



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

8 & UNDER BOYS

Event	Swimmer	Time	Place	Date
25m Freestyle	Carlton Musenze (SEALS)	17:16	GEMS (UGA)	11 June, 2016
50m Freestyle	Yona Lumonya (AKS)	37:21	KISU (UGA)	8 October, 2016
100m Freestyle	Pendo Kaumi (DSC)	1:33:64	GEMS (UGA)	11 July, 2015
200m Freestyle	John Kafumbe (SEALS)	3:39:87	GEMS (UGA)	11 July, 2015
25m Backstroke	Zuri Owiny (SFA)	19:85	GEMS (UGA)	11 June, 2016
50m Backstroke	Yona Lumonya (AKS)	43:00	KISU (UGA)	8 October, 2016
100m Backstroke	John Kafumbe (SEALS)	1:51:58	GEMS (UGA)	11 July, 2015
25m Breaststroke	Ryan Katumba (GHA)	22:61	RISU (UGA)	14 March, 2015
50m Breaststroke	Yona Lumonya (AKS)	48:26	KISU (UGA)	8 October, 2016
100m Breaststroke	Yona Lumonya (SFA)	1:47:72	GEMS (UGA)	11 June, 2016
25m Butterfly	Pendo Kaumi (DSC)	19:10	GEMS (UGA)	11 July, 2015
50m Butterfly	Jordan Ssamula (GEMS)	42:56	KISU (UGA)	8 October, 2016
100m Butterfly	Shadrack Ayesiga (STSA)	2:17:47	GEMS (UGA)	11 July, 2015
100m Ind. Medley	Zuri Owiny (SFA)	1:40:78	GEMS (UGA)	11 June, 2016
200m Ind. Medley	Mathew Mwase (SAILF)	4:42:59	GEMS (UGA)	11 June, 2016



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

9 - 10 BOYS

Event	Swimmer	Time	Place	Date
50m Freestyle	Joshua Lumonya (DSC)	33:20	GEMS (UGA)	11 July, 2015
100m Freestyle	Raphael Sine (DSC)	1:18:33	GEMS (UGA)	11 July, 2015
200m Freestyle	Raphael Sine (DSC)	3:00:78	GEMS (UGA)	21 February, 2015
400m Freestyle	Jerome Nsiiro (SEALS)	6:43:21	GEMS (UGA)	21 February, 2015
800m Freestyle				
1500m Freestyle	Raphael Sine (DSC)	28:01:49	KISU (UGA)	4 October, 2014
50m Backstroke	Raphael Sine (DSC)	39:92	GEMS (UGA)	11 July, 2015
100m Backstroke	Raphael Sine (DSC)	1:26:63	GEMS (UGA)	11 July, 2015
200m Backstroke	Raphael Sine (DSC)	3:21:85	GEMS (UGA)	21 February, 2015
50m Breaststroke	Francesco Kagugube (SEALS)	45:28	GEMS (UGA)	11 July, 2015
100m Breaststroke	Eugene Kigundu (DSC)	1:37:92	GEMS (UGA)	21 February, 2015
200m Breaststroke	Raphael Sine (DSC)	3:32:69	GEMS (UGA)	21 February, 2015
50m Butterfly	Tendo Kaumi (DSC)	38:37	GEMS (UGA)	11 July, 2015
100m Butterfly	Raphael Sine (DSC)	1:32:38	GEMS (UGA)	11 July, 2015
200m Butterfly	Christian Musenze (SEALS)	3:54:25	GEMS (UGA)	11 June, 2016
100m Ind. Medley	Raphael Sine (DSC)	1:27:72	GEMS (UGA)	11 July, 2015
200m Ind. Medley	Raphael Sine (DSC)	3:10:47	GEMS (UGA)	11 July, 2015



