

**Riyadh Swim League - Riyadh Saudi Arabia**  
**AAU Sanctioned**

**RECORDS National Record**

**SC Meters-Girls**

6 & U	25 Free	18.75	<b>18-Oct-02</b>	FALC	Grace Vertigans(FALC)
	50 Free	41.56	<b>7-Feb-13</b>	JPPT	Haya Abdulla(JPPT)
	100 Free	1:33.26	<b>7-Feb-13</b>	JPPT	Haya Abdulla(JPPT)
	200 Free	3:31.59	<b>26-Apr-14</b>	DYSL	Tiffany Murillo (DYSL)
	25 Back	22.72	<b>14-May-82</b>	STST	Laura Berta (STST)
	50 Back	52.36	<b>7-Mar-13</b>	JPGS	Haya Abdalla at BISJ Meet 7
	100 Back	1:52.39	<b>24-Apr-97</b>	DYSL	Sindhya Shoptaugh (DYSL)
	25 Breast	24.62	<b>18-Apr-86</b>	RAYT	Jennifer Short (RAYT)
	50 Breast	54.33	<b>2-May-15</b>	DYSL	Julianna Babbington(DYSL)
	100 Breast	1:56.90	<b>2-May-15</b>	DYSL	Julianna Babbington(DYSL)
	25 Fly	20.84	<b>13-Dec-12</b>	JPGS	Alya Musallam at JPGS - Sprint
	50 Fly	47.43	<b>24-Jan-13</b>	JPGS	Haya Abdulla (JPGS)
	100 Fly	1:56.54	<b>1-May-97</b>	DYSL	Sindhya Shoptaugh (DYSL)
	100 IM	1:46.92	<b>13-Dec-12</b>	JPGS	Haya Abdalla at JPGS - Sprint
	200 IM	3:56.89	<b>24-Apr-97</b>	DYSL	Sindhya Shoptaugh (DYSL)
	100 Free Relay	1:31.69	<b>23-May-15</b>	CENT	K.El Barodi, A.Majdoub,A.Leroy,R.Islam
	100 Medley Relay	1:40.91	<b>22-May-15</b>	CENT	Aya Majdoub, Talia Gouda, Rudayna Islam, Alice Leroy (CENT)
7-8	25 Free	15.41	<b>3-Nov-06</b>	KFSH	Christiana Sadsad (KFSH)
	50 Free	34.13	<b>30-Apr-16</b>	DYSL	Tiffany Murillo(DYSL)
	100 Free	1:14.55	<b>30-Apr-16</b>	DYSL	Tiffany Murillo(DYSL)
	200 Free	2:43.59	<b>26-Apr-24</b>	BARR	Leen Alhoushy at Spring 2024 Regionals
	400 Free	5:58.32	<b>13-Feb-16</b>	DYSL	Tiffany Murillo(DYSL)
	25 Back	18.17	<b>3-Nov-06</b>	KFSH	Christiana Sadsad (KFSH)
	50 Back	39.60	<b>3-Nov-06</b>	KFSH	Christiana Sadsad (KFSH)
	100 Back	1:27.55	<b>11-Oct-24</b>	KFSH	Lama Sobhi at FALL OCT 11 2024 #1 ABMR
	25 Breast	20.32	<b>12-Oct-06</b>	KFSH	Christiana Sadsad (KFSH)
	50 Breast	44.34	<b>13-Oct-06</b>	KFSH	Christiana Sadsad (KFSH)
	100 Breast	1:24.26	<b>10-Feb-18</b>	DYSL	Fatimah Noor Al-Sabbagh at Winter Warmer Meet
	25 Fly	17.38	<b>13-Oct-06</b>	KFSH	Christiana Sadsad (KFSH)
	50 Fly	38.31	<b>16-Apr-16</b>	DYSL	Tiffany Murillo(DYSL)
	100 Fly	1:29.06	<b>3-Nov-06</b>	KFSH	Christiana Sadsad (KFSH)
	100 IM	1:26.87	<b>8-Dec-06</b>	KFSH	Christiana Sadsad (KFSH)
	200 IM	3:12.28	<b>24-Nov-06</b>	KFSH	Christiana Sadsad (KFSH)
	100 Free Relay	1:10.08	<b>19-May-17</b>	CENT	Central Region Y.Rudayna,H. Salma, M.Aya, H. Nataly
	200 Free Relay	2:43.53	<b>25-Apr-02</b>	DYSL	L.Jones, N.Rizvi, N.Afifi, M.Thibault
	100 Medley Relay	1:17.96	<b>19-May-17</b>	CENT	Central Region M. Aya, S.Hussein, E.Kawtar, H.Nataly
	200 Medley Relay	3:10.43	* <b>8-Mar-19</b>	CENT- ZZ	Central
200 Medley Relay	3:10.43	* <b>8-Mar-19</b>	CENT- ZZ	Central	
200 Medley Relay	3:10.43	* <b>8-Mar-19</b>	CENT- ZZ	H. Zaro, L. Saadi, M. Ahmed, T. Dib Central	
9-10	25 Free	15.50	<b>4-Mar-23</b>	DYSL	Arianna Oshinowo
	50 Free	30.23	<b>22-May-26</b>	KFSH	Leen ElHoushy at Spring 2026 Regional
	100 Free	1:06.90	<b>4-May-18</b>	DYSL	Tiffany Murillo at AFSA National Championships 201
	200 Free	2:23.30	<b>4-May-18</b>	KFSH	Tiffany Murillo at AFSA National Championships 201
	400 Free	5:06.74	<b>31-Oct-25</b>	KFSH	Leen ElHoushy at RSL Fall 2025 Record Breaker
	25 Back	15.80	<b>20-Nov-08</b>	KFSH	Christiana Sadsad (KFSH)
	50 Back	33.76	<b>20-Nov-08</b>	KFSH	Christiana Sadsad (KFSH)
	100 Back	1:16.40	<b>7-Nov-08</b>	KFSH	Christiana Sadsad (KFSH)
	25 Breast	17.81	<b>21-Nov-08</b>	KFSH	Christiana Sadsad (KFSH)

