



# FEDERATION ROYALE MAROCAINE DE NATATION

## COMMISSION STATUTS ET REGLEMENTS



# TABLETTES DES RECORDS

- ① RECORDS en bassin de 25m DAMES
- ② RECORDS en bassin de 25m MESSIEURS

- ③ RECORDS en bassin de 25m DAMES
- ④ RECORDS en bassin de 25m MESSIEURS

# TABLETTES DES PERFORMANCES

- ⑤ PERFORMANCES JUNIORS FILLES
- ⑦ PERFORMANCES CADETTES
- ⑨ PERFORMANCES MINIMES FILLES
- ⑪ PERFORMANCES BENJAMINES
- ⑬ PERFORMANCES POUSSINES

- ⑥ PERFORMANCES JUNIORS GARCONS
- ⑧ PERFORMANCES CADETS
- ⑩ PERFORMANCES MINIMES GARCONS
- ⑫ PERFORMANCES BENJAMINS
- ⑭ PERFORMANCES POUSSINS

Mise à jour du lundi 30 janvier 2012

Sauf erreur ou omission

# TABLETTE DES RECORDS DU MAROC EN BASSIN DE 25m

## \*\* DAMES \*\*

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	<b>00'27"35</b>	EL BEKRI SARA (87)	RCA	10/04/2011	MEKNES (Maroc)
100m Nage Libre	<b>00'59"09</b>	EL BEKRI SARA (87)	RCA	13/10/2010	PARIS (France)
200m Nage Libre	<b>02'03"45</b>	EL BEKRI SARA (87)	RCA	09/04/2011	MEKNES (Maroc)
400m Nage Libre	<b>04'16"17</b>	EL BEKRI SARA (87)	RCA	19/11/2011	SAINT-DIZIER (France)
800m Nage Libre	<b>08'46"14</b>	EL BEKRI SARA (87)	RCA	18/11/2011	SAINT-DIZIER (France)
1500m Nage Libre	<b>17'37"88</b>	EL ABDI RANIA (94)	USCM	04/12/2011	KENITRA (Maroc)
50m Dos	<b>00'31"48</b>	BOULAAMANE IMANE (89)	CNJ	05/12/2010	CHARTRES (France)
100m Dos	<b>01'06"22</b>	BOULAAMANE IMANE (89)	CNJ	04/12/2010	CHARTRES (France)
200m Dos	<b>02'21"95</b>	BOULAAMANE IMANE (89)	CNJ	03/12/2010	CHARTRES (France)
50m Brasse	<b>00'31"38</b>	EL BEKRI SARA (87)	RCA	04/12/2011	ANGERS (France)
100m Brasse	<b>01'06"50</b>	EL BEKRI SARA (87)	RCA	02/12/2011	ANGERS (France)
200m Brasse	<b>02'23"54</b>	EL BEKRI SARA (87)	RCA	03/12/2011	ANGERS (France)
50m Papillon	<b>00'28"97</b>	EL BEKRI SARA (87)	RCA	10/04/2011	MEKNES (Maroc)
100m Papillon	<b>01'02"58</b>	EL BEKRI SARA (87)	RCA	13/11/2011	COMPIEGNE (France)
200m Papillon	<b>02'13"41</b>	EL BEKRI SARA (87)	RCA	19/11/2011	SAINT-DIZIER (France)
100m 4Nages	<b>01'02"98</b>	EL BEKRI SARA (87)	RCA	16/12/2010	DUBAI (Emirat Arabe Unie)
200m 4Nages	<b>02'15"39</b>	EL BEKRI SARA (87)	RCA	18/12/2010	DUBAI (Emirat Arabe Unie)
400m 4Nages	<b>04'48"22</b>	EL BEKRI SARA (87)	RCA	15/12/2010	DUBAI (Emirat Arabe Unie)
Relais 4x100m Nage Libre	<b>04'14"91</b>	EL ABDI RANIA (94) - EL ABDI RIM (94) MAHFOUD LINA (95) - ASSOUB GHITA (95)	USCM	07/04/2011	MEKNES (Maroc)
Relais 4x200m Nage Libre	<b>09'34"99</b>	ASSOUB GHITA (95) - EL ABDI RIM (94) MAHFOUD LINA (95) - EL ABDI RANIA (94)	USCM	10/04/2011	MEKNES (Maroc)
Relais 4x100m 4Nages	<b>04'46"43</b>	BOULAAMANE IMANE (89) - BOULAAMANE MARWA (93) LYAGOUBI KENZA (94) - BOUKHARI RHITA (89)	CNJ	06/07/2008	RABAT (Maroc)

***Mise à jour du 15 Décembre 2011***

# TABLETTE DES RECORDS DU MAROC EN BASSIN DE 25m

## \*\* MESSIEURS \*\*

<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"09</b>	KOUAME AMINE (86)	USF	10/04/2011	MEKNES (Maroc)
100m Nage Libre	<b>00'51"10</b>	BELLAZ ADIL (81)	USCM	28/12/2003	LA REUNION (France)
200m Nage Libre	<b>01'50"62</b>	BELLAZ ADIL (81)	USCM	30/12/2003	LA REUNION (France)
400m Nage Libre	<b>03'55"36</b>	BERRADA MORAD (91)	WAC	05/12/2010	CHARTRES (France)
800m Nage Libre	<b>08'29"93</b>	BERRADA MORAD (91)	WAC	14/11/2010	MONTPELLIER (France)
1500m Nage Libre	<b>15'54"51</b>	BERRADA MORAD (91)	WAC	14/11/2010	MONTPELLIER (France)
50m Dos	<b>00'26"56</b>	KOUAME AMINE (86)	USF	28/03/2009	TETOUAN (Maroc)
100m Dos	<b>00'56"61</b>	KOUAME AMINE (86)	USF	06/07/2008	RABAT (Maroc)
200m Dos	<b>02'03"46</b>	KOUAME AMINE (86)	USF	02/04/2010	MEKNES (Maroc)
50m Brasse	<b>00'29"24</b>	BELLAZ ADIL (81)	USCM	29/12/2003	LA REUNION (France)
100m Brasse	<b>01'04"33</b>	BELLAZ ADIL (81)	USCM	18/01/2002	PARIS (France)
200m Brasse	<b>02'22"41</b>	HAFDI YOUSSEF (86)	CNJ	05/12/2004	CHALON SUR SAONE (France)
50m Papillon	<b>00'24"98</b>	ACHELHI BILAL (92)	CODM	10/04/2011	MEKNES (Maroc)
100m Papillon	<b>00'56"30</b>	ACHELHI BILAL (92)	CODM	07/04/2011	MEKNES (Maroc)
200m Papillon	<b>02'07"73</b>	EL HAZZAZ MEHDI (91)	WAC	08/04/2011	MEKNES (Maroc)
100m 4Nages	<b>00'57"34</b>	KOUAME AMINE (86)	USF	08/04/2011	MEKNES (Maroc)
200m 4Nages	<b>02'03"59</b>	BERRADA MORAD (91)	WAC	04/12/2011	ANGERS (France)
400m 4Nages	<b>04'18"78</b>	BERRADA MORAD (91)	WAC	03/12/2011	ANGERS (France)
Relais 4x100m Nage Libre	<b>03'34"82</b>	FAWZI AMINE (86) - CHENNOUN NABIL (90) ASSOUAB ADIL (92) - HANNA BADREDDINE (87)	USCM	04/04/2010	MEKNES (Maroc)
Relais 4x200m Nage Libre	<b>08'09"98</b>	KHALLOQI SAAD (81) - TOUMI AZIZ (81) ZIDOUHIA MAHDI (80) - BADRI MANSSOUR (71)	WAC	31/03/2001	EL JADIDA (Maroc)
Relais 4x100m 4Nages	<b>03'58"14</b>	KHALLOQI SAAD (81) - TOUMI AZIZ (81) ZIDOUHIA MAHDI (80) - BENYAICH HICHAM (72)	WAC	31/03/2001	EL JADIDA (Maroc)

