



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

12 & UNDER BOYS

Event	Swimmer	Time	Place	Date
50m Freestyle	Ben Kaganda (UGA)	29:74	Port Louis (MAU)	April, 2016
100m Freestyle	Ben Kaganda (UGA)	1:07:40	Port Louis (MAU)	April, 2016
200m Freestyle	Raphael Sine (UGA)	2:44:84	Bulawayo (ZIM)	17 February, 2017
400m Freestyle				
800m Freestyle				
1500m Freestyle				
50m Backstroke	Ben Kaganda (UGA)	35:06	Port Louis (MAU)	April, 2016
100m Backstroke	Ben Kaganda (UGA)	1:17:87	Port Louis (MAU)	April, 2016
200m Backstroke	Raphael Sine (UGA)	2:59:01	Bulawayo (ZIM)	18 February, 2017
50m Breaststroke	Mikka Kigundu (UGA)	41:05	Bulawayo (ZIM)	16 February, 2017
100m Breaststroke	Mikka Kigundu (UGA)	1:31:58	Bulawayo (ZIM)	18 February, 2017
200m Breaststroke				
50m Butterfly	Ben Kaganda (UGA)	33:19	Port Louis (MAU)	April, 2016
100m Butterfly	Raphael Sine (UGA)	1:26:49	Bulawayo (ZIM)	18 February, 2017
200m Butterfly				
100m Ind. Medley				
200m Ind. Medley	Ben Kaganda (UGA)	2:48:00	Port Louis (MAU)	April, 2016



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

13 - 14 BOYS

Event	Swimmer	Time	Place	Date
50m Freestyle	Nabil Saleh (UGA)	26:61	Port Louis (MAU)	April, 2016
100m Freestyle	Fadhil Saleh (UGA)	59:05	Port Louis (MAU)	April, 2016
200m Freestyle	Nabil Saleh (UGA)	2:12:47	Port Louis (MAU)	April, 2016
400m Freestyle	Ambala Atuhaire (UGA)	4:49:51	Port Louis (MAU)	April, 2016
800m Freestyle				
1500m Freestyle	Darren Kirabo Ssamula (UGA)	10:26:30	Bulawayo (ZIM)	16 February, 2017
50m Backstroke	Nabil Saleh (UGA)	30:87	Port Louis (MAU)	April, 2016
100m Backstroke	Nabil Saleh (UGA)	1:06:31	Port Louis (MAU)	April, 2016
200m Backstroke	Ambala Atuhaire (UGA)	2:26:42	Port Louis (MAU)	April, 2016
50m Breaststroke	Ambala Atuhaire (UGA)	36:19	Port Louis (MAU)	April, 2016
100m Breaststroke	Ambala Atuhaire (UGA)	1:21:61	Port Louis (MAU)	April, 2016
200m Breaststroke	Ambala Atuhaire (UGA)	2:52:95	Port Louis (MAU)	April, 2016
50m Butterfly	Nabil Saleh (UGA)	29:79	Port Louis (MAU)	April, 2016
100m Butterfly	Nabil Saleh (UGA)	1:05:79	Port Louis (MAU)	April, 2016
200m Butterfly				
100m Ind. Medley				
200m Ind. Medley	Ambala Atuhaire (UGA)	2:26:83	Port Louis (MAU)	April, 2016



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

15 -16 BOYS

Event	Swimmer	Time	Place	Date
50m Freestyle				
100m Freestyle				
200m Freestyle	Samora Byansi (UGA)	2:36:08	Bulawayo (ZIM)	17 February, 2017
400m Freestyle				
800m Freestyle				
1500m Freestyle				
50m Backstroke				
100m Backstroke				
200m Backstroke				
50m Breaststroke	Samora Byansi (UGA)	38:29	Bulawayo (ZIM)	16 February, 2017
100m Breaststroke	Samora Byansi (UGA)	1:24:59	Bulawayo (ZIM)	18 February, 2017
200m Breaststroke				
50m Butterfly	Samora Byansi (UGA)	33:67	Bulawayo (ZIM)	17 February, 2017
100m Butterfly	Samora Byansi (UGA)	1:12:54	Bulawayo (ZIM)	17 February, 2017
200m Butterfly	Samora Byansi (UGA)	2:48:88	Bulawayo (ZIM)	19 February, 2017
100m Ind. Medley				
200m Ind. Medley				
400m Ind. Medley				