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

11 - 12 BOYS

Event	Swimmer	Time	Place	Date
50m Freestyle	Nabil Saleh (UGA)	28:00	KPS (UGA)	24 April, 2014
100m Freestyle	Nabil Saleh (UGA)	1:01:09	KPS (UGA)	24 April, 2014
200m Freestyle	Nabil Saleh (UGA)	2:17:50	KPS (UGA)	24 April, 2014
400m Freestyle	Nabil Saleh (UGA)	5:02:70	KPS (UGA)	24 April, 2014
800m Freestyle	Samora Lumonya (SFA)	11:49:27	GEMS (UGA)	11 June, 2016
1500m Freestyle	Darren Ssamula (DSC)	26:54:39	KISU (UGA)	4 October, 2014
50m Backstroke	Nabil Saleh (UGA)	31:90	KPS (UGA)	24 April, 2014
100m Backstroke	Nabil Saleh (UGA)	1:09:80	KPS (UGA)	24 April, 2014
200m Backstroke	Nabil Saleh (UGA)	2:34:82	KPS (UGA)	24 April, 2014
50m Breaststroke	Francesco Kagugube (SEALS)	39:14	GEMS (UGA)	11 June, 2016
100m Breaststroke	Adnan Kabuye (DSC)	1:26:07	GEMS (UGA)	11 July, 2015
200m Breaststroke	Adnan Kabuye (DSC)	3:14:10	GEMS (UGA)	11 July, 2015
50m Butterfly	Nabil Saleh (UGA)	30:00	KPS (UGA)	24 April, 2014
100m Butterfly	Nabil Saleh (UGA)	1:07:20	KPS (UGA)	24 April, 2014
200m Butterfly	Siegfred Katumwa (DSC)	3:06:24	GEMS (UGA)	11 July, 2015
100m Ind. Medley	Adnan Kabuye (DSC)	1:17:43	GEMS (UGA)	11 July, 2015
200m Ind. Medley	Nabil Saleh (UGA)	2:39:14	KPS (UGA)	24 April, 2014



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

13 - 14 BOYS

Event	Swimmer	Time	Place	Date
50m Freestyle	Nabil Saleh (UGA)	26:51	KISU (UGA)	11 December, 2015
100m Freestyle	Nabil Saleh (UGA)	58:96	KISU (UGA)	11 December, 2015
200m Freestyle	Nabil Saleh (UGA)	2:13:04	KISU (UGA)	11 December, 2015
400m Freestyle	Ambala Atuhaire (UGA)	4:50:88	KISU (UGA)	11 December, 2015
800m Freestyle	Ambala Atuhaire (UGA)	9:55:50	KISU (UGA)	11 December, 2015
1500m Freestyle				
50m Backstroke	Adnan Kabuye (AKS)	31:88	KISU (UGA)	8 October, 2016
100m Backstroke	Adnan Kabuye (AKS)	1:10:07	KISU (UGA)	8 October, 2016
200m Backstroke	Ambala Atuhaire (UGA)	2:25:56	KISU (UGA)	11 December, 2015
50m Breaststroke	Ambala Atuhaire (UGA)	31:18	KISU (UGA)	11 December, 2015
100m Breaststroke	Ambala Atuhaire (UGA)	1:13:90	KISU (UGA)	11 December, 2015
200m Breaststroke	Ambala Atuhaire (UGA)	2:47:85	KISU (UGA)	11 December, 2015
50m Butterfly	Nabil Saleh (UGA)	29:93	KISU (UGA)	11 December, 2015
100m Butterfly	Nabil Saleh (UGA)	1:07:04	KISU (UGA)	11 December, 2015
200m Butterfly	Nuwa Senkebe Serunjogi (UGA)	2:48:10	KPS (UGA)	24 April, 2014
100m Ind. Medley	Adnan Kabuye (AKS)	1:11:68	KISU (UGA)	8 October, 2016
200m Ind. Medley	Ambala Atuhaire (UGA)	2:22:85	KISU (UGA)	11 December, 2015