***Mise à jour du 04 Décembre 2011***

# TABLETTE DES RECORDS DU MAROC EN BASSIN DE 50m

## \*\* DAMES \*\*

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	<b>00'27"35</b>	EL BEKRI SARA (87)	RCA	20/12/2011	DOHA (Qatar)
100m Nage Libre	<b>00'58"30</b>	EL BEKRI SARA (87)	RCA	13/09/2010	CASABLANCA (Maroc)
200m Nage Libre	<b>02'03"10</b>	EL BEKRI SARA (87)	RCA	17/12/2011	DOHA (Qatar)
400m Nage Libre	<b>04'17"55</b>	EL BEKRI SARA (87)	RCA	19/12/2011	DOHA (Qatar)
800m Nage Libre	<b>08'49"67</b>	EL BEKRI SARA (87)	RCA	21/12/2011	DOHA (Qatar)
1500m Nage Libre	<b>17'47"32</b>	EL BEKRI SARA (87)	RCA	22/07/2007	CASABLANCA (Maroc)
50m Dos	<b>00'32"05</b>	BOULAAMANE IMANE (89)	CNJ	18/03/2011	CHALON SUR SAONE (France)
100m Dos	<b>01'07"45</b>	BOULAAMANE IMANE (89)	CNJ	20/03/2011	CHALON SUR SAONE (France)
200m Dos	<b>02'22"17</b>	BOULAAMANE IMANE (89)	CNJ	19/03/2011	CHALON SUR SAONE (France)
50m Brasse	<b>00'31"54</b>	EL BEKRI SARA (87)	RCA	22/04/2009	MONTPELLIER (France)
100m Brasse	<b>01'08"23</b>	EL BEKRI SARA (87)	RCA	25/04/2009	MONTPELLIER (France)
200m Brasse	<b>02'26"16</b>	EL BEKRI SARA (87)	RCA	26/03/2011	STRASBOURG (France)
50m Papillon	<b>00'28"98</b>	RAMOND HANNANE SHERAZADE (90)	WAC	22/04/2010	RENNES (France)
100m Papillon	<b>01'03"35</b>	RAMOND HANNANE SHERAZADE (90)	WAC	22/05/2009	CHALON SUR SAONE (France)
200m Papillon	<b>02'16"21</b>	EL BEKRI SARA (87)	RCA	19/12/2011	DOHA (Qatar)
200m 4Nages	<b>02'17"24</b>	EL BEKRI SARA (87)	RCA	22/12/2011	DOHA (Qatar)
400m 4Nages	<b>04'48"04</b>	EL BEKRI SARA (87)	RCA	18/12/2011	DOHA (Qatar)
Relais 4x50m Nage Libre	<b>01'59"25</b>	BOULAAMANE IMANE (89) - BOULAAMANE MARWA (93) KARAKCHOU LILIA (92) - LYAGOUBI KENZA (94)	CNJ	19/07/2008	RABAT (Maroc)
Relais 4x100m Nage Libre	<b>04'02"77</b>	EL BEKRI SARA (87) - EL ABDI RANIA (94) EL BANAR MARWA (95) - CHBIHI NOUFISSA (90)	E.N	18/12/2011	DOHA (Qatar)
Relais 4x200m Nage Libre	<b>08'43"40</b>	EL ABDI RANIA (94) - RAMOND HANNANE SHERAZADE (90) CHBIHI NOUFISSA (90) - EL BEKRI SARA (87)	E.N	13/09/2010	CASABLANCA (Maroc)
Relais 4x50m 4Nages	<b>02'14"74</b>	BOULAAMANE IMANE (89) - BOUKHARI GHITA (89) KARAKCHOU LILIA (92) - LYAGOUBI KENZA (94)	CNJ	19/07/2008	RABAT (Maroc)
Relais 4x100m 4Nages	<b>04'22"21</b>	BOULAAMANE IMANE (89) - EL BEKRI SARA (87) CHBIHI NOUFISSA (90) - EL BANAR MARWA (85)	E.N	17/12/2011	DOHA (Qatar)