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### RECORDS National Record

9-10	50 Breast	38.47	<b>30-May-08</b>	KFSH	Christiana Sadsad (KFSH)	
	100 Breast	1:22.88	<b>7-Nov-08</b>	KFSH	Christiana Sadsad (KFSH)	
	25 Fly	14.76	<b>1-Mar-24</b>	DYSL	Arianna Oshinowo at 2024 Community Championship	
	50 Fly	31.91	<b>18-Nov-23</b>	DYSL	Arianna Oshinowo at Show your speed Meet	
	100 Fly	1:12.57	<b>22-May-26</b>	KFSH	Leen ElHoushy at Spring 2026 Regional	
	100 IM	1:14.65	<b>4-May-18</b>	DYST	Tiffany Murillo at AFSA National Championships 2018-KSA	
	200 IM	2:45.20	<b>16-Oct-08</b>	KFSH	Christiana Sadsad (KFSH)	
	100 Free Relay	1:04.47	<b>26-Mar-98</b>	DYSL	A. Bergfield, F. Thompson, C. Renquist, W. Ksiazek	
	200 Free Relay	2:14.08	<b>29-May-98</b>	EAST	S. Karbach, S. J. Nolan, C. Renquist, W. Ksiazek	
	400 Free Relay	5:10.61	<b>9-Dec-17</b>	DYSL	Julianna Babbington, Varvara Alexeyenko, Orla Meehan & Tiffany	
	100 Medley Relay	1:13.53	<b>29-Nov-90</b>	CSST	S. Game, H. Rimmer, V. Jabbour, I. Karasek	
	200 Medley Relay	2:30.13	<b>28-May-98</b>	EAST	K. Kersavage, SJ Nolan, W. Ksiazek, S. Karbach	
11-12	25 Free	13.19	<b>8-Oct-10</b>	KFSH	Christiana Sadsad (KFSH)	
	50 Free	28.35	<b>22-May-26</b>	BARR	Laila Khalifa at Spring 2026 Regional	
	100 Free	1:01.85	<b>22-May-26</b>	BARR	Laila Khalifa at Spring 2026 Regional	
	200 Free	2:15.64	<b>6-Mar-26</b>	BARR	Laila Khalifa at SPRING 2026 #2 BARR	
	400 Free	4:45.97	<b>30-May-96</b>	RTSC	Margaret Jones (RTSC)	
	800 Free	9:58.14	<b>5-Dec-85</b>	STST	Mary Rhodes (STST)	
	1500 Free	19:33.20	<b>14-Mar-15</b>	DYSL	Laura Solano-Florez (DYSL)	
	25 Back	14.60	<b>8-Oct-10</b>	KFSH	Christiana Sadsad (KFSH)	
	50 Back	31.49	<b>22-Oct-10</b>	KFSH	Christiana Sadsad (KFSH)	
	100 Back	1:09.59	<b>26-May-11</b>	KHBR	Jamilla Reyes (KHBR)	
	200 Back	2:33.09	<b>16-May-25</b>	DYSL	Lina Knowles at 2025 Nationals Championship NQT	
	25 Breast	16.27	<b>29-Nov-13</b>	AYST	Imane El Barodi (AYST)	
	50 Breast	35.77	<b>15-Nov-13</b>	AYST	Imane El Barodi (AYST)	
	100 Breast	1:18.30	<b>19-Mar-10</b>	KFSH	Shaikha Al Saud (KFSH)	
	200 Breast	2:51.03	<b>12-Oct-95</b>	RTSC	Emily Greene (RTSC)	
	25 Fly	13.88	<b>8-Oct-10</b>	KFSH	Christiana Sadsad (KFSH)	
	50 Fly	31.07	<b>22-May-26</b>	BARR	Nourieal ElDamanhoury at Spring 2026 Regional	
	100 Fly	1:08.76	<b>1-Dec-17</b>	BWST	Nelly Karim at WRESL Swim Meet 3	
	200 Fly	2:32.34	<b>1-Dec-17</b>	BWST	Nelly Karim at WRESL Swim Meet 3	
	100 IM	1:12.62	<b>6-Dec-85</b>	STST	Mary Rhodes (STST)	
	200 IM	2:32.95	<b>22-May-26</b>	BARR	Laila Khalifa at Spring 2026 Regional	
	400 IM	5:24.81	<b>31-May-96</b>	RTSC	Margaret Jones (RTSC)	
	100 Free Relay	56.99	<b>13-Feb-26</b>	BARR	I. Jackson, N. ElDamanhoury, T. Hassanein, L. Khal	
	200 Free Relay	2:01.77	<b>16-May-25</b>	CENTR	central riyadh A. Shalaby, I. Jackson, G. ALMUDENA , L. Khalifa	
	400 Free Relay	4:35.28	<b>31-Oct-25</b>	BARR	I. Jackson, L. Salama, T. Hassanein, D. Amr AbdelAal	
	100 Medley Relay	1:03.75	<b>13-Feb-26</b>	BARR	I. Jackson, N. ElDamanhoury, T. Hassanein, L. Khal	
	200 Medley Relay	2:15.48	<b>22-May-15</b>	CENT	A.Senneff, M.Khalil, Z.Abu Salem, V.Quintero	
	400 Medley Relay	5:12.66	<b>27-Apr-06</b>	DYSL	R. Sung, G. Daoud, A. Erickson, L. Jones	
	13-14	25 Free	12.96	<b>18-Nov-11</b>	KFSH	Christiana Sadsad(KFSH)
		50 Free	27.71	<b>27-May-04</b>	RTSC	Chevonne Horvath (RTSC)
		100 Free	1:00.14	<b>30-Nov-12</b>	KFSH	Christiana Sadsad( KFSH)
		200 Free	2:11.73	<b>13-Feb-26</b>	FALC	Rokia Magdy at SPRING 2026 #1 FALC
400 Free		4:40.17	<b>14-Feb-25</b>	FALC	FARIDA Esmat at SPRING 2025 #1 FALC	
800 Free		9:39.46	<b>2-Apr-98</b>	RTSC	Margaret Jones (RTSC)	
1500 Free		18:44.95	<b>22-Feb-16</b>	DYSL	Laura Solano-Florez(DYSL)	
25 Back		14.56	<b>28-Oct-11</b>	KFSH	Christiana Sadsad(KFSH)	
50 Back		30.03	<b>2-Dec-11</b>	KFSH	Christiana Sadsad (KFSH)	
100 Back		1:06.45	<b>2-Dec-11</b>	KFSH	Christiana Sadsad(KFSH)	