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

15 - 16 BOYS

Event	Swimmer	Time	Place	Date
50m Freestyle	Elisha Ekirikubinza (DSC)	26:08	GEMS (UGA)	11 July, 2015
100m Freestyle	Arnold Kisulo (UGA)	57:89	KPS (UGA)	24 April, 2014
200m Freestyle	Jethero Ssengonzi (UGA)	2:12:50	KPS (UGA)	24 April, 2014
400m Freestyle	Nuwa Senkebe Serunjogi (SEALS)	4:46:02	GEMS (UGA)	11 July, 2015
800m Freestyle	Nuwa Senkebe Serunjogi (SEALS)	9:40:79	GEMS (UGA)	21 February, 2015
1500m Freestyle	Nuwa Senkebe Serunjogi (SEALS)	18:56:93	KISU (UGA)	4 October, 2014
50m Backstroke	Arnold Kisulo (DSC)	29:36	GEMS (UGA)	21 February, 2015
100m Backstroke	Arnold Kisulo (DSC)	1:02:87	GEMS (UGA)	21 February, 2015
200m Backstroke	Jethero Ssengonzi (UGA)	2:29:20	KPS (UGA)	24 April, 2014
50m Breaststroke	Jethero Ssengonzi (UGA)	32:80	KPS (UGA)	24 April, 2014
100m Breaststroke	Elisha Ekirikubinza (UGA)	1:12:60	KPS (UGA)	24 April, 2014
200m Breaststroke	Elisha Ekirikubinza (UGA)	2:41:40	KPS (UGA)	24 April, 2014
50m Butterfly	Arnold Kisulo (DSC)	27:48	GEMS (UGA)	21 February, 2015
100m Butterfly	Arnold Kisulo (UGA)	1:03:20	KPS (UGA)	24 April, 2014
200m Butterfly	Nuwa Senkebe Serunjogi (SEALS)	2:37:40	GEMS (UGA)	21 February, 2015
100m Ind. Medley	Elisha Ekirikubinza (DSC)	1:10:65	KISU (UGA)	4 October, 2014
200m Ind. Medley	Arnold Kisulo (UGA)	2:21:55	KPS (UGA)	24 April, 2014
400m Ind. Medley	Nuwa Senkebe Serunjogi (SEALS)	5:25:35	GEMS (UGA)	7 November, 2015



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

17 & OVER BOYS

Event	Swimmer	Time	Place	Date
50m Freestyle	Joshua Ekirikubinza (DSC)	25:44	GEMS (UGA)	11 July, 2015
100m Freestyle	Ronald Ssegwanyi (MUK)	1:01:23	GEMS (UGA)	21 February, 2015
200m Freestyle	Ronald Ssegwanyi (UGA)	2:14:23	KISU (UGA)	11 December, 2015
400m Freestyle	Ronald Ssegwanyi (SFA)	5:08:28	GEMS (UGA)	11 June, 2016
800m Freestyle	Ronald Ssegwanyi (SFA)	10:38:43	GEMS (UGA)	11 June, 2016
1500m Freestyle	Amos Bakka (NDJ)	26:30:54	KISU (UGA)	4 October, 2014
50m Backstroke	Arnold Kisulo (BSK)	27:93	KISU (UGA)	3 October, 2015
100m Backstroke	Arnold Kisulo (BSK)	1:01:60	KISU (UGA)	3 October, 2015
200m Backstroke	Arnold Kisulo (UGA)	2:17:73	KISU (UGA)	11 December, 2015
50m Breaststroke	Joshua Ekirikubinza (DSC)	31:50	GEMS (UGA)	11 July, 2015
100m Breaststroke	Joshua Ekirikubinza (DSC)	1:13:39	GEMS (UGA)	11 July, 2015
200m Breaststroke	Joshua Ekirikubinza (DSC)	2:51:98	GEMS (UGA)	11 July, 2015
50m Butterfly	Arnold Kisulo (DSC)	26:60	GEMS (UGA)	11 July, 2015
100m Butterfly	Arnold Kisulo (DSC)	1:01:90	GEMS (UGA)	11 July, 2015
200m Butterfly	Eric Kisero (UGA)	3:01:70	KPS (UGA)	24 April, 2014
100m Ind. Medley	Arnold Kisulo (BSK)	1:02:45	KISU (UGA)	3 October, 2015
200m Ind. Medley	Arnold Kisulo (DSC)	2:25:49	GEMS (UGA)	11 July, 2015
400m Ind. Medley				



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

10 & UNDER BOYS

Event	Swimmer	Time	Place	Date
4x50m Freestyle	DOLPHINS SWIM CLUB	2:25:93	GEMS (UGA)	11 July, 2015
4x100m Freestyle				
4x50m Medley	DOLPHINS SWIM CLUB	2:41:28	GEMS (UGA)	11 July, 2015
4x100m Medley				