*Mise à jour du 22 décembre 2011*

# TABLETTE DES RECORDS DU MAROC EN BASSIN DE 50m

## \*\* MESSIEURS \*\*

<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"37</b>	KOUAME AMINE (86)	USF	19/12/2011	DOHA (Qatar)
100m Nage Libre	<b>00'51"59</b>	KOUAME AMINE (86)	USF	21/12/2011	DOHA (Qatar)
200m Nage Libre	<b>01'52"72</b>	BERRADA MORAD (91)	WAC	18/12/2011	DOHA (Qatar)
400m Nage Libre	<b>04'02"85</b>	BERRADA MORAD (91)	WAC	25/04/2010	RENNES (France)
800m Nage Libre	<b>08'35"00</b>	HAFDI YOUSSEF (86)	CNJ	27/09/2004	ALGER (Algerie)
1500m Nage Libre	<b>16'25"51</b>	BERRADA MORAD (91)	WAC	21/01/2012	NANCY (France)
50m Dos	<b>00'26"69</b>	KOUAME AMINE (86)	USF	27/07/2009	ROME (Italie)
100m Dos	<b>00'57"95</b>	KOUAME AMINE (86)	USF	26/07/2009	ROME (Italie)
200m Dos	<b>02'07"59</b>	ACHELHI BILAL (92)	WAC	01/08/2009	ROME (Italie)
50m Brasse	<b>00'29"84</b>	BELLAZ ADIL (81)	USCM	31/07/2003	CASABLANCA (Maroc)
100m Brasse	<b>01'07"28</b>	BELLAZ ADIL (81)	USCM	06/09/2001	TUNIS (Tunisie)
200m Brasse	<b>02'28"24</b>	HAFDI YOUSSEF (86)	CNJ	05/05/2004	CASABLANCA (Maroc)
50m Papillon	<b>00'25"24</b>	ACHELHI BILAL (92)	CODM	20/12/2011	DOHA (Qatar)
100m Papillon	<b>00'56"09</b>	ACHELHI BILAL (92)	WAC	18/12/2011	DOHA (Qatar)
200m Papillon	<b>02'10"09</b>	BATTAHI NOUAMANE (94)	CODM	27/09/2011	ALGER (Algerie)
200m 4Nages	<b>02'05"35</b>	BERRADA MORAD (91)	WAC	21/12/2011	DOHA (Qatar)
400m 4Nages	<b>04'27"50</b>	BERRADA MORAD (91)	WAC	11/04/2011	DIJON (France)
Relais 4x50m Nage Libre	<b>01'43"53</b>	HAFDI YOUSSEF (86)-GUEROUANI ALAE (83) ZIDOUHIA MAHDI (80) - TOUMI AZIZ (81)	E.N	22/12/2001	CASABLANCA (Maroc)
Relais 4x100m Nage Libre	<b>03'27"42</b>	ZERAIDI ISSAM (92) - KOUAME AMINE (86) EL HAZZAZ MEHDI (91) - BERRADA MORAD (91)	E.N	20/12/2011	DOHA (Qatar)
Relais 4x200m Nage Libre	<b>07'55"24</b>	EL HAZZAZ MEHDI (91) - ZERAIDI ISSAM (91) KOUAME AMINE (86) - BERRADA MORAD (91)	E.N	15/09/2010	CASABLANCA (Maroc)
Relais 4x50m 4Nages	<b>01'54"46</b>	HAFDI YOUSSEF (86)-GUEROUANI ALAE (83) ZIDOUHIA MAHDI (80) - TOUMI AZIZ (81)	E.N	22/12/2001	CASABLANCA (Maroc)
Relais 4x100m 4Nages	<b>03'58"48</b>	KOUAME AMINE (86) - FAWZI AMINE (86) EL HAZZAZ MEHDI (91) - CHENNOUN NABIL (90)	E.N	18/09/2010	CASABLANCA (Maroc)

*Mise à jour du 29 Janvier 2012*

# TABLETTE DES PERFORMANCES

## \*\* JUNIORS FILLES \*\*

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage libre	<b>00'27"57</b>	MIRALI GHIZLANE (75)	USF	07/07/1993	FES (Maroc) - 50m
100m Nage libre	<b>00'59"19</b>	RAMOND HANNANE SHERAZADE (90)	WAC	25/05/2008	MASSY (France) - 50m
200m Nage libre	<b>02'08"12</b>	KARAKCHOU LILIA (92)	CNJ	18/12/2010	CHOLET (France) - 25m
400m Nage libre	<b>04'32"54</b>	KARAKCHOU LILIA (92)	CNJ	19/12/2010	CHOLET (France) - 25m
800m Nage libre	<b>09'14"57</b>	EL ABDI RANIA (94)	USCM	11/01/2012	MEKNES (Maroc) - 25m
1500m Nage libre	<b>17'37"87</b>	EL ABDI RANIA (94)	USCM	04/12/2011	KENITRA (Maroc) - 25m
50m Dos	<b>00'32"03</b>	BOULAAMANE IMANE (89)	CNJ	08/04/2006	SHANGAI (Chine) - 25m
100m Dos	<b>01'08"99</b>	BOULAAMANE IMANE (89)	CNJ	04/09/2006	DAKAR (Sénégal) - 50m
200m Dos	<b>02'26"82</b>	BOULAAMANE IMANE (89)	CNJ	15/04/2006	EL JADIDA (Maroc) - 25m
50m Brasse	<b>00'35"41</b>	LOUHAICHI FATINE (83)	RCA	22/04/1999	LE CAIRE (Egypte) - 50m
100m Brasse	<b>01'16"43</b>	EL BEKRI SARA (87)	RCA	10/04/2004	TETOUAN (Maroc) - 25m
200m Brasse	<b>02'43"02</b>	LOUHAICHI FATINE (83)	RCA	23/04/1999	LE CAIRE (Egypte) - 50m
50m Papillon	<b>00'29"01</b>	RAMOND HANNANE SHERAZADE (90)	WAC	31/07/2009	ROME (Italie) - 50m
100m Papillon	<b>01'03"44</b>	RAMOND HANNANE SHERAZADE (90)	WAC	21/12/2008	PARIS (France) - 25m
200m Papillon	<b>02'21"00</b>	RAMOND HANNANE SHERAZADE (90)	WAC	24/07/2008	CASABLANCA (Maroc) - 50m
100m 4Nages	<b>01'08"20</b>	HEMIM ILHAM (82)	WAC	23/04/1999	LE CAIRE (Egypte) - 50m
200m 4Nages	<b>02'30"12</b>	HEMIM ILHAM (82)	WAC	21/04/1999	LE CAIRE (Egypte) - 50m
400m 4Nages	<b>05'14"87</b>	IAZ NADIA (78)	WAC	12/02/1994	France
Relais 4x50m Nage Libre	<b>02'21"86</b>	TAREK MERIEM (87) - EL MARHAR MERIEM (86) KHALIL RKIA (87) - MAHMOUN RHITA (87)	WAC	02/03/2003	CASABLANCA (Maroc) - 50m
Relais 4x100m Nage Libre	<b>04'20"70</b>	CHBIHI NOUFISSA (90) - EL BOUKHARI GHITA (89) BOULAAMANE IMANE (89) - RAMOND HANNANE SHERAZADE (90)	E.N	04/08/2007	CASABLANCA (Maroc) - 50m
Relais 4x200m Nage Libre	<b>09'09"40</b>	CHBIHI NOUFISSA (90) - BOULAAMANE IMANE (89) EL BOUKHARI GHITA (89) - RAMOND HANNANE SHERAZADE (90)	E.N	02/08/2007	CASABLANCA (Maroc) - 50m
Relais 4x50m 4Nages	<b>02'24"41</b>	HADDANE SARA (86) - BELARBI LAILA (87) KASSI HOUDA (86) - BENMASSAOUD FATIMA ZOHRA (87)	USCM	29/02/2004	RABAT (Maroc) - 50m
Relais 4x100m 4Nages	<b>05'20"08</b>	MELYANI HASNAA SORAYA (86) - EL MEGALI SARA (85) RIZK HIBA (85) - CHERKAOUI HAJAR (86)	E.N	26/04/2002	ALGER (Algerie) - 50m