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

17 & OVER BOYS

Event	Swimmer	Time	Place	Date
50m Freestyle				
100m Freestyle				
200m Freestyle				
400m Freestyle				
800m Freestyle				
1500m Freestyle				
50m Backstroke				
100m Backstroke				
200m Backstroke				
50m Breaststroke				
100m Breaststroke				
200m Breaststroke				
50m Butterfly				
100m Butterfly				
200m Butterfly				
100m Ind. Medley				
200m Ind. Medley				
400m Ind. Medley				



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

14 & UNDER BOYS

4x50m Freestyle	TEAM UGANDA Nabil Saleh Fadhil Saleh Ambala Atuhaire Adnan Kabuye	1:50:48	Port Louis (MAU)	April, 2016
4x100m Freestyle	TEAM UGANDA Nabil Saleh Fadhil Saleh Ambala Atuhaire Adnan Kabuye	4:08:00	Port Louis (MAU)	April, 2016
4x50m Medley	TEAM UGANDA Nabil Saleh Fadhil Saleh Ambala Atuhaire Adnan Kabuye	2:06:49	Port Louis (MAU)	April, 2016
4x100m Medley				



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

15 & OVER BOYS

4x50m Freestyle

4x100m Freestyle

4x50m Medley

4x100m Medley



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

12 & UNDER GIRLS

Event	Swimmer	Time	Place	Date
50m Freestyle	Kirabo Namutebi (UGA)	30:03	Bulawayo (ZIM)	18 February, 2017
100m Freestyle	Selina Katumba (UGA)	1:07:56	Port Louis (MAU)	April, 2016
200m Freestyle	Selina Katumba (UGA)	2:26:95	Port Louis (MAU)	April, 2016
400m Freestyle				
800m Freestyle				
1500m Freestyle				
50m Backstroke	Kirabo Namutebi (UGA)	36:87	Bulawayo (ZIM)	17 February, 2017
100m Backstroke	Selina Katumba (UGA)	1:18:56	Port Louis (MAU)	April, 2016
200m Backstroke				
50m Breaststroke	Kirabo Namutebi (UGA)	38:40	Bulawayo (ZIM)	16 February, 2017
100m Breaststroke	Kirabo Namutebi (UGA)	1:27:05	Bulawayo (ZIM)	18 February, 2017
200m Breaststroke	Kirabo Namutebi (UGA)	3:14:08	Bulawayo (ZIM)	17 February, 2017
50m Butterfly	Selina Katumba (UGA)	34:16	Port Louis (MAU)	April, 2016
100m Butterfly				
200m Butterfly				
100m Ind. Medley				
200m Ind. Medley	Selina Katumba (UGA)	2:50:42	Port Louis (MAU)	April, 2016



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

13 - 14 GIRLS

Event	Swimmer	Time	Place	Date
50m Freestyle	Hannat Nakimuli (UGA)	33:90	Bulawayo (ZIM)	18 February, 2017
100m Freestyle	Amani Mercedes (UGA)	1:17:28	Bulawayo (ZIM)	19 February, 2017
200m Freestyle	Amani Mercedes (UGA)	2:48:94	Bulawayo (ZIM)	17 February, 2017
400m Freestyle	Amani Mercedes (UGA)	5:56:44	Bulawayo (ZIM)	18 February, 2017
800m Freestyle	Amani Mercedes (UGA)	12:11:53	Bulawayo (ZIM)	16 February, 2017
1500m Freestyle				
50m Backstroke	Suubi Byansi (UGA)	42:54	Bulawayo (ZIM)	17 February, 2017
100m Backstroke	Suubi Byansi (UGA)	1:36:29	Bulawayo (ZIM)	16 February, 2017
200m Backstroke	Suubi Byansi (UGA)	1:49:23	Bulawayo (ZIM)	18 February, 2017
50m Breaststroke	Amani Mercedes (UGA)	42:58	Bulawayo (ZIM)	16 February, 2017
100m Breaststroke				
200m Breaststroke	Amani Mercedes (UGA)	3:44:46	Bulawayo (ZIM)	17 February, 2017
50m Butterfly	Amani Mercedes (UGA)	35:76	Bulawayo (ZIM)	17 February, 2017
100m Butterfly	Hannat Nakimuli (UGA)	1:29:99	Bulawayo (ZIM)	18 February, 2017
200m Butterfly	Hannat Nakimuli (UGA)	3:27:28	Bulawayo (ZIM)	19 February, 2017
100m Ind. Medley				
200m Ind. Medley	Amani Mercedes (UGA)	3:09:60	Bulawayo (ZIM)	19 February, 2017