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

14 & UNDER BOYS

Event	Swimmer	Time	Place	Date
4x50m Freestyle	TEAM UGANDA	1:52:73	KISU (UGA)	11 December, 2015
4x100m Freestyle	TEAM UGANDA	4:16:03	KISU (UGA)	11 December, 2015
4x50m Medley	TEAM UGANDA	2:14:60	KPS (UGA)	24 April, 2014
4x100m Medley				



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

15 & OVER BOYS

Event	Swimmer	Time	Place	Date
4x50m Freestyle	TEAM UGANDA Arnold Kisulo Ronald Daisuke Ssegwanyi Tom Barendese	1:43:79	KISU (UGA)	11 December, 2015
4x100m Freestyle	TEAM UGANDA Arnold Kisulo Ronald Daisuke Ssegwanyi Tom Barendese	3:54:61	KISU (UGA)	11 December, 2015
4x50m Medley	TEAM UGANDA Arnold Kisulo Ronald Daisuke Ssegwanyi Tom Barendese	1:56:24	KISU (UGA)	11 December, 2015
4x100m Medley	DOLPHINS SWIM CLUB Arnold Kisulo Joshua Ekirikubinza T Elisha Tibatemwa Theodore Muhebwa	4:35:79	GEMS (UGA)	11 July, 2015



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

8 & UNDER GIRLS

Event	Swimmer	Time	Place	Date
25m Freestyle	Hannah Ayera Kyanda (SEALS)	18:79	GEMS (UGA)	11 July, 2015
50m Freestyle	Hannah Ayera Kyanda (GEMS)	39.33	KISU (UGA)	3 October, 2015
100m Freestyle	Ssanyu Kagugube (SEALS)	1:35:10	GEMS (UGA)	11 July, 2015
200m Freestyle	Karimah Katemba (KPS)	4:03:14	KISU (UGA)	3 October, 2015
400m Freestyle	Michelle Sine (AKS)	8:28:15	GEMS (UGA)	4 October, 2014
25m Backstroke	Hannah Ayera Kyanda (SEALS)	22:06	GEMS (UGA)	11 July, 2015
50m Backstroke	Hannah Ayera Kyanda (GEMS)	46.18	KISU (UGA)	3 October, 2015
100m Backstroke	Hannah Ayera Kyanda (SEALS)	1:45:63	GEMS (UGA)	11 July, 2015
25m Breaststroke	Ssanyu Kagugube (KPS)	24:22	KISU (UGA)	14 March, 2015
50m Breaststroke	Karimah Katemba (AKS)	50:42	KISU (UGA)	8 October, 2016
100m Breaststroke	Nanette Nsereko (DSC)	2:00:76	GEMS (UGA)	11 July, 2015
200m Breaststroke	Athena Kituuka (SEALS)	5:13:81	GEMS (UGA)	11 July, 2015
25m Butterfly	Rahmah Nakasule (STSA)	20:17	GEMS (UGA)	11 June, 2016
50m Butterfly	Karimah Katemba (AKS)	42:95	KISU (UGA)	8 October, 2016
100m Butterfly	Ahmed Namanyi (STSA)	2:06:17	GEMS (UGA)	11 July, 2015
100m Ind. Medley	Michelle Sine (DSC)	1:43:91	GEMS (UGA)	11 July, 2015
200m Ind. Medley	Patricia Kirabo (GSC)	5:11:95	GEMS (UGA)	11 July, 2015
4x25m Freestyle Relay	Dolphins Swim Club	1:16:51	GEMS (UGA)	11 July, 2015
4x50m Freestyle Relay	Seals Swim Club	2:35:55	GEMS (UGA)	11 July, 2015
4x25m Medley Relay	Dolphins Swim Club	1:28:68	GEMS (UGA)	11 July, 2015
4x50m Medley Relay	Dolphins Swim Club	2:45:19	GEMS (UGA)	11 July, 2015