*Mise à jour du 15 Janvier 2012*

## TABLETTE DES PERFORMANCES

### \*\* JUNIORS GARÇONS \*\*

<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"51</b>	ACHELHI BILAL (92)	CODM	10/04/2011	MEKNES (Maroc) - 25m
100m Nage libre	<b>00'51"95</b>	ACHELHI BILAL (92)	CODM	08/04/2011	MEKNES (Maroc) - 25m
200m Nage libre	<b>01'52"64</b>	JORDAN YAMINE (91)	WAC	18/02/2010	TORONTO (Canada) - 25m
400m Nage libre	<b>03'59"16</b>	BERRADA MORAD (91)	WAC	15/11/2009	MONTPELLIER (France) - 25m
800m Nage libre	<b>08'36"61</b>	JORDAN YAMINE (91)	WAC	20/02/2010	TORONTO (Canada) - 25m
1500m Nage libre	<b>16'17"10</b>	JORDAN YAMINE (91)	WAC	20/02/2010	TORONTO (Canada) - 25m
50m Dos	<b>00'27"05</b>	ZERAIDI ISSAM (92)	ASFAR	21/11/2010	WACHTEBEKE (Belgique) - 25m
100m Dos	<b>00'58"17</b>	ACHELHI BILAL (92)	CODM	18/12/2010	ANNONAY (France) - 25m
200m Dos	<b>02'06"84</b>	ACHELHI BILAL (92)	CODM	14/11/2010	SEYNOD (France) - 25m
50m Brasse	<b>00'30"73</b>	CHAARI ZAKARIA (92)	CODM	07/04/2011	MEKNES (Maroc) - 25m
100m Brasse	<b>01'07"37</b>	CHAARI ZAKARIA (92)	CODM	09/04/2011	MEKNES (Maroc) - 25m
200m Brasse	<b>02'28"24</b>	HAFDI YOUSSEF (86)	CNJ	13/04/2003	EL JADIDA (Maroc) - 25m
50m Papillon	<b>00'24"98</b>	ACHELHI BILAL (92)	CODM	10/04/2011	MEKNES (Maroc)
100m Papillon	<b>00'56"30</b>	ACHELHI BILAL (92)	CODM	07/04/2011	MEKNES (Maroc) - 25m
200m Papillon	<b>02'10"01</b>	EL HAZZAZ MEHDI (91)	WAC	02/04/2010	MEKNES (Maroc) - 25m
100m 4Nages	<b>00'59"15</b>	ZERAIDI ISSAM (92)	ASFAR	27/12/2009	LAOKEN (Belgique) - 25m
200m 4Nages	<b>02'08"28</b>	BERRADA MORAD (91)	WAC	22/04/2010	RENNES (France) - 50m
400m 4Nages	<b>04'26"35</b>	BERRADA MORAD (91)	WAC	05/12/2009	CHARTRES (France) - 25m
Relais 4x50m Nage Libre	<b>01'55"13</b>	DIDOUH ABDELKADER (87) - EL KASRI MEHDI (87) BENYAKOUB Med MOUAD (87) - MHAMDI TAYEB (87)	CNJ	29/02/2004	RABAT (Maroc) - 50m
Relais 4x100m Nage Libre	<b>03'52"27</b>	ERROUGANI MEHDI (90) - ATEMNI MEHDI (89) LAARAICHI SOUFIAN (90) - SAHLI TAHA (90)	E.N	03/08/2007	CASABLANCA (Maroc) - 50m
Relais 4x200m Nage Libre	<b>08'51"06</b>	EL HAOUAT MOHAMED (86) - SAIDI OMAR (85) MGHARI YOUSSEF (85) - KOUAME AMINE (86)	USF	31/07/2003	CASABLANCA (Maroc) - 50m
Relais 4x50m 4Nages	<b>02'00"60</b>	BENJGHAOUI OTMANE (85) - EL RHARRHRI ABDELGHAFOUR (85) EL MENOUNI MEHDI (85) - EL QUEBRITI ABDELMOUGHITE (85)	CODM	09/03/2003	CASABLANCA (Maroc) - 50m
Relais 4x100m 4Nages	<b>04'20"65</b>	ERROUGANI MEHDI (90) - SAHLI TAHA (90) SLAOUI MEHDI (90) - LAARAICHI SOUFIAN (90)	E.N	05/08/2007	CASABLANCA (Maroc) - 50m

*Mise à jour du 15 Janvier 2012*

# TABLETTE DES PERFORMANCES

## \*\* CADETTES \*\*

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage libre	<b>00'27"17</b>	EL BANAR MARWA (95)	ADM	15/01/2012	MARRAKECH (Maroc) - 25m
100m Nage libre	<b>00'59"91</b>	KARRAKCHOU LILIA (92)	CNJ	17/08/2009	AMMAN (Jordanie) - 50m
200m Nage libre	<b>02'07"78</b>	EL ABDI RANIA (94)	USCM	09/04/2011	MEKNES (Maroc) - 25m
400m Nage libre	<b>04'28"24</b>	EL ABDI RANIA (94)	USCM	07/04/2011	MEKNES (Maroc) - 25m
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>00'32"14</b>	BOUKILI SARA (95)	TSC	24/11/2011	TRONDHEIM (Norvege) - 25m
100m Dos	<b>01'08"85</b>	BOULAAMANE IMANE (89)	CNJ	29/03/2009	TETOUAN (Maroc) - 25m
200m Dos	<b>02'25"62</b>	BOULAAMANE IMANE (89)	CNJ	08/04/2005	TETOUAN (Maroc) - 25m
50m Brasse	<b>00'35"78</b>	LOUHAICHI FATINE (83)	RCA	16/08/1998	AMMAN (Jordanie) - 50m
100m Brasse	<b>01'17"09</b>	LOUHAICHI FATINE (83)	RCA	30/06/1996	RABAT (Maroc) - 25m
200m Brasse	<b>02'46"50</b>	LOUHAICHI FATINE (83)	RCA	13/08/1998	AMMAN (Jordanie) - 50m
50m Papillon	<b>00'29"56</b>	KARRAKCHOU LILIA (92)	CNJ	11/07/2009	CASABLANCA (Maroc) - 50m
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>01'10"11</b>	BOUKILI SARA (95)	TSC	24/11/2011	TRONDHEIM (Norvege) - 25m
200m 4Nages	<b>02'29"24</b>	CHBIHI NOUFISSA (90)	CODM	16/07/2006	RABAT (Maroc) - 25m
400m 4Nages	<b>05'19"44</b>	EL HAZZAZ ZINEB (93)	WAC	16/08/2009	AMMAN (Jordanie) - 50m
Relais 4x50m Nage Libre	<b>02'04"60</b>	EL HAZZAZ ZINEB (93) - BENJELLOUN CAMELIA (91) AGOUZOUL ZINEB (93) - BELHAJ ZINEB (92)	WAC	14/06/2008	CASABLANCA (Maroc) - 50m
Relais 4x100m Nage Libre	<b>04'14"91</b>	EL ABDI RANIA (94) - EL ABDI RIM (94) MAHFOUD LINA (95) - ASSOUB GHITA (95)	USCM	07/04/2011	MEKNES (Maroc) - 25m
Relais 4x200m Nage Libre	<b>09'34"99</b>	ASSOUB GHITA (95) - EL ABDI RIM (94) MAHFOUD LINA (95) - EL ABDI RANIA (94)	USCM	10/04/2011	MEKNES (Maroc) - 25m
Relais 4x50m 4Nages	<b>02'25"12</b>	BAYED SOUKAINA (88) - BELARBI LAILA (87) GHALMI ALAA (89) - BENMASSAOUD FATIMA ZOHRA (87)	USCM	10/03/2002	CASABLANCA (Maroc) - 50m
Relais 4x100m 4Nages	<b>04'57"41</b>	LOUHAICHI FATINE (83)- HEMIM ILHAM (82) EL BEKRI SARA (87) - MASSAOUDI MERIEM (82)	E.N	18/08/1996	AMMAN (Jordanie) - 50m

