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

**DAMES**

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|  | | | | | | | | | | | | | | | ***Mise à jour 30 écembre2018*** | |  |
| **Épreuves** | | **Temps** | | | **Noms & Prénoms** | | | **Clubs** | | | **dates** | | | **lieux** | |
| **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 1) ((01)01)** |  | |  | 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 501)** | |  | OCK | | | 27/01/2018 | | | Meknès | |
| **Hiba LAKNIT (01) – Hiba FAHSI (01)** | | |
| **Relais 4x200m Nage Libre** | | **09:02.06** | | | **Ghita ASSOUAB (95) – Kenza EL MHAMEDI (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**

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|  | | | | | | | | | | | | | | | | | | ***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 | | | 08/12/208 | | | 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 | CODM MM |  |  | 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 ASSOUAB (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***

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| **ÉPREUVES** | | **RECORDS** | | | **NOMS & PRENOMS** | | **CLUBS** | | | **DATES** | | | **LIEUX** | |
| **50m Nage Libre** | | **00:26.81** | | | Noura MANA (97) | | CODM | | | 01/072018 | | | 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) - SherazadeRAMOND 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 10 Juillet 2019***

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| **EPREUVES** | | | **RECORDS** | | | **NOMS & PRENOMS** | | **CLUBS** | | | **DATES** | | | **LIEUX** | |
| **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** | | | **00:25.93** | | | Driss LAHRICHI (97) | | CODM | | | 16/04/2019 | | | Rennes (France) | |
| **100m Dos** | | | **00:56.75** | | | Driss LAHRICHI (97) | | CODM | | | 17/04/2019 | | | Rennes (France) | |
| **200m Dos** | | | **02 :04.92** | | | Driss LAHRICHI (97) | | CODM | | | 04/07/2019 | | | Casablanca | |
| **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***

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| **EPREUVES** | **RECORDS** | **NOMS & PRENOMS** | **CLUBS** | **DATES** | **LIEUX** |
| **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**

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| **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 \*\***

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|  | | | | | | | | | | | | | | ***Mise à jour du 18 Juin 2019*** | |  |
| **EPREUVES** | | **RECORDS** | | | **NOMS & PRENOMS** | | **CLUBS** | | | **DATES** | | | **LIEUX** | | | |
| **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) 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 :05.33** | | | Kaoutar KHALED (01) – Wissal NAFR (00)  Hiba RMILI (00) – Atar IDRISSI (01) | | OCK | | | 27/01/2019 | | | Meknès | | | |

**TABLETTE DES PERFORMANCES**

**\*\* JUNIORS GARÇONS \*\***

***Mise à jour du 27 Janvier 2019***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **EPREUVES** | | | | **RECORDS** | | | **NOMS & PRENOMS** | | | **CLUBS** | | | **DATES** | | | **LIEUX** | |
| **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** | | | | **08:23.08** | | | Youssef HEMRI (01) | | | FUS | | | 27/01/2019 | | | Meknès | |
| **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** | | | | **03:35.48** | | | Ali MSOUGAR (01) – Mohamed Yassine BOUKHARI ( 01)  Yousseh HEMRI (01) – Ali HEMRI (01) | | | FUS | | | 26/01/2019 | | | Meknès | |
| **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** | | | | **04:07.00** | | | Ali MSOUGAR (01) – Ahmed BENNANI (01) | | | FUS | | | 27/01/2018 | | | Meknès | |
| Youssef HEMRI (01) - |  | Ali HEMRI (01) |

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

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|  | | | | | | | | ***Mise à jour du 31 Janvier 2019*** |  |
| **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** | **05:09.20** | | | Lina KHIYARA (03) | RCA | 26/01/2019 | Meknès | | |
| **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***

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| **EPREUVES** | **RECORDS** | **NOMS & PRENOMS** | | | **CLUBS** | **DATES** | **LIEUX** |
| **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 BENSALEH | |  | FUS | 05/08/2018 | Casablanca |
| Youssef HEMRI – Ali HEMRI |  | |
| **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 P ERFORMANCES**