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

9 - 10 GIRLS

Event	Swimmer	Time	Place	Date
50m Freestyle	Kirabo Namutebi (DSC)	32:75	GEMS (UGA)	11 July, 2015
100m Freestyle	Mercedes Mwebeiha (AKS)	1:19:31	KISU (UGA)	4 October, 2014
200m Freestyle	Plaxida Nakabanda (SAKS)	3:11:92	KISU (UGA)	3 October, 2015
400m Freestyle	Alexis Kituuka (SEALS)	6:49:85	GEMS (UGA)	21 February, 2015
800m Freestyle	Alexis Kituuka (SEALS)	13:10:49	GEMS (UGA)	21 February, 2015
50m Backstroke	Kirabo Namutebi (BSK)	38:79	KISU (UGA)	3 October, 2015
100m Backstroke	Kirabo Namutebi (DSC)	1:32:22	GEMS (UGA)	11 July, 2015
200m Backstroke				
50m Breaststroke	Kirabo Namutebi (UGA)	41:18	KISU (UGA)	11 December, 2015
100m Breaststroke	Kirabo Namutebi (UGA)	1:35:07	KISU (UGA)	11 December, 2015
200m Breaststroke	Kirabo Namutebi (DSC)	3:41:40	GEMS (UGA)	11 July, 2015
50m Butterfly	Kirabo Namutebi (BSK)	38:06	KISU (UGA)	3 October, 2015
100m Butterfly	Joy Cynthia Alande (SEALS)	1:35:38	GEMS (UGA)	11 June, 2016
200m Butterfly				
100m Ind. Medley	Kirabo Namutebi (DSC)	1:29:88	GEMS (UGA)	11 July, 2015
200m Ind. Medley	Swagia Mubiru (AKS)	3:22:04	KISU (UGA)	3 October, 2015



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

11 - 12 GIRLS

Event	Swimmer	Time	Place	Date
50m Freestyle	Selina Katumba (UGA)	30:44	KISU (UGA)	11 December, 2015
100m Freestyle	Selina Katumba (DSC)	1:06:66	GEMS (UGA)	21 February, 2015
200m Freestyle	Selina Katumba (SFA)	2:31:44	GEMS (UGA)	11 June, 2016
400m Freestyle	Selina Katumba (SFA)	5:20:16	GEMS (UGA)	11 June, 2016
800m Freestyle	Selina Katumba (SFA)	10:50:15	GEMS (UGA)	11 June, 2016
1500m Freestyle	Selina Katumba (AKS)	23:22:77	KISU (UGA)	4 October, 2014
50m Backstroke	Kirabo Namutebi (BSK)	35:88	KISU (UGA)	8 October, 2016
100m Backstroke	Selina Katumba (UGA)	1:19:53	KISU (UGA)	11 December, 2015
200m Backstroke	Selina Katumba (SFA)	2:47:90	GEMS (UGA)	11 June, 2016
50m Breaststroke	Kirabo Namutebi (BSK)	39:47	KISU (UGA)	8 October, 2016
100m Breaststroke	Selina Katumba (SFA)	1:27:09	GEMS (UGA)	11 June, 2016
200m Breaststroke	Selina Katumba (SFA)	3:09:47	GEMS (UGA)	11 June, 2016
50m Butterfly	Kirabo Namutebi (BSK)	33:90	KISU (UGA)	8 October, 2016
100m Butterfly	Daya Mpera Yalonda (SEALS)	1:21:55	GEMS (UGA)	11 June, 2016
200m Butterfly	Selina Katumba (SFA)	3:05:50	GEMS (UGA)	11 June, 2016
100m Ind. Medley	Mercedes Amani (BSK)	1:22:09	KISU (UGA)	8 October, 2016
200m Ind. Medley	Selina Katumba (SFA)	2:51:72	GEMS (UGA)	11 June, 2016
4x50m Freestyle Relay	Silverfin Academy	2:11:43	GEMS (UGA)	11 June, 2016
4x50m Medley Relay	Silverfin Academy	2:29:06	GEMS (UGA)	11 June, 2016



