

**RECORDS CONTINENTALI FEMMINILI - VASCA CORTA**  
**WOMEN'S CONTINENTAL SHORT COURSE RECORDS**  
(In giallo i records del mondo - In yellow the World Records)

**50 STILE LIBERO - FREESTYLE - LIBRE**

AFRICA	24,38	GALLAGHER ERIN	RSA	HANGZHOU	15 December 2018
AMERICA	23,76	MEDEIROS ETIENE	BRA	HANGZHOU	16 December 2018
ASIA	23,95	IKEE RIKAKO	JPN	LAUSANNE	21 December 2017
	23,95	ZHU MENGHUI	CHN	HANGZHOU	15 December 2018

EUROPE	22,93	KROMOWIDJOJO RANOMI	NED	BERLIN	07 August 2017
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OCEANIA	23,19	CAMPBELL CATE	AUS	ADELAIDE	27 October 2017
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**100 STILE LIBERO - FREESTYLE - LIBRE**

AFRICA	52,70	GALLAGHER ERIN	RSA	HANGZHOU	12 December 2018
	24,91				

AMERICA	51,63	COMERFORD MALLORY	USA	HANGZHOU	13 December 2018
	24,66				

ASIA	51,62	IKEE RIKAKO	JPN	TOKYO	14 January 2018
	25,49				

EUROPE	50,58	SJÖSTRÖM SARAH	SWE	EINDHOVEN	11 August 2017
	24,49				

OCEANIA	50,25	CAMPBELL CATE	AUS	ADELAIDE	26 October 2017
	24,21				

**200 STILE LIBERO - FREESTYLE - LIBRE**

AFRICA	1,55,89	VORSTER LEONE	RSA	DUBAI	19 December 2010
	27,15-56,40-1,25,99				

AMERICA	1,51,67	SCHMITT ALLISON	USA	MANCHESTER	19 December 2009
	26,58-54,65-1,23,06				

ASIA	1,52,64	IKEE RIKAKO	JPN	TOKYO	13 January 2018
	26,27-54,72-1,23,50				

EUROPE	1,50,43	SJÖSTRÖM SARAH	SWE	EINDHOVEN	12 August 2017
	25,99-54,45-1,22,61				

OCEANIA	1,51,38	TITMUS ARIARNE	AUS	HANGZHOU	11 December 2018
	26,46-54,81-1,23,19				

**400 STILE LIBERO - FREESTYLE - LIBRE**

AFRICA	4,03,50	CORFE MELISSA	RSA	MANCHESTER	11 April 2008
	27,75-57,93-1,28,38-1,59,35-2,30,38-3,01,50-3,32,96				

AMERICA	3,55,89	SCHMITT ALLISON	USA	MANCHESTER	19 December 2009
	28,10-57,91-1,27,99-1,58,06-2,27,69-2,56,73-3,26,38				

ASIA	3,53,97	WANG JIANJIAHE	CHN	BUDAPEST	04 October 2018
	26,97-56,31-1,25,90-1,55,58-2,25,34-2,55,17-3,25,08				

EUROPE	3,54,52	BELMONTE GARCÍA MIREIA	ESP	BERLIN	11 August 2013
	27,82-57,34-1,27,15-1,57,06-2,26,69-2,56,46-3,25,81				

OCEANIA	3,53,92	TITMUS ARIARNE	AUS	HANGZHOU	14 December 2018
	26,93-56,08-1,25,46-1,55,37-2,25,21-2,54,94-3,24,64				

**800 STILE LIBERO - FREESTYLE - LIBRE**

AFRICA	8,22,05	PENGELLY JESSICA	RSA	SINGAPORE	04 November 2011
	29,08-1,00,15-1,31,47-2,02,80-2,34,08-3,05,33-3,36,78-4,08,40-4,39,94-5,11,45-5,43,07-6,14,86-6,46,66-7,18,78-7,50,86				