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13-14	200 Back	2:28.24	<b>14-May-98</b>	RTSC	Margaret Jones (RTSC)
	25 Breast	15.74	<b>27-Nov-15</b>	AYST	Imane El Barodi(AYST)
	50 Breast	34.59	<b>27-Nov-15</b>	AYST	Imane El Barodi(AYST)
	100 Breast	1:15.61	<b>30-Mar-12</b>	KFSH	Shaikha Al Saud(KFSH)
	200 Breast	2:39.71	<b>3-Jun-22</b>	ORCAS- ZZ	Lotta Schultze at RSL 2022 Spring Regional Championships
	25 Fly	13.78	<b>27-Nov-15</b>	AYST	Imane El Barodi(AYST)
	50 Fly	29.97	<b>24-Apr-08</b>	RTSC	Brittney Jansen (RTSC)
	100 Fly	1:07.79	<b>12-Dec-25</b>	BIST	Skye Dickson at Fall 2025 RSL Citywide
	200 Fly	2:29.80	<b>5-May-23</b>	AYST	Kawtar L. El Barodi at Spring 2023 Regional championships
	100 IM	1:11.47	<b>7-Oct-23</b>	DYSL	Hannah Fischer at Catch Me If You Can
	200 IM	2:29.02	<b>3-Jun-22</b>	ORCAS	Lotta Schultze at RSL 2022 Spring Regional Championships
	400 IM	5:13.09	<b>15-May-98</b>	RTSC	Margaret Jones (RTSC)
	100 Free Relay	59.95	<b>25-Nov-99</b>	CSST	A.Martin, J.Gibson, E.Pronker, D.Al-Zaharna
	200 Free Relay	1:57.38	<b>19-May-17</b>	WEST	Western Region E.Lana, T. Marinella, A Salma, F. Natasha
	400 Free Relay	4:22.43	<b>17-Apr-08</b>	DYSL	A. Erickson, M. Kearley, G. Daoud, L.Jones
	100 Medley Relay	1:06.44	<b>25-Nov-99</b>	CSST	A. Martin, J. Gibson, E. Pronker, D. Al-Zaharna
	200 Medley Relay	2:12.43	<b>19-May-17</b>	WEST	Western Region F.Natasha, E.Lana,A.Salma, E.Melek
	400 Medley Relay	4:55.98	<b>25-Nov-22</b>	CEN	Central Team A. Majdoub, K. El Barodi, S. Elkemary, M. Rak
15-16	25 Free	12.28	<b>19-May-17</b>	KFSH	Imane El Barodi at Jeddah National Championship 2017
	50 Free	27.16	<b>19-May-17</b>	KFSH	Imane El Barodi at Jeddah National Championship 2017
	100 Free	59.80	<b>10-Oct-25</b>	AYST	Kawtar L. El Barodi at FALL 2025#1 KFSH
	200 Free	2:09.83	<b>16-May-25</b>	WST	Shahd El Baz at 2025 Nationals Championship NQT
	400 Free	4:37.63	<b>16-May-25</b>	WST	Shahd El Baz at 2025 Nationals Championship NQT
	800 Free	9:51.27	<b>18-Apr-15</b>	KHBR	Jamila Reyes(KHBR)
	1500 Free	19:00.49	<b>7-Dec-18</b>	ABMR	Alyssa E. Senneff at FALL 2018 LONG DISTANCE RECORD BREAKER
	25 Back	14.39	<b>9-May-13</b>	KFSH	Christiana Sadsad(KFSH)
	50 Back	30.91	<b>10-May-14</b>	KHBR	Jamila Reyes (KHBR)
	100 Back	1:05.85	<b>9-May-14</b>	KHBR	Jamila Reyes (KHBR)
	200 Back	2:25.84	<b>9-May-15</b>	KHBR	Jamila Reyes(KHBR)
	25 Breast	15.11	<b>9-May-17</b>	KFSH	Imane EL Barodi(KFSH)
	50 Breast	33.43	<b>19-May-17</b>	KFSH	Imane El Barodi at Jeddah National Championship 2017
	100 Breast	1:13.22	<b>10-May-12</b>	KFSH	Shaikha Al Saud(KFSH)
	200 Breast	2:41.41	<b>10-May-12</b>	KFSH	Shaikha Al Saud(KFSH)
	25 Fly	13.13	<b>9-May-17</b>	KFSH	Imane EL Barodi(KFSH)
	50 Fly	29.34	<b>5-May-17</b>	KFSH	Imane El Barodi at Spring 2017 Regional
	100 Fly	1:06.09	<b>10-May-13</b>	KFSH	Shaikha Al Saud(KFSH)
	200 Fly	2:27.77	<b>26-Apr-24</b>	AYST	Kawtar L. El Barodi at Spring 2024 Regionals
	100 IM	1:08.36	<b>14-Nov-25</b>	AYST	Kawtar L. El Barodi at FALL 2025#2 BIST 14th NOV
	200 IM	2:25.53	<b>2-May-25</b>	AYST	Kawtar L. El Barodi at Spring 2025 RSL Championship
	400 IM	5:14.30	<b>26-Apr-24</b>	AYST	Kawtar L. El Barodi at Spring 2024 Regionals
	200 Free Relay	1:54.27	<b>4-May-18</b>	CENT	Central Region , R. Assefa, R. Romard. N.Al Saud
	400 Free Relay	4:20.08	<b>19-Oct-18</b>	CENT	Central Region R. Romard, Z. Abu Salem, J. Abdul-Halim. A. Senneff
	200 Medley Relay	2:12.24	<b>28-May-09</b>	DYSL	L.Jones, G. Daoud, B.Jansen& A. Erickson
	400 Medley Relay	5:08.00	* <b>8-Mar-19</b>	CENT- ZZ	Central
	400 Medley Relay	5:08.00	* <b>8-Mar-19</b>	CENT- ZZ	Central
	400 Medley Relay	5:08.00	* <b>8-Mar-19</b>	CENT- ZZ	R. Romard, Z. Abu Salem, J. AL Sarraj Central
17-18	25 Free	12.10	<b>18-Mar-30</b>	AYST	Imane El Barodi
	50 Free	26.74	<b>22-May-26</b>	DYSL	Hannah Fischer
	100 Free	59.00	<b>30-Nov-18</b>	AYST	Imane El Barodi at Fall 2018 Citywide
	200 Free	2:09.19	<b>22-May-26</b>	DYSL	Hannah Fischer