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

13 - 14 GIRLS

Event	Swimmer	Time	Place	Date
50m Freestyle	Kimberly Hind (UGA)	29:30	KPS (UGA)	24 April, 2014
100m Freestyle	Kimberly Hind (UGA)	1:02:86	KPS (UGA)	24 April, 2014
200m Freestyle	Kimberly Hind (UGA)	2:13:20	KPS (UGA)	24 April, 2014
400m Freestyle	Kimberly Hind (UGA)	4:47:09	KPS (UGA)	24 April, 2014
800m Freestyle	Kimberly Hind (UGA)	9:42:30	KPS (UGA)	24 April, 2014
1500m Freestyle				
50m Backstroke	Rebecca Ssengonzi (UGA)	32:80	KPS (UGA)	24 April, 2014
100m Backstroke	Rebecca Ssengonzi (UGA)	1:13:80	KPS (UGA)	24 April, 2014
200m Backstroke	Rebecca Ssengonzi (UGA)	2:39:80	KPS (UGA)	24 April, 2014
50m Breaststroke	Rebecca Ssengonzi (UGA)	36:80	KPS (UGA)	24 April, 2014
100m Breaststroke	Rebecca Ssengonzi (UGA)	1:20:50	KPS (UGA)	24 April, 2014
200m Breaststroke	Rebecca Ssengonzi (UGA)	3:01:10	KPS (UGA)	24 April, 2014
50m Butterfly	Rebecca Ssengonzi (UGA)	31:10	KPS (UGA)	24 April, 2014
100m Butterfly	Kimberly Hind (UGA)	1:08:60	KPS (UGA)	24 April, 2014
200m Butterfly	Kimberly Hind (UGA)	2:32:10	KPS (UGA)	24 April, 2014
100m Ind. Medley	Ssinzi Nabatanzi (BSK)	1:11:68	KISU (UGA)	8 October, 2016
200m Ind. Medley	Kimberly Hind (UGA)	2:36:34	KPS (UGA)	24 April, 2014
4x50m Freestyle Relay	Seals Swim Club	2:25:26	GEMS (UGA)	11 July, 2015
4x50m Medley Relay	Seals Swim Club	2:40:52	GEMS (UGA)	11 July, 2015



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15 - 16 GIRLS

Event	Swimmer	Time	Place	Date
50m Freestyle	Anthea Mudanye (SEALS)	31:28	GEMS (UGA)	7 November, 2015
100m Freestyle	Anthea Mudanye (AKS)	1:14:12	KISU (UGA)	8 October, 2016
200m Freestyle	Anthea Mudanye (AKS)	2:38:43	KISU (UGA)	8 October, 2016
400m Freestyle	Ann Mudanye (SEALS)	5:53:80	GEMS (UGA)	21 February, 2015
800m Freestyle	Anthea Mudanye (SEALS)	11:58:81	GEMS (UGA)	11 June, 2016
1500m Freestyle				
50m Backstroke	Ann Mudanye (SEALS)	39:88	GEMS (UGA)	21 February, 2015
100m Backstroke	Aaliyah Naluyima (DSC)	1:30:77	KISU (UGA)	4 October, 2014
200m Backstroke				
50m Breaststroke	Anthea Mudanye (SEALS)	41:44	GEMS (UGA)	7 November, 2015
100m Breaststroke	Anthea Mudanye (SEALS)	1:28:29	GEMS (UGA)	11 June, 2016
200m Breaststroke	Anthea Mudanye (SEALS)	3:16:35	GEMS (UGA)	11 June, 2016
50m Butterfly	Anthea Mudanye (AKS)	34:41	KISU (UGA)	8 October, 2016
100m Butterfly	Anthea Mudanye (SEALS)	1:23:98	GEMS (UGA)	11 June, 2016
200m Butterfly	Anthea Mudanye (SEALS)	3:11:59	GEMS (UGA)	11 June, 2016
100m Ind. Medley	Anthea Mudanye (SEALS)	1:25:24	GEMS (UGA)	11 June, 2016
200m Ind. Medley	Anthea Mudanye (SEALS)	3:05:05	GEMS (UGA)	11 June, 2016