*Mise à jour du 15 Janvier 2012*

# TABLETTE DES PERFORMANCES

## \*\* CADETS \*\*

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage libre	<b>00'24"06</b>	ZERAIDI MEHDI (94)	AS.FAR	30/10/2011	MONS (Belgique)-25m
100m Nage libre	<b>00'52"64</b>	ZERAIDI MEHDI (94)	AS.FAR	19/11/2011	WACHTEBEKE (Belgique) - 25m
200m Nage libre	<b>01'55"57</b>	MOHAMEDEEN ABDERRAHMANE (94)	AS.FAR	19/12/2010	CHOLET (France) - 25m
400m Nage libre	<b>04'05"36</b>	ACHELHI BILAL (92)	WAC	16/03/2008	AIX-LES-BAINS (France) - 50m
800m Nage libre	<b>08'39"21</b>	JORDAN YAMINE (91)	WAC	23/11/2007	MONTPELIER (France) - 25m
1500m Nage libre	<b>16'28"12</b>	JORDAN YAMINE (91)	WAC	22/12/2007	AIX-LES-BAINS (France) - 25m
50m Dos	<b>00'28"19</b>	ACHELHI BILAL (92)	WAC	17/08/2009	AMMAN (Jordanie) - 50m
100m Dos	<b>00'59"49</b>	ACHELHI BILAL (92)	WAC	26/07/2009	ROME (Italie) - 50m
200m Dos	<b>02'07"51</b>	ACHELHI BILAL (92)	WAC	23/12/2007	AIX-LES-BAINS (France) - 25m
50m Brasse	<b>00'31"70</b>	EL HAJOUI AMINE	KACM	28/08/1999	MARRAKECH (Maroc) - 50m
100m Brasse	<b>01'08"77</b>	FAJRI SADDAM	RCA	06/07/2008	RABAT (Maroc) -25m
200m Brasse	<b>02'29"85</b>	JORDAN YAMINE (91)	WAC	08/12/2007	SAINT-ÉTIENNE (France) - 25m
50m Papillon	<b>00'25"84</b>	ACHELHI BILAL (92)	WAC	30/06/2009	ROME (Italie) - 50m
100m Papillon	<b>00'58"52</b>	ZERAIDI MEHDI (94)	AS.FAR	20/11/2011	WACHTEBEKE (Belgique) - 25m
200m Papillon	<b>02'11"17</b>	ACHELHI BILAL (92)	WAC	16/03/2008	AIX-LES-BAINS (France) - 50m
100m 4Nages	<b>01'01"67</b>	HAFDI YOUSSEF (86)	CNJ	13/04/2002	EL JADIDA (Maroc) - 25m
200m 4Nages	<b>02'11"73</b>	JORDAN YAMINE (91)	WAC	11/04/2008	MANCHESTER (Angletaire) - 25m
400m 4Nages	<b>04'39"35</b>	JORDAN YAMINE (91)	WAC	10/04/2008	MANCHESTER (Angletaire) - 25m
Relais 4x50m Nage Libre	<b>01'47"10</b>	IBANI WADIE (94) - TAHIRI AYOUB (95) ARIGUI SALAHEDDINE (94) - MOHAMEDEEN ABDERRAHMANE (94)	AS.FAR	15/07/2011	CASABLANCA (Maroc) - 50m
Relais 4x100m Nage Libre	<b>03'43"86</b>	MOHAMEDEEN ABDERRAHMANE (94) - BOULAAMANE KHALIL (95) BETTAHI NOUAMANE (94) - ZERAIDI MEHDI (94)	E.N	16/08/2011	LIMA (PEROU) - 50m
Relais 4x200m Nage Libre	<b>08'17"64</b>	BETTAHI NOUAMANE (94) - ZERAIDI MEHDI (94) BOULAAMANE KHALIL (95) - MOHAMEDDEN ABDERRAHMANE (94)	E.N	19/08/2011	LIMA (PEROU) - 50m
Relais 4x50m 4Nages	<b>02'02"43</b>	IBANI WADIE (94) - TAHIRI AYOUB (95) ARIGUI SALAHEDDINE (94) - MOHAMEDEEN ABDERRAHMANE (94)	AS.FAR	17/07/2011	CASABLANCA (Maroc) - 50m
Relais 4x100m 4Nages	<b>04'09"61</b>	BENAMAR OTHMANE (92) - FAJRI SADDAM (91) EL HOUR REDA (91) - METELLA MEHDI ABDELHAFID (92)	E.N	05/08/2007	CASABLANCA (Maroc) - 50m