AMERICA	8,07,67	SMITH LEAH	USA	WINDSOR	07 December 2016
	28,13-58,10-1,28,43-1,59,05-2,29,74-3,00,35-3,31,24-4,02,24-4,33,08-5,04,04-5,34,98-6,06,07-6,37,19-7,07,95-7,38,47				

ASIA	7,59,44	WANG JIANJIAHE	CHN	BUDAPEST	06 October 2018
	27,35-57,01-1,27,37-1,57,93-2,28,45-2,58,91-3,29,18-3,59,49-4,29,69-5,00,12-5,30,27-6,00,51-6,30,77-7,00,66-7,30,65				

EUROPE	7,59,34	BELMONTE GARCÍA MIREIA	ESP	BERLIN	10 August 2013
	28,28-58,62-1,29,06-1,59,38-2,29,58-2,59,74-3,29,79-3,59,80-4,29,45-4,59,39-5,29,25-5,59,38-6,29,33-6,59,38-7,29,83				

OCEANIA	8,01,22	BOYLE LAUREN	NZL	EINDHOVEN	07 August 2013
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28,82-59,11-1,29,27-1,59,43-2,29,73-3,00,02-3,30,22-4,00,59-4,30,79-5,00,97-5,31,24-6,01,49-6,31,69-7,01,82-7,31,94

**1500 STILE LIBERO - FREESTYLE - LIBRE**

**AFRICA** **16,11,24** **PENGELLY JESSICA** **RSA** **BRISBANE** **18 July 2010**  
1,02,12-2,09,72-3,18,58-4,27,77-5,37,81-6,47,99-7,58,23-9,07,29+(7'37"46)

**AMERICA** **15,32,90** **ZIEGLER KATE** **USA** **ESSEN** **12 October 2007**  
58,41-1,59,38-3,00,73-4,02,64-5,04,22-6,06,29-7,08,15-8,09,68-9,12,60-10,16,00-11,19,67-12,23,45-13,27,01-14,31,13

**ASIA** **15,51,68** **YAMADA SACHIKO** **JPN** **NISHINOMIYA** **25 January 2003**  
1,00,14-2,03,05-3,06,57-4,10,00-5,13,66-6,17,62-7,21,32-8,25,27-9,29,17-10,33,22-11,37,28-12,41,17-13,45,06-14,49,26

**EUROPE** **15,19,71** **BELMONTE GARCÍA MIREIA** **ESP** **SABADELL** **12 December 2014**  
1,00,25-2,02,43-3,04,01-4,05,39-5,06,82-6,08,22-7,09,21-8,10,42-9,11,40-10,12,54-11,13,85-12,15,67-13,17,73-14,19,65

**OCEANIA** **15,22,68** **BOYLE LAUREN** **NZL** **WELLINGTON** **09 August 2014**  
58,66-1,59,51-3,00,55-4,01,74-5,03,01-6,04,57-7,06,10-8,08,05-9,10,07-10,12,38-11,14,64-12,17,24-13,19,13-14,21,04