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17-18	400 Free	4:39.80	<b>22-May-26</b>	AYST	Kawtar L. El Barodi at Spring 2026 Regional
	800 Free	9:05.67	<b>11-May-18</b>	AYST	Imane El Barodi at Spring 2018 Record Breaker
	1500 Free	19:59.04	<b>11-Apr-14</b>	KFSH	Shaikha Al Saud(KFSH)
	25 Back	14.25	<b>18-Mar-30</b>	AYST	Imane El Barodi
	50 Back	30.87	<b>22-May-26</b>	DYSL	Hannah Fischer
	100 Back	1:09.92	<b>1-May-26</b>	AYST	Kawtar L. El Barodi at SPRING 2026 Meet #4 KFSH 1 May
	200 Back	2:25.84	<b>14-Nov-15</b>	KHBR	Jamilla Reyes (KHBR)
	25 Breast	14.92	<b>20-Apr-18</b>	AYST	Imane El Barodi
	50 Breast	32.59	<b>19-Apr-19</b>	AYST	Imane El Barodi at Spring 2019 Regional
	100 Breast	1:11.68	<b>9-May-14</b>	KFSH	Shaikha Al Saud(KFSH)
	200 Breast	2:38.09	<b>9-May-15</b>	KFSH	Shaikha Al Saud(KFSH)
	25 Fly	12.77	<b>30-Nov-18</b>	AYST	Imane El Barodi at Fall 2018 Citywide
	50 Fly	28.26	<b>3-May-19</b>	AYST	Imane El Barodi at 2019 Nationals Championships NQT
	100 Fly	1:05.41	<b>23-May-15</b>	KFSH	Shaikha Al Saud (KFSH)
	200 Fly	2:24.19	<b>26-May-11</b>	DYSL	Rasha Tejada (DYSL)
	100 IM	1:07.78	<b>10-Apr-26</b>	AYST	Kawtar L. El Barodi at SPRING 2026 #3 FNCH
	200 IM	2:23.54	<b>22-May-15</b>	KFSH	Shaikha Al Saud(KFSH)
	400 IM	5:14.47	<b>10-Apr-26</b>	AYST	Kawtar L. El Barodi at SPRING 2026 #3 FNCH

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**RECORDS National Record**

**SC Meters-Boys**

6 & U	25 Free	17.27	<b>6-Mar-15</b>	FALC	Mohammad Shalaby(FALC)	
	50 Free	40.45	<b>20-Oct-94</b>	RTSC	Basil Kaaki (RTSC)	
	100 Free	1:33.12	<b>10-Nov-94</b>	SHKS	Kay Stoss (SHKS)	
	200 Free	3:22.31	<b>20-Mar-15</b>	FALC	Mohammad Shalaby(FALC)	
	25 Back	20.07	<b>20-Mar-15</b>	FALC	Mohammad Shalaby(FALC)	
	50 Back	45.99	<b>20-Mar-15</b>	FALC	Mohammad Shalaby(FALC)	
	100 Back	1:41.63	<b>3-Apr-15</b>	FALC	Mohammad Shalaby(FALC)	
	25 Breast	22.58	<b>8-May-15</b>	FALC	Mohammad Shalaby(FALC)	
	50 Breast	48.46	<b>1-May-15</b>	FALC	Mohammad Shalaby(FALC)	
	100 Breast	1:54.88	<b>6-Mar-15</b>	FALC	Mohammad Shalaby(FALC)	
	25 Fly	19.58	<b>3-Dec-92</b>	SHKS	Sebastian Stoss (SHKS)	
	50 Fly	48.52	<b>1-May-15</b>	FALC	Mohammad Shalaby FALC)	
	100 Fly	1:50.13	<b>1-Dec-94</b>	SHKS	Kay Stoss (SHKS)	
	100 IM	1:41.37	<b>20-Mar-15</b>	FALC	Mohammad Shalaby(FALC)	
	200 IM	4:09.06	<b>10-Nov-94</b>	RTSC	Basil Kaaki (RTSC)	
	100 Free Relay	1:19.60	<b>25-May-89</b>	EAST	S. Garas, N. Shaner, C. Godfrey, B. Reagan	
	100 Medley Relay	1:31.70	<b>25-Aug-89</b>	EAST	S. Garas, N. Shaner, C. Godfrey, B. Reagan	
	7-8	25 Free	14.77	<b>24-Nov-16</b>	BISJ	Faisal Ayyad at BISJ Stingrays Sprint & Relay
		50 Free	32.63	<b>14-Apr-17</b>	FALC	Mohammad Shalaby at SPRING 2017 #3 FALC
100 Free		1:13.48	<b>30-Nov-17</b>	BWST	Yassin Nabil at LISST Meet 6 - International Day Distance	
200 Free		2:39.40	<b>9-Jun-23</b>	DYSL	Alex Saunders at AFSA Championships 2023	
400 Free		5:43.02	<b>29-Apr-17</b>	FALC	Mohammad Shalaby at SPRING 2017 #LONG COURSE	
25 Back		18.03	<b>21-Apr-17</b>	FALC	Mohammed Shalaby (FALC)	
50 Back		38.15	<b>19-May-23</b>	DYSL	Alex Saunders at 2023 A - Regional Championship RQT	
100 Back		1:20.85	<b>10-Feb-24</b>	DYSL	Alexander Saunder	
25 Breast		19.69	<b>10-Mar-17</b>	FALC	Mohammed Shalaby (FALC)	
50 Breast		43.03	<b>10-Mar-17</b>	FALC	Mohammad Shalaby at SPRING 2017 #1 FALC	
100 Breast		1:32.45	<b>24-Mar-17</b>	FALC	Mohammad Shalaby at SPRING 2017 #2 FALC	
25 Fly		16.55	<b>10-Mar-17</b>	FALC	Mohammed Shalaby (FALC)	
50 Fly		35.53	<b>7-Oct-23</b>	DYSL	Alex Saunders at Catch Me If You Can	
100 Fly		1:18.75	<b>20-Oct-17</b>	BWST	Yassin Nabil at Meet 1 WRESL - 20 Oct 2017	
100 IM		1:22.60	<b>16-Sep-23</b>	DYSL	Alex Saunders at Welcome Back Meet	
200 IM		2:54.53	<b>10-Feb-24</b>	DYSL	Saunders, Alexander	
100 Free Relay		1:07.44	<b>21-May-16</b>	CENT	A.Yassin;P.Zemek;Z.AL Sarraj M.Shalaby	
200 Free Relay		2:33.15	<b>16-May-25</b>	CENTR	central riyadh	
100 Medley Relay		1:17.06	<b>1-Jun-95</b>	WEST	J. Gear, P. Nolan, S. Satterwhite, M. Godman	
200 Medley Relay		2:50.92	<b>16-May-25</b>	CENTR	central riyadh	
9-10	25 Free	14.06	<b>13-Nov-15</b>	KFSH	Hamzah Al-Bassam (KFSH)	
	50 Free	29.63	<b>27-Nov-15</b>	KFSH	Hamzah Al-Bassam(KFSH)	
	100 Free	1:05.26	<b>16-May-25</b>	DYSL	Alex Saunders at 2025 Nationals Championship NQT	
	200 Free	2:18.52	<b>7-May-16</b>	DYSL	Seth Tolentino(DYSL)	
	400 Free	4:56.88	<b>30-Apr-16</b>	DYSL	Seth Tolentino(DYSL)	
	25 Back	17.30	<b>24-May-96</b>	GOLD	Sebastian Stoss (GOLD)	
	50 Back	32.88	<b>16-May-25</b>	DYSL	Alex Saunders at 2025 Nationals Championship NQT	
	100 Back	1:12.89	<b>16-May-25</b>	DYSL	Alex Saunders at 2025 Nationals Championship NQT	
	25 Breast	18.22	<b>13-Nov-15</b>	KFSH	Hamzah Al-Bassam (KFSH)	
	50 Breast	38.40	<b>10-Oct-25</b>	KFSH	Abdullah Sobhi at FALL 2025#1 KFSH	
100 Breast	1:23.22	<b>29-Nov-13</b>	BIST	Ramy El Ghaziri (BIST)		