*Mise à jour du 15 Janvier 2012*

## TABLETTE DES PERFORMANCES

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

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	<b>00'28"82</b>	KARRAKCHOU LILIA (92)	CNJ	14/04/2006	EL JADIDA (Maroc) - 25m
100m Nage libre	<b>01'01"51</b>	EL BANAR MARWA (95)	ADM	04/07/2010	RABAT (Maroc) - 25m
200m Nage libre	<b>02'11"87</b>	CHBIHI NOUFISSA (90)	CODM	31/07/2004	CASABLANCA (Maroc) - 50m
400m Nage libre	<b>04'34"78</b>	CHBIHI NOUFISSA (90)	CODM	31/07/2004	CASABLANCA (Maroc) - 50m
800m Nage libre	<b>09'30"82</b>	CHBIHI NOUFISSA (90)	CODM	10/04/2004	TETOUAN (Maroc) - 25m
1500m Nage libre	<b>18'51"28</b>	LYAGOUBI KENZA (94)	CNJ	29/03/2009	TETOUAN (Maroc) - 25m
50m Dos	<b>00'33"94</b>	BOUZAROUATA SARAH SAFAE (93)	USF	03/08/2007	CASABLANCA (Maroc) - 50m
100m Dos	<b>01'10"57</b>	EL HAZZAZ ZINEB (93)	WAC	06/07/2008	RABAT (Maroc) - 25m
200m Dos	<b>02'31"26</b>	LYAGOUBI KENZA (94)	CNJ	18/08/2009	AMMAN (Maroc) - 50m
50m Brasse	<b>00'35"20</b>	EL BEKRI SARA (87)	WAC	02/04/2000	EL JADIDA (Maroc) - 25m
100m Brasse	<b>01'15"70</b>	EL BEKRI SARA (87)	WAC	01/04/2000	EL JADIDA (Maroc) - 25m
200m Brasse	<b>02'45"60</b>	EL BEKRI SARA (87)	WAC	12/08/2000	TUNIS (Tunis) - 50m
50m Papillon	<b>00'31"23</b>	EL BANAR MARWA (95)	ADM	15/07/2010	CASABLANCA (Maroc) - 50m
100m Papillon	<b>01'08"41</b>	KARRAKCHOU LILIA (92)	CNJ	27/07/2006	CASABLANCA (Maroc) - 50m
200m Papillon	<b>02'31"23</b>	CHBIHI NOUFISSA (90)	CODM	29/07/2004	CASABLANCA (Maroc) - 50m
100m 4Nages	<b>01'12"97</b>	EL BANAR MARWA (95)	ADM	28/02/2010	EL JADIDA (Maroc) - 25m
200m 4Nages	<b>02'30"74</b>	EL BANAR MARWA (95)	ADM	04/07/2010	RABAT (Maroc) - 25m
400m 4Nages	<b>05'29"75</b>	CHBIHI NOUFISSA (90)	CODM	01/08/2003	CASABLANCA (Maroc) - 50m
Relais 4x50m Nage Libre	<b>02'08"11</b>	OUSSI IKRAM (95) - FIRAS YOUSRA (96) FIRAS SOFIA (95) - EL BANAR MARWA (95)	ADM	24/01/2010	CASABLANCA (Maroc) - 50m
Relais 4x100m Nage libre	<b>04'26"34</b>	BOUZAROUATA SARAH SAFAE (93) - KROUM HOUDA (93) EL ABDI RANIA (94) - AGOUZOUL ZINEB (93)	E.N	04/08/2007	CASABLANCA (Maroc) - 50m
Relais 4x200m Nage libre	<b>09'55"66</b>	SALEK FADWA (97)- EL MASNAOUI NARJISE (97) BENKASSAOUI LEILA (97) - EL MASNAOUI YASMINE (97)	USCM	10/04/2011	MEKNES (Maroc) - 25m
Relais 4x50m 4Nages	<b>02'24"30</b>	EL BANAR MARWA (95) - FIRAS SOFIA (95) FIRAS YOUSRA (96) - OUSSI IKRAM (95)	ADM	27/06/2010	CASABLANCA (Maroc) - 50m
Relais 4x100m 4Nages	<b>05'05"43</b>	LAISSAOUI KENZA (97) - BENBATI FATIMA ZAHRA (97) FIRAS YOUSRA (96) - ANIK MYRIAM (97)	E.N	26/09/2011	ALGER (Algerie) - 50m

Mise a jour du 15 Janvier 2012

## TABLETTE DES PERFORMANCES

### \*\* MINIMES GARÇONS \*\*

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	<b>00'25"27</b>	MOHAMEDEEN ABDERRAHMANE (94)	USM	19/08/2009	AMMAN (Jordanie) -50m
100m Nage libre	<b>00'54"73</b>	MOHAMEDEEN ABDERRAHMANE (94)	USM	17/08/2009	AMMAN (Jordanie) -50m
200m Nage libre	<b>02'00"86</b>	MOHAMEDEEN ABDERRAHMANE (94)	USM	16/08/2009	AMMAN (Jordanie) -50m
400m Nage libre	<b>04'19"14</b>	MOHAMEDEEN ABDERRAHMANE (94)	USM	17/08/2009	AMMAN (Jordanie) -50m
800m Nage libre	<b>09'07"09</b>	LAHRICHI DRISS (97)	ADM	01/01/2012	KENITRA (Maroc) - 25m
1500m Nage libre	<b>17'32"27</b>	LAHRICHI DRISS (97)	ADM	15/01/2012	MARRAKECH (Maroc) - 25m
50m Dos	<b>00'29"68</b>	LAHRICHI DRISS (97)	ADM	15/01/2012	MARRAKECH (Maroc) - 25m
100m Dos	<b>01'03"88</b>	LAHRICHI DRISS (97)	ADM	15/01/2012	MARRAKECH (Maroc) - 25m
200m Dos	<b>02'13"87</b>	BOULAAMANE KHALIL (95)	CNJ	04/07/2010	RABAT (Maroc) -25m
50m Brasse	<b>00'34"47</b>	BENDOUDOUCHE AMINE (93)	WAC	28/07/2008	LE CAIRE (Egypte) -50m
100m Brasse	<b>01'15"54</b>	SAHLI TAHA (90)	CODM	10/04/2004	TETOUAN (Maroc) -25m
200m Brasse	<b>02'39"27</b>	BOULAAMANE KHALIL (95)	CNJ	25/07/2010	CASABLANCA (Maroc) -50m
50m Papillon	<b>00'26"89</b>	MOHAMEDEEN ABDERRAHMANE (94)	USM	18/08/2009	AMMAN (Jordanie) -50m
100m Papillon	<b>01'02"89</b>	METELLA MEHDY (92)	WAC	29/07/2006	CASABLANCA (Maroc) -50m
200m Papillon	<b>02'21"13</b>	RIHANI AMINE (97)	USF	15/01/2012	MEKNES (Maroc) -25m
100m 4Nages	<b>01'06"22</b>	BOUCHEFRA FAYÇAL	USCM	21/04/1999	LE CAIRE (Egypte) -50m
200m 4Nages	<b>02'19"52</b>	BOULAAMANE KHALIL (95)	CNJ	22/07/2010	CASABLANCA (Maroc) -50m
400m 4Nages	<b>04'55"82</b>	BOULAAMANE KHALIL (95)	CNJ	24/07/2010	CASABLANCA (Maroc) -50m
Relais 4x50m Nage Libre	<b>02'00"47</b>	LARAICHI Med OUSSAMA (88)- BENLAMLIH MEHDI (88) CHERKAOUI AHMED (88)- BENABDELKHALEK JAD (88)	CNJ	03/03/2002	RABAT (Maroc) -50m
Relais 4x100m Nage libre	<b>04'08"59</b>	BOULAAMANE KHALIL (95)- HAFDI Med AMINE (94) LAABIRI OTMANE (94)- IBANI WADIE (94)	CNJ	11/07/2009	CASABLANCA (Maroc) -50m
Relais 4x200m Nage libre	<b>09'04"30</b>	IBANI WADIE (94) - HAFDI Med AMINE (94) LAABIRI OTMANE (94)- BOULAAMANE KHALIL (95)	CNJ	09/07/2009	CASABLANCA (Maroc) -50m
Relais 4x50m 4Nages	<b>02'20"78</b>	CHERKAOUI AHMED (88)- BENLAMLIH MEHDI (88) LARAICHI Med OUSSAMA (88)- KOURIMAT HAMZA (88)	CNJ	31/03/2002	CASABLANCA (Maroc) -50m
Relais 4x100m 4Nages	<b>04'36"26</b>	METELLA MEHDY (92)-BENDOUDOUCHE AMINE (93) TADLAOUI REDA (92)- ACHELHI BILAL (92)	WAC	30/07/2006	CASABLANCA (Maroc) -50m

