



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

MEN

Event	Swimmer	Time	Place	Date
50m Freestyle	Arnold Kisulo (BSK)	25:15	KISU (UGA)	3 October, 2015
100m Freestyle	Arnold Kisulo (UGA)	57:89	KPS (UGA)	24 April, 2014
200m Freestyle	Jethero Sengonzi (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 (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 T (DSC)	31:50	GEMS (UGA)	11 July, 2015
100m Breaststroke	Elisha Ekirikubinza (DSC)	1:12:60	KPS (UGA)	24 April, 2014
200m Breaststroke	Elisha Ekirikubinza (DSC)	2:41:40	KPS (UGA)	24 April, 2014
50m Butterfly	Arnold Kisulo (BSK)	26:60	KISU (UGA)	3 October, 2015
100m Butterfly	Arnold Kisulo (DSC)	1:01:90	GEMS (UGA)	11 July, 2015
200m Butterfly	Nuwa Senkebe Serunjogi (SEALS)	2:37:40	GEMS (UGA)	21 February, 2015
100m Ind. Medley	Arnold Kisulo (BSK)	1:02:45	KISU (UGA)	3 October, 2015
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



Event

4x50m Freestyle

Swimmer

TEAM UGANDA

Arnold Kisulo
Ronald Daisuke Ssegwany
Tom Barendese

Time

1:43:79

Place

KISU (UGA)

Date

11 December, 2015

4x100m Freestyle

TEAM UGANDA

Arnold Kisulo
Ronald Daisuke Ssegwany
Tom Barendese

3:54:61

KISU (UGA)

11 December, 2015

4x200m Freestyle



Event	Swimmer	Time	Place	Date
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 Ekrikubinza Tibatemwa Tendo Mukalazi Elisha Ekirikubinza	4:35:79	GEMS (UGA)	11 July, 2015



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WOMEN

Event	Swimmer	Time	Place	Date
50m Freestyle	Jamila Lunkuse (PL)	27:46	Plymouth (UK)	10 March, 2013
100m Freestyle	Jamila Lunkuse (PL)	59:77	Plymouth (UK)	16 February, 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	Katumba Selina (DSC)	23:22:77	KISU (UGA)	4 October, 2014
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	Jamila Lunkuse (PL)	34:68	Plymouth (UK)	2 March, 2013
100m Breaststroke	Jamila Lunkuse (PL)	1:15:14	Plymouth (UK)	3 March, 2013
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	Jamila Lunkuse (SEALS)	1:07:27	GEMS (UGA)	11 July, 2015
200m Ind. Medley	Jamila Lunkuse (PL)	2:26:36	Plymouth (UK)	3 March, 2013
400m Ind. Medley	Natalie Abwooli Sanford	6:49:13	GEMS (UGA)	7 November, 2015



Event	Swimmer	Time	Place	Date
4x50m Freestyle	SEALS SWIM CLUB Katrina Sarah Ssangalyambogo Anthea Mudanye Ann Mudanye Jamila Lunkuse	2:08:56	GEMS (UGA)	11 July, 2015
4x100m Freestyle	SEALS SWIM CLUB Ann Mudanye Anthea Mudanye Katrina Sarah Ssangalyambogo Meza Avice	5:02:03	GEMS (UGA)	11 July, 2015
4x200m Freestyle				



Event

4x50m Medley

Swimmer

TEAM UGANDA
Kimberly Hind
Anthea Mudanye
Rebecca Ssengonzi
Katrina Sarah Ssangalyambogo

Time

2:16:20

Place

KPS (UGA)

Date

24 April, 2014

4x100m Medley

SEALS SWIM CLUB

Alexis Kituuka
Anthea Mudanye
Ann Mudanye
Nicole Lutalo

5:32:20

GEMS (UGA)

11 July, 2015



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MIXED

Event	Swimmer	Time	Place	Date
4x50m Mixed Freestyle	DOLPHINS SWIM CLUB Selina Katumba Arnold Kisulo Alliyah Naluyima Joshua Ekrikubinza T	1:57:86	GEMS (UGA)	11 July, 2015
4x100m Mixed Freestyle				
4x50m Mixed Medley				
4x100m Mixed Medley				