## Riyadh Swim League - Riyadh Saudi Arabia AAU Sanctioned

### RECORDS National Record

9-10	200 Breast	3:00.00	<b>10-Apr-26</b>	BARR	Asser Elgalgamony at SPRING 2026 Meet #3 KFSH 10 April	
	25 Fly	14.56	<b>27-Nov-15</b>	KFSH	Hamzah Al-Bassam(KFSH)	
	50 Fly	32.07	<b>18-Apr-25</b>	DYSL	Alexander Saunders	
	100 Fly	1:10.90	<b>16-May-25</b>	DYSL	Alex Saunders at 2025 Nationals Championship NQT	
	200 Fly	3:04.74	<b>30-Mar-18</b>	FALC	Mohammad Shalaby at KSA-RSL SPRING 2018 #4	
	100 IM	1:14.20	<b>16-May-25</b>	DYSL	Alex Saunders at 2025 Nationals Championship NQT	
	200 IM	2:41.37	<b>10-Apr-25</b>	DYSL	Saunders Alexander	
	100 Free Relay	1:02.85	<b>13-Feb-26</b>	BARR	A. Elgalgamony, Y. Eldamanhoury, K. Yehia Khedr, S	
	200 Free Relay	2:09.25	<b>4-May-18</b>	WEST	Western Region	
	400 Free Relay	5:06.65	<b>31-Oct-25</b>	BARR	K. Yehia Khedr, I. Eltahan, S. Taqialdeen Alrawash, A. Elgalgamony	
	100 Medley Relay	1:07.58	<b>13-Feb-26</b>	BARR	K. Yehia Khedr, A. Elgalgamony, S. Taqialdeen Alra	
	200 Medley Relay	2:27.04	<b>30-May-96</b>	CENT	TM Lim, F. Abele, J. Zorn, J. Kelly	
	11-12	25 Free	12.12	<b>11-Nov-05</b>	KFSH	Christopher Sadsad (KFSH)
50 Free		25.82	<b>4-May-18</b>	DYSL	Seth Tolentino at AFSA National Championships 2018-KSA	
100 Free		55.40	<b>4-May-18</b>	DYSL	Seth Tolentino at AFSA National Championships 2018-KSA	
200 Free		2:02.86	<b>4-May-18</b>	DYSL	Seth Tolentino at AFSA National Championships 2018-KSA	
400 Free		4:23.78	<b>4-May-18</b>	DYSL	Seth Tolentino at AFSA National Championships 2018-KSA	
800 Free		9:29.35	<b>10-Apr-25</b>	DYSL	Valbuena Santiago	
1500 Free		19:01.53	<b>14-Apr-06</b>	KFSH	Saad Al-Qahtani (KFSH)	
25 Back		14.61	<b>10-Nov-23</b>	BARR	Mazen Algalgamony at FALL 2023 #2 BIST	
50 Back		29.85	<b>4-May-18</b>	DYSL	Seth Tolentino at AFSA National Championships 2018-KSA	
100 Back		1:04.70	<b>4-May-18</b>	DYSL	Seth Tolentino at AFSA National Championships 2018-KSA	
200 Back		2:21.68	<b>20-Apr-18</b>	DYSL	Seth Tolentino at Spring 2018 Regional	
25 Breast		15.77	<b>16-Nov-12</b>	FALC	Abdullah Hewedi(FALC)	
50 Breast		33.69	<b>12-Dec-25</b>	FALC	Bilal Abouelseoud at Fall 2025 RSL Citywide	
100 Breast		1:12.47	<b>12-Dec-25</b>	FALC	Bilal Abouelseoud at Fall 2025 RSL Citywide	
200 Breast		2:38.77	<b>4-May-18</b>	DYSL	Seth Tolentino at AFSA National Championships 2018-KSA	
25 Fly		12.97	<b>1-Dec-17</b>	KFSH	Hamzah Al-Bassam	
50 Fly		27.76	<b>4-May-18</b>	DYSL	Seth Tolentino at AFSA National Championships 2018-KSA	
100 Fly		1:01.59	<b>4-May-18</b>	DYSL	Seth Tolentino at AFSA National Championships 2018-KSA	
200 Fly		2:23.56	<b>20-Apr-18</b>	DYSL	Seth Tolentino at Spring 2018 Regional	
100 IM		1:07.69	<b>8-Nov-25</b>	DYSL	Santigo valbuena	
200 IM		2:21.44	<b>20-Apr-18</b>	DYSL	Seth Tolentino at Spring 2018 Regional	
400 IM		4:59.69	<b>20-Apr-18</b>	DYSL	Seth Tolentino at Spring 2018 Regional	
100 Free Relay		58.19	<b>13-Feb-26</b>	BARR	A. Taqialdeen Alrawashd, A. Rohaim, O. Yehia Khedr	
200 Free Relay		1:56.60	<b>21-May-16</b>	WEST	S.Omran;I.Zakarya;P.Ortega A.Sharaf	
400 Free Relay		4:35.59	<b>1-Jun-90</b>	EAST	M. Elliott, D. Senturk, R. Parks, R. Whitehead	
100 Medley Relay		1:05.44	<b>13-Feb-26</b>	BARR	Y. Hisham, O. Yehia Khedr, A. Taqialdeen Alrawashd	
200 Medley Relay		2:11.78	<b>4-May-18</b>	WEST	Western Region	
400 Medley Relay		5:23.04	<b>31-May-90</b>	EAST	M. Elliott, D. Senturk, R. Parks, R. Whitehead	
13-14		25 Free	11.25	<b>31-Mar-23</b>	FALC	Abdulrahman Bahgat
		50 Free	24.90	<b>13-Feb-26</b>	BARR	Mazen Elgalgamony at SPRING 2026 #1 BISR
		100 Free	54.32	<b>22-May-26</b>	FALC	ZEYAD FAWZI ELSAYED at Spring 2026 Regional
		200 Free	1:56.07	<b>7-Mar-20</b>	DYSL	Seth Tolentino at All Aramco I Swim Therefore IM
	400 Free	4:08.12	<b>18-Apr-25</b>	SBM	Egor Yudin	
	800 Free	8:47.11	<b>29-Feb-20</b>	DYSL	Seth Tolentino at Leap Towards Success	
	1500 Free	17:47.88	<b>11-Apr-14</b>	KFSH	Ammar Khalifah( KFSH)	
	25 Back	12.58	<b>7-Nov-25</b>	BARR	Mazen ELGALGAMONY	
	50 Back	27.56	<b>7-Nov-25</b>	BARR	Mazen Elgalgamony at FALL 2025#2 FALC	
	100 Back	58.92	<b>10-Oct-25</b>	BARR	Mazen Elgalgamony at FALL OCT 10 2025 #1 ABMR	