**50 DORSO - BACKSTROKE - ESPALDA**

**AFRICA** **26,85** **COVENTRY KIRSTY** **ZIM** **MANCHESTER** **13 April 2008**

**AMERICA** **25,67** **MEDEIROS ETIENE** **BRA** **DOHA** **07 December 2014**

**ASIA** **25,82** **ZHAO JING** **CHN** **STOCKHOLM** **10 November 2009**

**EUROPE** **25,70** **JOVANOVIĆ SANJA** **CRO** **ISTANBUL** **12 December 2009**

**OCEANIA** **25,83** **SEEBOHM EMILY** **AUS** **DOHA** **07 December 2014**

**100 DORSO - BACKSTROKE - ESPALDA**

**AFRICA** **56,56** **VAN WYK CHANELLE** **RSA** **BERLIN** **15 November 2009**  
27,31

**AMERICA** **55,47** **SMOLIGA OLIVIA** **USA** **HANGZHOU** **11 December 2018**  
26,77

**ASIA** **55,23** **SAKAI SHIHO** **JPN** **BERLIN** **15 November 2009**  
26,73

**EUROPE** **55,03** **HOSSZÚ KATINKA** **HUN** **DOHA** **04 December 2014**  
26,93

**OCEANIA** **55,31** **SEEBOHM EMILY** **AUS** **DOHA** **04 December 2014**  
26,81

**200 DORSO - BACKSTROKE - ESPALDA**

**AFRICA** **2,00,91** **COVENTRY KIRSTY** **ZIM** **MANCHESTER** **11 April 2008**  
28,48-58,69-1,29,71

**AMERICA** **2,00,03** **FRANKLIN MELISSA** **USA** **BERLIN** **22 October 2011**  
28,64-58,86-1,29,61

**ASIA** **2,00,18** **SAKAI SHIHO** **JPN** **BERLIN** **14 November 2009**  
27,91-58,66-1,29,49

**EUROPE** **1,59,23** **HOSSZÚ KATINKA** **HUN** **DOHA** **05 December 2014**  
28,17-58,36-1,28,77

**OCEANIA** **1,59,49** **SEEBOHM EMILY** **AUS** **SYDNEY** **26 November 2015**

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27,83-58,24-1,29,29

**50 RANA - BREASTSTROKE - BRAZA**

AFRICA	30,11	AJULU-BUSHELL REBECCA ACHIENG	KEN	LEEDS	06 August 2009
AMERICA	28,56	ATKINSON ALIA	JAM	BUDAPEST	06 October 2018
ASIA	29,90	ZHAO JIN	CHN	DUBAI	16 December 2010
EUROPE	28,81	MEILUTYTĖ RŪTA	LTU	DOHA	03 December 2014
OCEANIA	29,50	KATSOULIS SARAH	AUS	SINGAPORE	22 November 2009

**100 RANA - BREASTSTROKE - BRAZA**

AFRICA	1,05,12	SCHOENMAKER TATJANA	RSA	DURBAN	11 August 2018
AMERICA	1,02,36	ATKINSON ALIA	JAM	DOHA	06 December 2014
	29,46				
ASIA	1,04,05	TERAMURA MIHO	JPN	TOKYO	25 October 2016
	30,43				
EUROPE	1,02,36	MEILUTYTĖ RŪTA	LTU	MOSCOW	12 October 2013
	29,56				
OCEANIA	1,03,00	JONES LEISEL	AUS	BERLIN	14 November 2009
	30,05				

**200 RANA - BREASTSTROKE - BRAZA**

AFRICA	2,18,73	VAN BILJON SUZAAN	RSA	MANCHESTER	13 April 2008
	31,69-1,06,42-1,42,35				
AMERICA	2,14,57	SONI REBECCA	USA	MANCHESTER	18 December 2009
	31,05-1,05,18-1,40,00				
ASIA	2,15,76	KANETŌ RIE	JPN	DOHA	09 October 2016
	31,91-1,06,34-1,40,97				
EUROPE	2,15,21	PEDERSEN RIKKE MØLLER	DEN	HERNING	13 December 2013
	30,80-1,04,79-1,39,74				
OCEANIA	2,15,42	JONES LEISEL	AUS	BERLIN	15 November 2009
	31,30-1,06,07-1,41,00				

**50 FARFALLA - BUTTERFLY - MARIPOSA**

AFRICA	25,54	LOVEMORE TAYLA	RSA	SINGAPORE	16 November 2018
AMERICA	24,93	DAHLIA WORRELL KELSI	USA	HANGZHOU	13 December 2018
ASIA	24,71	IKEE RIKAKO	JPN	TOKYO	13 January 2018
EUROPE	24,38	ALSHAMMAR THERESE	SWE	SINGAPORE	22 November 2009
OCEANIA	24,69	GUEHRER MARIEKE	AUS	BERLIN	15 November 2009