**\*\* MINIMES FILLES \*\***

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|  | | | | | | | | | | | | | | | | ***Mise à jour du 15 Juin 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 :12.24** |  | Sherine BOUFTINI (05) (05) (05) | |  |  | WAC | | |  |  | 11/05/2019 |  | Mantereau (France) 25 m | |
| **50m Dos** | | | **00'31"77** | | | FAHSI HIBA (2001) | | | OCK | | | | | 23/01/2016 | | | Meknès | | | |
| **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 :06.44** | | | Sawsane EL GAMAH (05) | | | WAC | | | | | 31/03/2019 | | | Marrakech – 25 m | | | |
| **200m Papillon** | | | **02:28.33** | | | Sherine BOUFTINI (05) | | | WAC | | | | | 12/04/2019 | | | Mantereau (France) - 25 m | | | |
| **100m 4Nages** | | | **01'11''11** | | | BENBATI FATIMA ZAHRA (97) | | | ADM | | | | | 02/02/2012 | | | Meknès - 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** | | | **04:13.54** | | | Hiba BORZINE (04) – Hiba CHOUAIBI (04) Maha BASKACH (05) – Lina DANA (05) | | | USCM | | | | | 26/01/2019 | | | 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 \*\***

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|  | | | | | | | | | | | | | ***Mise à jour du 15 Juin 2019*** | | |
| **Épreuves** | | **Temps** | | | **Noms** | | **Club** | | | **dates** | | | | **Lieux** | |
| **50m Nage libre** | | **00:25.08** | | | Yasser BENCHEBBA (04) | | FUS | | | 25/01/2019 | | | | Meknès | |
| **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** | | **04:09.30** | | | Liam OUARDI (04) | | FUS | | | 12/05/2019 | | | | Mantereau (France) -25m | |
| **800m Nage libre** |  |  | **08 :38.01** |  | Yasser BENCHEBBA (04) |  |  | FUS |  |  | 06/01/2019 |  | | Kenitra |  |
| **1500m Nage libre** | | **16 :33.37** | | | Yasser BENCHEBBA (04) | | FUS | | | 23/12/2018 | | | | Kenitra | |
| **50m Dos** | | **00:28.33** | | | Salim FRIKECH ( (04) | | CODM | | | 17/02/2019 | | | | Fès - 25m | |
| **100m Dos** | | **01'00''42** | | | BOUTOUIL SAMY (00) | | USCM | | | 24/01/2015 | | | | MASSY (France) -25m | |
| **200m Dos** | | **02:10.99** | | | Mehdi EL MANSAR (04) | | RAJA NAT | | | 31/03/2019 | | | | Marrakech -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 (2001) | | E.N | | | 04/09/2016 | | | | Tunis – 50m | |

**TABLETTE DES PERFORMANCES**

**\*\* BENJAMINES \*\***

***Mise à jour du 03 Juillet 2019***

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| **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** |  | 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** | | **04:20.99** | | | Nada RAGTAOUI – Zineb ATILLAH  Meryem BAHAJOUB – Sofia GARNOUSSI | | FUS | | | 29/06/2019 | | | Rabat | |
| **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** | | **04:48.17** | | | Sofia GARNOUSSI – Malak MEQDAR  Zineb ATILLAH 6 Meryem BAHAJOUB | | FUS | | | 30/06/2019 | | | Rabat | |

**TABLETTE DES PERFORMANCES**

**\*\* BENJAMINS \*\***

***Mise à jour d u 03 Juillet 2019***

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| **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) | | |  | | USCM | | | | | 08/07/2018 | | | Rabat | |
| Marwane SEBBATA (05) - Mohamed Sami ZAMZAMI (05) | | | | |
| **Relais 4x100m Nage libre** | | | **04:07.18** | | | Omar BENMOUSSA - Akram NEJJAR  Yassine SEBBATA – Marwane SEBBATA | | | | | USCM | | | | | 29/06/2019 | | | Rabat | |
| **Relais 4x50m 4Nages** | | | **02 :06.10** | | | Said CHAHINE (05) - Mohamed Sami ZAMZAMI (05) | | | | | USCM | | | | | 07/07/2018 | | | Rabat | |
| Adam BOURZINE (05) – El Mehdi EL AOUFIR (05) | | | |  |
| **Relais 4x100m 4Nages** | | | **04:34.19** | | | Marwane SEBBATA – Akram NEJJAR  Omar BENMOUSSA – Yassine SEBBATA | | | | | USCM | | | | | 30/06/2019 | | | Rabat | |

**TABLETTE DES PERFORMANCES**

**\*\* POUSSINES \*\***

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| **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 \*\***

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|  | | | | | | ***Mise à jour du 20 Octobre 2017*** |
| **Épreuves** | **Records** | **Noms & Prénoms** | **Clubs** | **Dates** | **Lieux** | |
| **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***

(1999)

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| **EPREUVES** | **RECORDS** | **NOMS & PRENOMS** | **CLUBS** | **DATES** | **LIEUX** |
| **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 | **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 MHAMEDI 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** |