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### RECORDS National Record

13-14	200 Back	2:13.90	<b>13-Feb-26</b>	BARR	Mazen Elgalgamony at SPRING 2026 #1 BISR	
	25 Breast	14.43	<b>31-Mar-23</b>	FALC	Abdulrahman Bahgat	
	50 Breast	31.15	<b>29-Feb-20</b>	DYSL	Seth Tolentino at Leap Towards Success	
	100 Breast	1:07.88	<b>16-May-25</b>	DYSL	Elliot Aronsson at 2025 Nationals Championship NQT	
	200 Breast	2:29.52	<b>7-Mar-20</b>	DYSL	Seth Tolentino at All Aramco I Swim Therefore IM	
	25 Fly	12.08	<b>8-May-15</b>	AYST	Ahmad Morsi(AYST)	
	50 Fly	25.92	<b>12-Dec-25</b>	BARR	Mazen Elgalgamony at Fall 2025 RSL Citywide	
	100 Fly	59.61	<b>16-May-25</b>	BARR	Mazen Elgalgamony at 2025 Nationals Championship NQT	
	200 Fly	2:13.19	<b>22-May-26</b>	FALC	ZEYAD FAWZI ELSAYED at Spring 2026 Regional	
	100 IM	1:01.58	<b>28-Nov-25</b>	BARR	Mazen Elgalgamony at Barracuda 2025 Fall#3	
	200 IM	2:08.02	<b>12-Dec-25</b>	BARR	Mazen Elgalgamony at Fall 2025 RSL Citywide	
	400 IM	4:45.83	<b>2-May-25</b>	BARR	Mazen Elgalgamony at Spring 2025 RSL Championship	
	100 Free Relay	51.76	<b>13-Feb-26</b>	BARR	M. Elgalgamony, A. Morsy, Y. Elrayani, A. Eltahan	
	200 Free Relay	1:43.53	<b>4-May-18</b>	CENT	Central Region M. Basem, H. Al-Bassam, S. Smith, A. Atwan	
	400 Free Relay	3:52.88	<b>25-Nov-22</b>	CEN	Central Team Z. Refaie, L. Lefevere, A. Bahgat, O. Magdy	
	100 Medley Relay	56.09	<b>13-Feb-26</b>	BARR	Y. Elrayani, M. Elgalgamony, A. Eltahan, A. Morsy	
	200 Medley Relay	1:57.40	<b>4-May-18</b>	WEST	Western Region	
	400 Medley Relay	4:32.85	<b>31-Oct-25</b>	BARR	Y. Elrayani, M. Elgalgamony, A. Morsy, A. Eltahan	
15-16	25 Free	11.14	<b>7-Nov-25</b>	FALC	Ahmed Marie	
	50 Free	23.75	<b>16-May-25</b>	FALC	Abdelrahman Bahgat	
	100 Free	52.76	<b>16-May-25</b>	FALC	ABDELRAHMAN BAHGAT at 2025 Nationals Championship NQT	
	200 Free	1:54.47	<b>26-Apr-24</b>	AYST	Zemek Patrik Ivo at Spring 2024 Regionals	
	400 Free	4:18.55	<b>5-May-17</b>	FALC	Alexandre Younes at Spring 2017 Regional	
	800 Free	8:59.00	<b>10-Apr-15</b>	KFSH	Alfred Lofgren(KFSH)	
	1500 Free	17:16.08	<b>13-Nov-15</b>	KFSH	Ammar Khalifah (KFSH)	
	25 Back	13.52	<b>25-Nov-22</b>	AYST	Patrik Zemek at FALL 2022#record break	
	50 Back	26.62	<b>26-Apr-24</b>	AYST	Zemek Patrik Ivo at Spring 2024 Regionals	
	100 Back	57.54	<b>22-May-26</b>	BARR	Mazen Elgalgamony at Spring 2026 Regional	
	200 Back	2:07.15	<b>22-May-26</b>	BARR	Mazen Elgalgamony at Spring 2026 Regional	
	25 Breast	13.56	<b>1-Nov-24</b>	FALC	ABDELRAHMAN BAHGAT at FALL 2024 #2 BARR	
	50 Breast	29.51	<b>16-May-25</b>	FALC	ABDELRAHMAN BAHGAT at 2025 Nationals Championship NQT	
	100 Breast	1:04.70	<b>27-Nov-15</b>	KFSH	Mohamad Al Otaibi(KFSH)	
	200 Breast	2:22.69	<b>16-Oct-15</b>	KFSH	Mohamed Al Otaibi((KFSH)	
	25 Fly	11.05	<b>7-Nov-25</b>	FALC	Ahmed Marie	
	50 Fly	25.08	<b>22-May-26</b>	FALC	AHMED MARIE at Spring 2026 Regional	