**100 FARFALLA - BUTTERFLY - MARIPOSA**

AFRICA	56,52	RETIEF LIZE-MARI	RSA	SAINT PETERSBURG	20 December 2007
AMERICA	55,21	WORRELL DAHLIA KELSI	USA	EINDHOVEN	30 September 2018
	26,12				
ASIA	55,25	LU YING	CHN	DOHA	07 December 2014
	26,10				
EUROPE	54,61	SJÖSTRÖM SARAH	SWE	DOHA	07 December 2014
	25,96				
OCEANIA	55,30	COUTTS ALICIA	AUS	TOKYO	09 November 2013

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26,16

**200 FARFALLA - BUTTERFLY - MARIPOSA**

AFRICA	<b>2,04,24</b>	LOOTS MANDY	RSA	SINGAPORE	22 November 2009
		28,17-59,44-1,31,58			
AMERICA	<b>2,01,73</b>	DAHLIA WORRELL KELSI	USA	HANGZHOU	12 December 2018
		27,87-59,43-1,30,83			
ASIA	<b>2,00,78</b>	LIU ZIGE	CHN	BERLIN	15 November 2009
		27,35-58,41-1,29,29			
EUROPE	<b>1,59,61</b>	BELMONTE GARCÍA MIREIA	ESP	DOHA	03 December 2014
		27,75-58,24-1,28,96			
OCEANIA	<b>2,02,88</b>	GANDY ELLEN	AUS	SYDNEY	25 August 2013
		28,05-59,16-1,30,59			

**100 MISTI - INDIVIDUAL MEDLEY - ESTILOS**

AFRICA	<b>59,77</b>	COVENTRY KIRSTY	ZIM	MANCHESTER	11 April 2008
		27,47			
AMERICA	<b>57,84</b>	ATKINSON ALIA	JAM	CHARTRES	27 August 2016
		27,62			
ASIA	<b>57,75</b>	IKEE RIKAKO	JPN	TOKYO	15 November 2017
		26,20			
EUROPE	<b>56,51</b>	HOSSZÚ KATINKA	HUN	BERLIN	07 August 2017
		25,97			
OCEANIA	<b>57,53</b>	COUTTS ALICIA	AUS	TOKYO	10 November 2013
		26,14			

**200 MISTI - INDIVIDUAL MEDLEY - ESTILOS**

AFRICA	<b>2,06,13</b>	COVENTRY KIRSTY	ZIM	MANCHESTER	12 April 2008
		27,95-58,91-1,35,82			
AMERICA	<b>2,04,60</b>	SMIT JULIA	USA	MANCHESTER	19 December 2009
		27,22-58,60-1,34,54			
ASIA	<b>2,04,64</b>	YE SHIWEN	CHN	ISTANBUL	15 December 2012
		27,95-59,52-1,36,15			
EUROPE	<b>2,01,86</b>	HOSSZÚ KATINKA	HUN	DOHA	06 December 2014
		26,47-56,40-1,32,49			
OCEANIA	<b>2,05,46</b>	SEEBOHM EMILY	AUS	SINGAPORE	18 November 2017
		27,81-59,91-1,36,46			

**400 MISTI - INDIVIDUAL MEDLEY - ESTILOS**

AFRICA	<b>4,22,88</b>	MEAKLIM KATHRYN	RSA	SINGAPORE	22 November 2009
		28,84-1,01,68-1,36,73-2,10,57-2,46,62-3,22,75-3,53,48			
AMERICA	<b>4,21,04</b>	SMIT JULIA	USA	MANCHESTER	18 December 2009
		28,39-1,00,60-1,33,93-2,06,01-2,42,66-3,19,42-3,50,58			
ASIA	<b>4,23,33</b>	YE SHIWEN	CHN	ISTANBUL	12 December 2012
		29,49-1,03,21-1,37,10-2,10,55-2,47,98-3,25,30-3,55,19			
EUROPE	<b>4,18,94</b>	BELMONTE GARCÍA MIREIA	ESP	EINDHOVEN	12 August 2017
		27,99-59,38-1,33,37-2,06,46-2,42,27-3,19,24-3,49,63			
OCEANIA	<b>4,28,72</b>	FULLERTON ELLEN	AUS	HOBART	08 August 2009