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

15 - 16 GIRLS

Event	Swimmer	Time	Place	Date
50m Freestyle				
100m Freestyle				
200m Freestyle				
400m Freestyle				
800m Freestyle				
1500m Freestyle				
50m Backstroke				
100m Backstroke				
200m Backstroke				
50m Breaststroke				
100m Breaststroke				
200m Breaststroke				
50m Butterfly				
100m Butterfly				
200m Butterfly				
100m Ind. Medley				
200m Ind. Medley				



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

17 & OVER GIRLS

Event	Swimmer	Time	Place	Date
50m Freestyle	Avice Meya (UGA)	31:35	Bulawayo (ZIM)	18 February, 2017
100m Freestyle	Avice Meya (UGA)	1:10:76	Port Louis (MAU)	April, 2016
200m Freestyle	Avice Meya (UGA)	2:50:05	Bulawayo (ZIM)	17 February, 2017
400m Freestyle				
800m Freestyle				
1500m Freestyle				
50m Backstroke	Avice Meya (UGA)	35:55	Bulawayo (ZIM)	17 February, 2017
100m Backstroke	Avice Meya (UGA)	1:25:20	Port Louis (MAU)	April, 2016
200m Backstroke				
50m Breaststroke	Avice Meya (UGA)	39:79	Bulawayo (ZIM)	16 February, 2017
100m Breaststroke	Avice Meya (UGA)	1:39:18	Port Louis (MAU)	April, 2016
200m Breaststroke	Avice Meya (UGA)	3:21:94	Bulawayo (ZIM)	17 February, 2017
50m Butterfly	Avice Meya (UGA)	33:19	Bulawayo (ZIM)	17 February, 2017
100m Butterfly	Avice Meya (UGA)	1:24:49	Bulawayo (ZIM)	18 February, 2017
200m Butterfly	Avice Meya (UGA)	3:24:64	Bulawayo (ZIM)	19 February, 2017
100m Ind. Medley				
200m Ind. Medley				
400m Ind. Medley				



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

14 & UNDER GIRLS

Event	Swimmer	Time	Place	Date
4x50m Freestyle	TEAM UGANDA Shelby Clow Kirabo Namutebi Amani Mercedes Hannah Nielson	2:10:75	Bulawayo (ZIM)	19 February, 2017
4x100m Freestyle	TEAM UGANDA Kirabo Namutebi Amani Mercedes Shelby Clow Hannat Nakimuli	5:01:44	Bulawayo (ZIM)	17 February, 2017
4x50m Medley	TEAM UGANDA Amani Mercedes Shelby Clow Kirabo Namutebi Hannah Nielson	2:28:18	Bulawayo (ZIM)	16 February, 2017
4x100m Medley				



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

15 & OVER GIRLS

4x50m Mixed Freestyle

4x100m Mixed Freestyle

4x50m Mixed Medley

4x100m Mixed Medley



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

14 & UNDER MIXED

4x50m Mixed Freestyle

4x100m Mixed Freestyle

4x50m Mixed Medley

4x100m Mixed Medley

TEAM UGANDA
Shelby Clow
Amani Mercedes
Adnan Kabuye
Tendo Mukalazi

5:37:27

Bulawayo (ZIM)

18 February, 2017



USF 50m Pool AGE GROUP RECORDS (as of 1st March, 2017)

15 & OVER MIXED

4x50m Mixed Freestyle

4x100m Mixed Freestyle

4x50m Mixed Medley

4x100m Mixed Medley

TEAM UGANDA
Shelby Clow
Amani Mercedes
Adnan Kabuye
Tendo Mukalazi

5:37:27

Bulawayo (ZIM)

18 February, 2017