	100 Fly	57.28	<b>22-May-26</b>	FALC	AHMED MARIE at Spring 2026 Regional	
	200 Fly	2:13.96	<b>2-May-25</b>	AYST	REFAIE ZIYAD WAEEL REFAIE at Spring 2025 RSL Championship	
	100 IM	1:01.77	<b>10-Nov-23</b>	AYST	ZEMEK PATRIK IVO at FALL NOV 10 2023 #2 ABMR	
	200 IM	2:08.35	<b>22-May-26</b>	BARR	Mazen Elgalgamony at Spring 2026 Regional	
	400 IM	4:46.97	<b>24-Mar-17</b>	FALC	Alexandre Younes at SPRING 2017 #2 FALC	
	100 Free Relay	48.40	<b>21-Jun-13</b>	EAST	R.Cherrington, D. Zaatari, R.Tejada, J.Stillson	
	200 Free Relay	1:41.97	<b>26-May-11</b>	CENT	F.Haddad:S.Al Otaibi:R.RettienK.Elhuseiny	
	400 Free Relay	3:51.28	<b>19-Oct-18</b>	CENT	Central Region H. Al-Bassam, A. Atwa.L Moreno, S.Smith,	
	100 Medley Relay	54.46	<b>21-Jun-13</b>	EAST	R.Tejada, J. Stillson, F.Dyer, R.Cherrington	
	200 Medley Relay	1:54.44	<b>22-May-15</b>	CENT	A.Lofgren,M.Al Otaibi, Y.Al Shamy, H.Khafaga	
	400 Medley Relay	4:22.35	* <b>8-Mar-19</b>	CENT- ZZ	n A. Atwan, M. Basem, Y. Shrotriya Central	
	400 Medley Relay	4:22.35	* <b>8-Mar-19</b>	CENT- ZZ	Central	
	400 Medley Relay	4:22.35	* <b>8-Mar-19</b>	CENT- ZZ	Central	
	17-18	25 Free	10.98	<b>21-Apr-17</b>	KFSH	Mohammed Al Otaibi (KFSH)
		50 Free	23.42	<b>21-Mar-25</b>	AYST	Patrik Zemek at SPRING 2025 #3- March 21 ABMR. Daymeet

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**RECORDS National Record**

17-18	100 Free	52.26	<b>22-May-26</b>	FALC	OMAR MAGDY at Spring 2026 Regional
	200 Free	1:55.32	<b>13-Feb-26</b>	FALC	OMAR MAGDY at SPRING 2026 #1 FALC
	400 Free	4:14.71	<b>6-Mar-26</b>	FALC	OMAR MAGDY at SPRING 2026 #2 BARR
	800 Free	9:08.64	<b>7-Mar-15</b>	KHBR	Janne Roovers(KHBR)
	1500 Free	17:48.43	<b>29-Apr-17</b>	KFSH	Ammar Khalifah at SPRING 2017 #LONG COURSE
	25 Back	13.39	<b>24-Mar-17</b>	KFSH	Mohammad Al Otaibi (KFSH)
	50 Back	26.30	<b>1-Nov-24</b>	AYST	Zemek Patrik Ivo at FALL 2024 #2 KFSH
	100 Back	57.15	<b>11-Oct-24</b>	AYST	Zemek Patrik Ivo at FALL 2024 #1FALC
	200 Back	2:12.94	<b>9-Feb-18</b>	FALC	Alexandre Younes at SPRING 2018 #1 FALC
	25 Breast	13.16	<b>29-Nov-13</b>	KFSH	Sultan Al Otaibi(KFSH)
	50 Breast	29.25	<b>2-Dec-16</b>	KFSH	Mohamad Al Otaibi at Fall 2016 Citywide
	100 Breast	1:03.35	<b>5-May-17</b>	KFSH	Mohamad Al Otaibi at Spring 2017 Regional
	200 Breast	2:18.46	<b>21-Apr-17</b>	KFSH	Mohamad Al Otaibi at SPRING 2017 #4 KFSH
	25 Fly	11.71	<b>6-May-16</b>	KFSH	Mohamad Al Otaibi (KFSH)
	50 Fly	24.66	<b>1-Nov-24</b>	AYST	Zemek Patrik Ivo at FALL 2024 #2 KFSH
	100 Fly	57.47	<b>13-Feb-26</b>	FALC	OMAR MAGDY at SPRING 2026 #1 FALC
	200 Fly	2:10.93	<b>22-May-26</b>	AYST	REFAIE ZIYAD WAEEL REFAIE at Spring 2026 Regional
	100 IM	1:14.51	<b>27-Sep-18</b>	GSST	Omar A. Hassanein at BISJ Sprint Meet Sept. 27 2018
	200 IM	2:08.76	<b>2-May-25</b>	AYST	Zemek Patrik Ivo at Spring 2025 RSL Championship
	400 IM	4:44.45	<b>22-May-26</b>	AYST	REFAIE ZIYAD WAEEL REFAIE at Spring 2026 Regional