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29,32-1,02,54-1,37,06-2,10,53-2,48,77-3,27,62-3,58,68

**4X50 STILE LIBERO - FREESTYLE RELAY - RELEVO LIBRE**

<b>AFRICA</b>	<b>1,43,63</b>	<b>DOLPHINS SWIMMING CLUB</b>	<b>RSA</b>	<b>PIETERMARITZBURG</b>	<b>08 September 2005</b>
ROETS Lauren - SCOTT Megan - LOOTS Mandy - ARCHIBALD Claire					
<b>AMERICA</b>	<b>1,34,03</b>	<b>NATIONAL TEAM</b>	<b>USA</b>	<b>HANGZHOU</b>	<b>16 December 2018</b>
KENNEDY Madison - COMERFORD Mallory - DAHLIA WORRELL Kelsi - BROWN Erika					
<b>ASIA</b>	<b>1,37,35</b>	<b>NATIONAL TEAM</b>	<b>JPN</b>	<b>HANGZHOU</b>	<b>16 December 2018</b>
SATO Aya - IMAI Runa - OMOTO Rika - AOKI Tomomi					
<b>EUROPE</b>	<b>1,33,25</b>	<b>NATIONAL TEAM</b>	<b>NED</b>	<b>ISTANBUL</b>	<b>11 December 2009</b>
DEKKER Inge - SCHREUDER Hinkelien - DE JONGE Saskia - KROMOWIDJOJO Ranomi					

<b>OCEANIA</b>	<b>1,36,34</b>	<b>AUSTRALIA</b>	<b>AUS</b>	<b>HANGZHOU</b>	<b>16 December 2018</b>
BARRATT Holly - SEEBOHM Emily - ATHERTON Minna - BUCHANAN Carla					

**4X100 STILE LIBERO - FREESTYLE RELAY - RELEVO LIBRE**

<b>AFRICA</b>	<b>3,41,80</b>	<b>NATIONAL TEAM</b>	<b>RSA</b>	<b>ISTANBUL</b>	<b>15 December 2012</b>
MAREE Trudi - KEMP Lehesta - STEPHENS Megan - MOHR Vanessa					
<b>AMERICA</b>	<b>3,27,70</b>	<b>NATIONAL TEAM</b>	<b>USA</b>	<b>DOHA</b>	<b>05 December 2014</b>
COUGHLIN Natalie - WEITZEIL Abbey - KENNEDY Madison - VREELAND Shannon					
<b>ASIA</b>	<b>3,29,81</b>	<b>NATIONAL TEAM</b>	<b>CHN</b>	<b>DUBAI</b>	<b>18 December 2010</b>
TANG Yi - ZHU Qianwei - PANG Jayjing - LI Zhesi					
<b>EUROPE</b>	<b>3,26,53</b>	<b>NATIONAL TEAM</b>	<b>NED</b>	<b>DOHA</b>	<b>05 December 2014</b>
DEKKER Inge - HEEMSKERK Femke - VAN DER MEER Maud - KROMOWIDJOJO Ranomi					

<b>OCEANIA</b>	<b>3,30,92</b>	<b>NATIONAL TEAM</b>	<b>AUS</b>	<b>DUBAI</b>	<b>18 December 2010</b>
MCKEON Emma - GALVEZ Felicity - NGAWATI Kotuku - GUEHRER Marieke					

**4X200 STILE LIBERO - FREESTYLE RELAY - RELEVO LIBRE**

<b>AFRICA</b>	<b>8,02,49</b>	<b>NATIONAL TEAM</b>	<b>RSA</b>	<b>ISTANBUL</b>	<b>12 December 2012</b>
PRINSLOO Karin - WEBER Michelle - PEREIRA Kyna - PENGELLY Jessica					
<b>AMERICA</b>	<b>7,33,89</b>	<b>NATIONAL TEAM</b>	<b>CAN</b>	<b>WINDSOR</b>	<b>10 December 2016</b>
SAVARD Katerine - RUCK Taylor - GOSS Kennedy - OLEKSIK Penelope					
<b>ASIA</b>	<b>7,34,08</b>	<b>NATIONAL TEAM</b>	<b>CHN</b>	<b>HANGZHOU</b>	<b>15 December 2018</b>
LI Bingjie - YANG Junxuan - ZHANG Yuhan - WANG Jianjiahe					
<b>EUROPE</b>	<b>7,32,85</b>	<b>NATIONAL TEAM</b>	<b>NED</b>	<b>DOHA</b>	<b>03 December 2014</b>
DEKKER Inge - HEEMSKERK Femke - KROMOWIDJOJO Ranomi - VAN ROUWENDAAL Sharon					

