



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