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**RECORDS National Record**

**SC Meters-Mixed**

6 & U	100 Free Relay	1:28.25	<b>13-May-05</b>	DYST	M. Bariselle, S. Stone, M. Labib, O.Zakieh
	100 Medley Relay	1:43.32	<b>13-Dec-19</b>	BARR	BARRACUDAS Y. Hesham, L. Khalifa, D. Amr, A. Hammami
7-8	100 Free Relay	1:08.84	<b>13-Feb-26</b>	BARR	Y. Eldamanhoury, S. Magdy, R. Ayman, O. Shabana
	200 Free Relay	2:34.68	<b>31-Oct-25</b>	BARR	Y. Elrayani, R. Ayman, M. Moataz, M. Salama
	100 Medley Relay	1:04.57	<b>29-Mar-19</b>	FNCH	French School - Riyadh S. El Mkhennar, Y. Benromdhane, R. Cad
	200 Medley Relay	2:53.97	<b>31-Oct-25</b>	BARR	Y. Elrayani, M. Hasan, Y. Eldamanhoury, R. Ayman
9-10	100 Free Relay	1:03.78	<b>9-May-08</b>	KFSH	C. Sadsad, S. Sadek, A. Lofgren, H. Khafaga
	200 Free Relay	2:00.32	<b>4-Oct-19</b>	FALC	Aquafalcons M. Ahmad, K. Abou Elseoud, A. AL Sheikh, A. /
	400 Free Relay	5:06.83	<b>31-Oct-25</b>	BARR	K. Yehia Khedr, M. Mostafa, S. Taqialdeen Alrawash, A.Elgalgamony
	100 Medley Relay	1:11.20	<b>9-May-08</b>	KFSH	C. Sadsad, S. Sadek, H. Khafaga, A. Lofgren
	200 Medley Relay	2:17.98	<b>31-Jan-20</b>	FALC	Aquafalcons I. Atwan, A. AL Sheikh, A. AL Sheikh, H. Mousa
	400 Medley Relay	5:32.12	<b>1-Nov-24</b>	BARR	A. Elgalgamony, R. Elgalgamony, L. Sherief, L. Khalifa
11-12	100 Free Relay	59.26	<b>26-Oct-01</b>	KFSH	S.Harington, Y.Or, F.Devol, R.Dunn
	200 Free Relay	1:33.36	* <b>29-Nov-19</b>	AYST	ben Al Yamama F. Banena, D. Bustami, L. Katanani, S. Bus
	200 Free Relay	1:33.36	* <b>6-Oct-23</b>	AYST	Al Yamama F. Banena, D. Bustami, L. Katanani, S. Bustami
	400 Free Relay	4:40.43	<b>31-Oct-25</b>	BARR	A. Taqialdeen Alrawashd, Y. Hisham, I. Jackson, D. Amr AbdelAal
	100 Medley Relay	1:05.73	<b>26-Oct-01</b>	FALC	D.Shulga, R.Bartz, N.Ryan, A.Murphy
	200 Medley Relay	2:01.47	<b>22-Nov-24</b>	FALC	A. Shalaby, B. Abouelseoud, A. KHATTAB, Z. HATEM
	400 Medley Relay	5:01.56	<b>31-Oct-25</b>	BARR	A. Taqialdeen Alrawashd, O. Yehia Khedr, Y. Hisham, T. Hassanein
13-14	100 Free Relay	51.42	<b>10-Nov-23</b>	ABMR	AL BUSTAN MANTA RAYS G. Jonard, K. Salim, F. Garcia Bueno, M. Lu
	200 Free Relay	1:44.68	<b>29-Nov-19</b>	AYST	Al Yamama Y. Mohamed, H. Elshaarawy, T. Nduati, W. Ro
	400 Free Relay	4:05.79	<b>8-Mar-19</b>	CENT- ZZ	Central M. Maatouk, S. Elkemary, A. Faure, H. Al-Bassam
	100 Medley Relay	58.22	<b>7-Nov-02</b>	KFSH	F.Patay, A'Latif Devo l, J.Hamilton, L.Kirkby
	200 Medley Relay	1:59.00	<b>12-Dec-25</b>	FALC	Aquafalcons A. KHATTAB, L. Diaaeldin, Z. HATEM, Z. FAWZ
	400 Medley Relay	4:37.95	<b>8-Mar-19</b>	CENT	Central M. Maatouk, A. Faure, C. Collado, H. Al-Bassam
15-16	100 Free Relay	50.80	<b>18-Nov-16</b>	FALC	Aquafalcons Y. Alkhatib, A. Younes, R. Sagaa, M. Boksmati
	200 Free Relay	1:42.57	<b>27-Apr-24</b>	FALC	A. BAHGAT, Y. AMR, M. RAKHA, O. MAGDY
	400 Free Relay	4:01.37	<b>8-Mar-19</b>	CENT- ZZ	Central A. Atwan, Y. Shrotriya, M. Basem, S. Smith
	100 Medley Relay	56.00	<b>4-Nov-16</b>	FALC	Aquafalcons M. Boksmati, A. Younes, Y. Alkhatib, R. Sagaa
	200 Medley Relay	1:56.32	<b>26-Apr-24</b>	FALC	M. RAKHA, Y. AMR, O. MAGDY, A. BAHGAT
	400 Medley Relay	4:22.35	<b>8-Mar-19</b>	CENT- ZZ	Central A. Atwan, S. Smith, Y. Shrotriya, M. Basem
15-18	200 Free Relay	1:40.39	<b>2-May-25</b>	AYST	Al Yamama R. ZIYAD WAEL REFAIE, R. Sam, K. El Barodi, ;
	200 Medley Relay	1:52.06	<b>2-May-25</b>	AYST	Al Yamama Z. Patrik Ivo, K. El Barodi, R. ZIYAD WAEL F