Mise a jour du 15 Janvier 2012

# TABLETTE DES PERFORMANCES

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

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	<b>00'29"98</b>	EL BANAR MARWA (95)	ADM	30/07/2008	LE CAIRE (Egypte) - 50m
100m Nage libre	<b>01'03"52</b>	BOUTOUIL YASMEEN (98)	USCM	09/07/2011	MEKNES (Maroc) - 25m
200m Nage libre	<b>02'25"88</b>	EL BANAR MARWA (95)	ADM	25/05/2008	RABAT (Maroc) - 50m
400m Nage libre	<b>04'54"47</b>	EL BANAR MARWA (95)	ADM	13/07/2008	RABAT (Maroc) - 25m
800m Nage libre	<b>10'33"85</b>	EL BANAR MARWA (95)	ADM	05/04/2008	CASABLANCA (Maroc) - 50m
1500m Nage libre	<b>19'52"75</b>	EL BANAR MARWA (95)	ADM	25/05/2008	RABAT (Maroc) - 50m
50m Dos	<b>00'36"00</b>	OUAZZANI CHAHDI SANAE (97)	CNJ	29/03/2009	TETOUAN (Maroc) - 25m
100m Dos	<b>01'09"96</b>	BOUTOUIL YASMEEN (98)	USCM	09/07/2011	MEKNES (Maroc) - 25m
200m Dos	<b>02'43"12</b>	BOULAAMANE IMANE (97)	CNJ	08/04/2000	TETOUAN (Maroc) - 25m
50m Brasse	<b>00'38"43</b>	ABZI YOUSRA (96)	MAS	17/07/2009	FES (Maroc) - 50m
100m Brasse	<b>01'23"03</b>	TALOUKA OUMAIMA (95)	CODM	13/07/2008	RABAT (Maroc) - 25m
200m Brasse	<b>03'05"73</b>	MARHFOUR HAJAR (95)	CNJ	11/05/2008	CASABLANCA (Maroc) - 50m
50m Papillon	<b>00'31"90</b>	EL BANAR MARWA (95)	ADM	25/05/2008	RABAT (Maroc) - 50m
100m Papillon	<b>01'13"58</b>	EL BANAR MARWA (95)	ADM	21/06/2008	CASABLANCA (Maroc) - 50m
200m Papillon	<b>02'51"89</b>	EL BANAR MARWA (95)	ADM	02/03/2008	CASABLANCA (Maroc) - 50m
100m 4Nages	<b>01'16"26</b>	MARHFOUR HAJAR (95)	CNJ	13/07/2008	RABAT (Maroc) - 25m
200m 4Nages	<b>02'38"78</b>	EL BANAR MARWA (95)	ADM	13/07/2008	RABAT (Maroc) - 25m
400m 4Nages	<b>05'48"77</b>	EL BANAR MARWA (95)	ADM	25/05/2008	RABAT (Maroc) - 50m
Relais 4x50m Nage libre	<b>02'04"83</b>	SALEK HOUDA (97) - EL MASNAOUI NARJISE (97) SALEK FADWA (97) - EL MASNAOUI YASMINE (97)	USCM	11/07/2010	MEKNES (Maroc) - 25m
Relais 4x100m Nage libre	<b>04'38"98</b>	OUSSI IKRAM (95) - FIRAS YOUSRA (96) FIRAS SOFIA (95) - EL BANAR MARWA (95)	ADM	13/07/2008	RABAT (Maroc) - 25m
Relais 4x50m 4Nages	<b>02'21"25</b>	EL MASNAOUI NARJISE (97) - SALEK HOUDA (97) SALEK FADWA (97) - EL MASNAOUI YASMINE (97)	USCM	16/05/2010	KENITRA (Maroc) - 25m
Relais 4x100m 4Nages	<b>05'16"17</b>	FIRAS SOFIA (95) - HAMMIQUI HANANE (95) EL BANAR MARWA (95) - FIRAS YOUSRA (96)	ADM	13/07/2008	RABAT (Maroc) - 25m

Mise a jour du 11 décembre 2011

## TABLETTE DES PERFORMANCES

\*\* BENJAMINS \*\*

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	<b>00'28"59</b>	HAMMOUCHAN SOUHAIL (97)	CODM	31/07/2010	FES (Maroc) - 25m
100m Nage Libre	<b>01'02"47</b>	RIHANI AMINE (97)	USF	11/07/2010	MEKNES (Maroc) - 25m
200m Nage Libre	<b>02'21"98</b>	LARAICHI Med OUSSAMA (88)	CNJ	15/07/2000	FES (Maroc) - 50m
400m Nage Libre	<b>04'44"11</b>	LAHRICHI DRISS (97)	ADM	11/07/2011	MEKNES (Maroc) - 25m
50m Dos	<b>00'34"00</b>	HAMMOUCHAN SOUHAIL (97)	CODM	31/07/2010	FES (Maroc) - 25m
100m Dos	<b>01'11"01</b>	LAHRICHI DRISS (97)	ADM	11/07/2010	MEKNES (Maroc) - 25m
200m Dos	<b>02'36"82</b>	BOULAAMANE KHALIL (95)	CNJ	04/04/2008	CASABLANCA (Maroc) - 50m
50m Brasse	<b>00'37"01</b>	MOUMEN SAYF ANNASRE (97)	CND/ASS	01/08/2010	KENITRA (Maroc) - 25m
100m Brasse	<b>01'22"58</b>	SAFI NEDAL (95)	CODM	13/07/2008	RABAT (Maroc) - 25m
200m Brasse	<b>02'57"56</b>	SAFI NEDAL (95)	CODM	25/07/2008	CASABLANCA (Maroc) - 50m
50m Papillon	<b>00'31"09</b>	RIHANI AMINE (97)	USF	31/07/2010	FES (Maroc) - 25m
100m Papillon	<b>01'09"94</b>	RIHANI AMINE (97)	USF	11/07/2010	MEKNES (Maroc) - 25m
200m Papillon	<b>02'52"29</b>	BOULAAMANE KHALIL (95)	CNJ	09/03/2008	RABAT (Maroc) - 50m
100m 4Nages	<b>01'12"19</b>	LARAICHI Med OUSSAMA (88)	CNJ	13/07/2008	RABAT (Maroc) - 25m
200m 4Nages	<b>02'32"88</b>	BOULAAMANE KHALIL (95)	CNJ	13/07/2008	RABAT (Maroc) - 25m
400m Nage Libre	<b>05'30"23</b>	BOULAAMANE KHALIL (95)	CNJ	11/05/2008	RABAT (Maroc) - 50m
Relais 4x50m Nage Libre	<b>01'59"84</b>	REGRAGUI OMAR (97) - TERRAB EL HADI (97) FILALI BABA REDA (97) - RIHANI AMINE (97)	USF	11/07/2010	MEKNES (Maroc) - 25m
Relais 4x100m Nage libre	<b>04'26"93</b>	FILALI AZHARI MOHAMED YASSINE (95)- EL BALQUI ZIYAD (95) EZZOUAHRI HICHAM (95)- SAFI NEDAL (95)	CODM	13/07/2008	RABAT (Maroc) - 25m
Relais 4x50m 4Nages	<b>02'16"43</b>	CHOUROUKI AMINE (98) - MEJDOUBI LARBI (98) EL MOUSSAMI OTHMANE (99) - AYOUBI MEHDI (98)	CODM	09/07/2011	MEKNES (Maroc) - 25m
Relais 4x100m 4Nages	<b>04'56"97</b>	EZZOUAHRI HICHAM (95)- SAFI NEDAL (95) FILALI AZHARI MOHAMED YASSINE (95)- SABER SAID (95)	CODM	13/07/2008	RABAT (Maroc) - 25m