<b>OCEANIA</b>	<b>7,36,40</b>	<b>NATIONAL TEAM</b>	<b>AUS</b>	<b>HANGZHOU</b>	<b>15 December 2018</b>
TITMUS Ariarne - ATHERTON Minna - BUCHANAN Carla - HARKIN Abbey					

**4X50 MISTA - MEDLEY RELAY - RELEVO ESTILOS**

<b>AFRICA</b>	<b>1,52,16</b>	<b>NATIONAL TEAM</b>	<b>RSA</b>	<b>DOHA</b>	<b>05 December 2014</b>
GALLAGHER Erin - SCHOENMAKER Tatjana - MAREE Trudi - KEMP Lehesta					
<b>AMERICA</b>	<b>1,42,38</b>	<b>NATIONAL TEAM</b>	<b>USA</b>	<b>HANGZHOU</b>	<b>12 December 2018</b>
SMOLIGA Olivia - MEILI Katie - DAHLIA WORRELL Kelsi - COMERFORD Mallory					
<b>ASIA</b>	<b>1,46,15</b>	<b>NATIONAL TEAM</b>	<b>CHN</b>	<b>DOHA</b>	<b>05 December 2014</b>
QIU Yuhan - SUO Ran - LU Ying - LIU Xiang					
<b>EUROPE</b>	<b>1,42,69</b>	<b>NATIONAL TEAM</b>	<b>NED</b>	<b>ISTANBUL</b>	<b>12 December 2009</b>
SCHREUDER Hinkelien - NIJHUIS Moniek - DEKKER Inge - KROMOWIDJOJO Ranomi					

<b>OCEANIA</b>	<b>1,45,73</b>	<b>AUSTRALIA</b>	<b>AUS</b>	<b>CANBERRA</b>	<b>26 April 2008</b>
SEEBOHM Emily - JONES Leisel - GALVEZ Felicity - TRICKETT Lisbeth					

**4X100 MISTA - MEDLEY RELAY - RELEVO ESTILOS**

<b>AFRICA</b>	<b>4,00,73</b>	<b>NATIONAL TEAM</b>	<b>RSA</b>	<b>MANCHESTER</b>	<b>11 April 2008</b>
CORFE Melissa - VAN BILJON Suzaan - LOOTS Mandy - RETIEF Lize-Mari					
<b>AMERICA</b>	<b>3,45,20</b>	<b>NATIONAL TEAM</b>	<b>USA</b>	<b>INDIANAPOLIS</b>	<b>11 December 2015</b>
BARTHOLOMEW Courtney - MEILI Katie - WORRELL Kelsi - MANUEL Simone					
<b>ASIA</b>	<b>3,48,29</b>	<b>NATIONAL TEAM</b>	<b>CHN</b>	<b>DUBAI</b>	<b>17 December 2010</b>
ZHAO Jing - ZHAO Jin - LIU Zige - TANG Yi					
<b>EUROPE</b>	<b>3,48,86</b>	<b>NATIONAL TEAM</b>	<b>DEN</b>	<b>DOHA</b>	<b>07 December 2014</b>
NIELSEN Mie Østergaard - PEDERSEN Rikke Møller - OTTESEN Jeanette - BLUME Pernille					
<b>OCEANIA</b>	<b>3,48,88</b>	<b>NATIONAL TEAM</b>	<b>AUS</b>	<b>DUBAI</b>	<b>17 December 2010</b>