHITI (06 )  | SNF   | 30/06/2019 | 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            | 02:23.26  | Hamza KAMAL (06)  | USCM  | 29/06/2019 | Rabat                 |
| 100m 4Nages              | 01:11.49  | Yassir BENCHABA (04)  | USCM  | 26/03/2017 | Kenitra               |
| 200m 4Nages              | 02:26.15  | Hamza KAMAL (06)  | USCM  | 29/06/2019 | 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)<br>Marwane SEBBATA (05) - Mohamed Sami ZAMZAMI (05) | USCM  | 08/07/2018 | Rabat                 |
| Relais 4x100m Nage libre | 04:07.18  | Omar BENMOUSSA - Akram NEJJAR<br>Yassine SEBBATA – Marwane SEBBATA                              | USCM  | 29/06/2019 | Rabat                 |
| Relais 4x50m 4Nages      | 02 :06.10 | Said CHAHINE (05) - Mohamed Sami ZAMZAMI (05)<br>Adam BOURZINE (05) – El Mehdi EL AOUFIR (05)   | USCM  | 07/07/2018 | Rabat                 |
| Relais 4x100m 4Nages     | 04:34.19  | Marwane SEBBATA – Akram NEJJAR<br>Omar BENMOUSSA – Yassine SEBBATA                              | USCM  | 30/06/2019 | Rabat                 |

## 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)<br>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)<br>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)<br>Akram NEJJAR (06) - Hamza KAMAL (06) | USCM         | 12/07/2017   | Rabat        |
| Relais 4x50m 4Nages     | <b>02'13"63</b> | Anir SADIQUI ( ) – Taha MALKI ( )<br>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)<br>Maha BASKACH (2005)- Adam BOURZINE                                | <b>USCM</b>   | 17/07/2016        | <b>Fès</b>    |
| <b>Relais 4x50m Nage Libre Mixte BENJAMINS</b> | <b>01:58.59</b>  | Imane BASKACH (2003) – Anir SEDIQUI (2003)<br>Hiba CHOUAIBI (2004) – Yasser BENCHEBBA ( 2004)                | <b>USCM</b>   | 17/07/2016        | <b>Fès</b>    |
| <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<br>HIBA (2002) - BOUKHARI MOHAMED YASSINE (2001) | <b>CODM</b>   | <b>23/01/2016</b> | <b>Meknès</b> |
| <b>Relais 4x100m Nage Libre Mixte CADETS</b>   | <b>04'00"53</b>  | CHAARI SOUKAINA (2000) - EL KHADRI SAMARA (2000)<br>BELAFKIH AHMED WDIA (1999) - CHAARI SOUFIANE<br>(1999)   | <b>AS FAR</b> | <b>23/01/2016</b> | <b>Meknès</b> |
| <b>Relais 4x100m Nage Libre Mixte JUNIORS</b>  | <b>04'00"16</b>  | MOULAY BERKCHI MEHDI (1998) - EIDE MIRIAM (1998)<br>EL ALAMI NIZAR (1998) - BOUTOUIL YASMEEN (1998)          | <b>USCM</b>   | <b>23/01/2016</b> | <b>Meknès</b> |
| <b>Relais 4x50m 4 Nages Mixte POUSSINS</b>     | <b>02 :30.63</b> | Said CHAHINE (2005) – Lina DANNA (2005)<br>Adam BOURZINE (2005) – Maha BASKACH (2005)                        | <b>USCM</b>   | 17/07/2016        | <b>Fès</b>    |
| <b>Relais 4x50m 4 Nages Mixte BENJAMINS</b>    | <b>02:15.31</b>  | Hiba CHOUAIBI (2004) – Yasser BENCHEBBA (2004)<br>Imane BASKACH (2003) – Anir SEDIQUI (2003)                 | <b>USCM</b>   | 17/07/2016        | <b>Fès</b>    |
| <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)<br>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)<br>HAMOUCHANE SAMI (2000) – LASFAR MERYEM                | <b>CODM</b>   | <b>24/01/2016</b> | <b>Meknès</b> |
| <b>Relais 4x100m 4 Nages Mixte JUNIORS</b>     | <b>04'29"96</b>  | CHAKRI RIM (1997) – ZOUHAIRI ZINEB (1997)<br>BANSAR YOUSSEF (1998) – FARIH AMINE                             | <b>RCA</b>    | <b>24/01/2016</b> | <b>Meknès</b> |