Mise a jour du 11 décembre 2011

# TABLETTE DES PERFORMANCES

## \*\* POUSSINES \*\*

Epreuves	Temps	Noms	Clubs	dates	lieux
50m Nage libre	<b>00'32"24</b>	OUAZZANI CHAHDI SANAE (97)	CNJ	18/05/2008	RABAT (Maroc) -25m
100m Nage libre	<b>01'18"52</b>	SANHAJI AMRANI MARIAM (86)	USCM	21/07/1996	CASABLANCA (Maroc) -50m
200m Nage libre	<b>02'33"57</b>	OUAZZANI CHAHDI SANAE (97)	CNJ	29/06/2008	CASABLANCA (Maroc) -50m
400m Nage libre					
50m Dos	<b>00'38"16</b>	REDA MOUNIA (00)	WAC	27/03/2011	EL JADIDA (Maroc) -25m
100m Dos	<b>01'39"34</b>	HAOUATI NADA (94)	USF	13/07/2003	CASABLANCA (Maroc) -50m
200m Dos	<b>03'15"41</b>	BOULAAMANE IMANE (89)	CNJ	07/08/1998	CASABLANCA (Maroc) -50m
50m Brasse	<b>00'40"68</b>	MAMDOUH KAOUTAR (91)	ADM	20/06/1999	CASABLANCA (Maroc) -50m
100m Brasse	<b>01'31"81</b>	EL BEKRI SARA (87)	WAC	19/07/1997	MEKNES (Maroc) -50m
200m Brasse	<b>03'40"90</b>	AIT BOULAGHSSOUL Wafa (90)	SYBAN	28/08/1999	MARRAKECH (Maroc) -50m
50m Papillon	<b>00'35"63</b>	IRAQUI HOUSSAINI DOUAE (97)	USF	18/05/2008	RABAT (Maroc) -25m
100m Papillon	<b>01'50"42</b>	CHBIHI NOUFISSA (90)	CODM	09/09/1999	CASABLANCA (Maroc) -50m
200m Papillon					
100m 4Nages	<b>01'20"64</b>	OUAZZANI CHAHDI SANAE (97)	CNJ	13/07/2008	RABAT (Maroc) -25m
200m 4Nages	<b>02'52"65</b>	DIOURI RIM (00)	CODM	09/07/2011	MEKNES (Maroc) -50m
400m 4Nages	<b>06'28"96</b>	BOULAAMANE IMANE (89)	CNJ	08/08/1998	CASABLANCA (Maroc) -50m
Relais 4x50m Nage Libre	<b>02'18"81</b>	SALEK HOUDA (97) - EL MASNAOUI NARJISS (97) SALEK FADWA (97) - EL MASNAOUI YASSMINE (97)	USCM	13/07/2008	RABAT (Maroc) -25m
Relais 4x50m 4Nages	<b>02'37"75</b>	ZAOUAL LAMIA (97) - LAMHATTAT ZINEB (98) OUAZZANI CHAHDI SANAE (97) - SALIH CHAIMAE (97)	CNJ	13/07/2008	RABAT (Maroc) -25m

Mise a jour du 11 décembre 2011

## TABLETTE DES PERFORMANCES

### \*\* POUSSINS \*\*

<u>EPREUVES</u>	<u>RECORDS</u>	<u>NOMS &amp; PRENOMS</u>	<u>CLUBS</u>	<u>DATES</u>	<u>LIEUX</u>
50m Nage Libre	<b>00'31"48</b>	HAMOUCHANE SAMI (00)	CODM	19/06/2011	FES (Maroc) -25m
100m Nage Libre	<b>01'10"97</b>	SAIDI HAMZA (91)	USF	05/08/2001	FES (Maroc) -50m
200m Nage Libre	<b>02'23"85</b>	HAMOUCHANE SAMI (00)	CODM	09/07/2011	MEKNES (Maroc) -25m
400m Nage Libre	<b>05'37"10</b>	SAIDI HAMZA (91)	USF	26/08/2001	MARRAKECH (Maroc) -50m
50m Dos	<b>00'35"86</b>	BOUTOUYL SAMI (00)	USCM	09/07/2011	MEKNES (Maroc) -25m
100m Dos	<b>01'28"02</b>	GAZARI NIZAR (93)	DHJ	31/07/2003	CASABLANCA (Maroc) -50m
200m Dos	<b>03'05"99</b>	GAZARI NIZAR (93)	DHJ	30/08/2003	MARRAKECH (Maroc) -50m
50m Brasse	<b>00'41"25</b>	BOUTOUYL SAMI (00)	USCM	09/07/2011	MEKNES (Maroc) -25m
100m Brasse	<b>01'32"36</b>	BADOUH SAMIR (77)	CODM	01/08/1987	CASABLANCA (Maroc) -50m
200m Brasse	<b>02'32"20</b>	MGHARI KHALIL (90)	USF	26/08/2000	MARRAKECH (Maroc) -50m
50m Papillon	<b>00'32"96</b>	RIHANI AMINE (97)	USF	18/05/2008	RABAT (Maroc) -25m
100m Papillon	<b>01'28"02</b>	GAZARI NIZAR (93)	DHJ	31/07/2003	CASABLANCA (Maroc) -50m
200m Papillon	<b>03'05"99</b>	GAZARI NIZAR (93)	DHJ	30/08/2003	MARRAKECH (Maroc) -50m
100m 4Nages	<b>01'23"57</b>	RIHANI AMINE (97)	USF	13/07/2008	RABAT (Maroc) -25m
200m 4Nages	<b>02'44"90</b>	BOUTOUYL SAMI (00)	USCM	09/07/2011	MEKNES (Maroc) -25m
400m Nage Libre	<b>06'32"29</b>	GAZARI NIZAR (93)	DHJ	02/08/2003	CASABLANCA (Maroc) -50m
Relais 4x50m Nage Libre	<b>02'12"08</b>	AZZAOUI MOSTAPHA (97) - AYOUBI MEHDI (98) BENMANSSOUR SOUHAIL (97) - HAMOUCHANE SOUHAIL (97)	CODM	13/07/2008	RABAT (Maroc) -25m
Relais 4x50m 4Nages	<b>02'30"63</b>	BOUTOUYL SAMI (00) - EL HADI Med SAAD (00) BENJELLOUN ACHRAF (00) - CHABADI YOUSSEF (00)	USCM	09/07/2011	MEKNES (Maroc) -25m

Mise a jour du 11 décembre 2011