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

17 & OVER GIRLS

Event	Swimmer	Time	Place	Date
50m Freestyle	Jamila Lunkuse (SEALS)	29:23	GEMS (UGA)	11 July, 2015
100m Freestyle	Avice Meya (UGA)	1:10:33	KISU (UGA)	11 December, 2015
200m Freestyle	Avice Meya (SFA)	2:53:59	GEMS (UGA)	11 June, 2016
400m Freestyle	Ann Mudanye (SEALS)	5:43:77	GEMS (UGA)	11 July, 2015
800m Freestyle	Rachael Galinda (ALTN)	15:37:93	GEMS (UGA)	11 June, 2016
1500m Freestyle	Brenda Nabanoba (NDJJ)	34:04:22	KISU (UGA)	4 October, 2014
50m Backstroke	Avice Meya (SFA)	38:90	GEMS (UGA)	11 June, 2016
100m Backstroke	Avice Meya (SFA)	1:23:59	GEMS (UGA)	11 June, 2016
200m Backstroke	Avice Meya (SFA)	3:03:88	GEMS (UGA)	11 June, 2016
50m Breaststroke	Avice Meya (UGA)	41:29	KISU (UGA)	11 December, 2015
100m Breaststroke	Avice Meya (SFA)	1:33:32	GEMS (UGA)	11 June, 2016
200m Breaststroke	Avice Meya (SEALS)	3:35:28	GEMS (UGA)	21 February, 2015
50m Butterfly	Avice Meya (SEALS)	33:14	GEMS (UGA)	21 February, 2015
100m Butterfly	Avice Meya (SFA)	1:26:06	GEMS (UGA)	11 June, 2016
200m Butterfly	Marina Nakimuli (UGA)	3:54:20	KISU (UGA)	11 December, 2015
100m Ind. Medley	Jamila Lunkuse (SEALS)	1:07:27	GEMS (UGA)	11 July, 2015
200m Ind. Medley	Ann Mudanye (SEALS)	3:06:74	GEMS (UGA)	11 July, 2015
400m Ind. Medley	Emily Babirye (MAK)	9:54:03	GEMS (UGA)	7 November, 2015



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

10 & UNDER GIRLS

Event	Swimmer	Time	Place	Date
4x50m Freestyle	SEALS SWIM CLUB	2:35:55	GEMS (UGA)	11 July, 2015
4x100m Freestyle				
4x50m Medley	DOLPHINS SWIM CLUB Kirabo Namutebi Swagia Mubiru	2:45:19	GEMS (UGA)	11 July, 2015
4x100m Medley				



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

14 & UNDER GIRLS

Event	Swimmer	Time	Place	Date
4x50m Freestyle	TEAM UGANDA Kimberly Hind Rebecca Ssengonzi	2:01:64	KPS (UGA)	24 April, 2014
4x100m Freestyle	TEAM UGANDA Kimberly Hind Rebecca Ssengonzi	4:43:20	KPS (UGA)	24 April, 2014
4x50m Medley	TEAM UGANDA Kimberly Hind Rebecca Ssengonzi	2:16:20	KPS (UGA)	24 April, 2014
4x100m Medley				



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

15 & OVER GIRLS

Event	Swimmer	Time	Place	Date
4x50m Freestyle	TEAM UGANDA	2:17:36	KISU (UGA)	11 December, 2015
4x100m Freestyle	TEAM UGANDA	5:28:86	KISU (UGA)	11 December, 2015
4x50m Medley	MAKERERE UNIVERSITY Winfrey Nambuya Racheal Namayanja Marina Nakimuli Faith Ejiang	3:00:53	KISU (UGA)	8 October, 2016
4x100m Medley				



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

10 & UNDER MIXED

Event	Swimmer	Time	Place	Date
4x50m Freestyle	DOLPHINS SWIM CLUB Kirabo Namutebi Kaumi Tendo Swagia Mubiru Sine Raphael	2:21:48	GEMS (UGA)	11 July, 2015
4x100m Freestyle				
4x50m Medley				
4x100m Medley				



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

14 & UNDER MIXED

Event	Swimmer	Time	Place	Date
4x50m Freestyle	TEAM UGANDA	1:59:90	KISU (UGA)	11 December, 2015
4x100m Freestyle				
4x50m Medley	TEAM UGANDA	2:11:42	KISU (UGA)	11 December, 2015
4x100m Medley				



USF 25m Pool AGE GROUP RECORDS (as of 1st March, 2017)

15 & OVER MIXED

Event	Swimmer	Time	Place	Date
4x50m Freestyle	TEAM UGANDA	1:58:81	KISU (UGA)	11 December, 2015
4x100m Freestyle				
4x50m Medley	TEAM UGANDA	2:10:65	KISU (UGA)	11 December, 2015
4x100m Medley				