

# NIC - il nuoto in cifre

## 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	24,37	OSMAN FARIDA	EGY	LAS VEGAS	20 December 2019
AMERICA	23,44	WEITZEIL ABBEY	USA	NAPLES	18 September 2021
ASIA	23,75	HAUGHEY SIOBHAN	HGK	NAPLES	26 August 2021
<b>EUROPE</b>	<b>22,93</b>	<b>KROMOWIDJOJO RANOMI</b>	<b>NED</b>	<b>BERLIN</b>	<b>07 August 2017</b>
OCEANIA	23,04	MCKEON EMMA	AUS	MELBOURNE	17 December 2022

### 100 STILE LIBERO - FREESTYLE - LIBRE

AFRICA	52,70	GALLAGHER ERIN	RSA	HANGZHOU	12 December 2018
	24,91				
AMERICA	51,26	WEITZEIL ABBEY	USA	BUDAPEST	10 November 2020
	24,43				
ASIA	50,79	HAUGHEY SIOBHAN	HGK	EINDHOVEN	04 December 2021
	24,47				
EUROPE	50,58	SJÖSTRÖM SARAH	SWE	EINDHOVEN	11 August 2017
	24,49				
<b>OCEANIA</b>	<b>50,25</b>	<b>CAMPBELL CATE</b>	<b>AUS</b>	<b>ADELAIDE</b>	<b>26 October 2017</b>
	24,21				

### 200 STILE LIBERO - FREESTYLE - LIBRE

AFRICA	1,54,48	CANNY AIMEE	RSA	SHEFFIELD	05 December 2021
	27,12-56,13-1,25,24				
AMERICA	1,51,67	SCHMITT ALLISON	USA	MANCHESTER	19 December 2009
	26,58-54,65-1,23,06				
<b>ASIA</b>	<b>1,50,31</b>	<b>HAUGHEY SIOBHAN</b>	<b>HGK</b>	<b>ABU DHABI</b>	<b>16 December 2021</b>
	26,20-53,81-1,22,03				
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	3,52,80	MCINTOSH SUMMER	CAN	TORONTO	28 October 2012
	27,37-56,47-1,25,76-1,55,04-2,24,47-2,54,16-3,24,02				
<b>ASIA</b>	<b>3,51,30</b>	<b>LI BINGJIE</b>	<b>CHN</b>	<b>BEIJING</b>	<b>27 October 2022</b>
	27,41-56,72-1,26,27-1,55,88-2,25,27-2,54,66-3,23,52				
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				
<b>AMERICA</b>	<b>7,57,42</b>	<b>LEDECKY KATHLEEN</b>	<b>USA</b>	<b>INDIANAPOLIS</b>	<b>05 November 2022</b>
	27,54-57,09-1,26,81-1,56,63-2,26,50-2,56,55-3,26,41-3,56,64-4,26,77-4,57,05-5,27,20-5,57,46-6,27,56-6,57,89-7,28,30				
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
	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)				
<b>AMERICA</b>	<b>15,08,24</b>	<b>LEDECKY KATHLEEN</b>	<b>USA</b>	<b>TORONTO</b>	<b>29 October 2022</b>
	28,33-58,43-1,28,75-1,58,99-2,29,31-2,59,72-3,29,99-4,00,22-4,30,24-5,00,19-5,30,24-6,00,22-6,30,25-7,00,33-7,30,37-8,00,58 8,30,78-9,01,00-9,31,24-10,01,78-10,32,16-11,03,17-11,33,79-12,04,82-12,35,94-13,06,80-13,37,65-14,08,35-14,38,70				
ASIA	15,41,80	LI BINGJIE	CHN	BEIJING	28 October 2022
EUROPE	15,18,01	KÖHLER SARAH	GER	BERLIN	16 November 2019
	28,91-59,28-1,29,74-2,00,02-2,30,60-3,01,23-3,31,91-4,02,56-4,33,31-5,03,97-5,34,57-6,05,22-6,35,96-7,06,73-7,37,62-8,08,39 8,38,98-9,09,75-9,40,53-10,11,32-10,42,00-11,12,94-11,43,88-12,14,63-12,45,49-13,16,26-13,47,18-14,17,83-14,48,53				
OCEANIA	15,21,43	PALLISTER LANI	AUS	MELBOURNE	16 December 2022
	27,49-57,65-1,28,25-1,59,11-2,29,83-3,00,44-3,30,96-4,01,43-4,41,90-5,02,79-5,33,73-6,04,55-6,35,53-7,06,72-7,37,76-8,08,66 8,39,38-9,10,40-9,41,45-10,12,35-10,43,13-11,14,06-11,45,07-12,16,10-12,47,26-13,18,34-13,49,54-14,20,53-14,51,60				

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

#### 50 DORSO - BACKSTROKE - ESPALDA

AFRICA	26,85	COVENTRY KIRSTY	ZIM	MANCHESTER	13 April 2008
AMERICA	25,25	MACNEIL MARGARET	CAN	MELBOURNE	16 December 2022
ASIA	25,82	ZHAO JING	CHN	STOCKHOLM	10 November 2009
EUROPE	25,60	TOUSSAINT KIRA	NED	BUDAPEST	14 November 2020
	25,60	KAMENEVA MARIJA	RUS	KAZAN	24 November 2022
OCEANIA	25,61	O'CALLAGHAN MOLLIE	AUS	MELBOURNE	16 December 2022

#### 100 DORSO - BACKSTROKE - ESPALDA

AFRICA	56,56 27,31	VAN WYK CHANELLE	RSA	BERLIN	15 November 2009
AMERICA	55,04 26,50	SMOLIGA OLIVIA	USA	BUDAPEST	22 November 2020
ASIA	55,23 26,73	SAKAI SHIHO	JPN	BERLIN	15 November 2009
EUROPE	55,03 26,93	HOSSZÚ KATINKA	HUN	DOHA	04 December 2014
OCEANIA	54,89 26,52	ATHERTON MINNA	AUS	BUDAPEST	27 October 2019

#### 200 DORSO - BACKSTROKE - ESPALDA

AFRICA	2,00,91 28,48-58,69-1,29,71	COVENTRY KIRSTY	ZIM	MANCHESTER	11 April 2008
AMERICA	2,00,03 28,64-58,86-1,29,61	FRANKLIN MELISSA	USA	BERLIN	22 October 2011
ASIA	2,00,18 27,91-58,66-1,29,49	SAKAI SHIHO	JPN	BERLIN	14 November 2009
EUROPE	1,59,23 28,17-58,36-1,28,77	HOSSZÚ KATINKA	HUN	DOHA	05 December 2014
OCEANIA	1,58,94 28,40-58,59-1,29,00	MCKEOWN KAYLEE	AUS	BRISBANE	27 November 2020

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

#### 50 RANA - BREASTSTROKE - BRAZA

AFRICA	29,09	VAN NIEKERK LARA	RSA	MELBOURNE	18 December 2022
AMERICA	28,56	ATKINSON ALIA	JAM	BUDAPEST	06 October 2018
ASIA	29,19	TANG QIANTING	CHN	BEIJING	29 October 2022
EUROPE	28,37	MEILUTYTĖ RŪTA	LTU	MELBOURNE	17 December 2022
OCEANIA	29,50	KATSOU LIS SARAH	AUS	SINGAPORE	22 November 2009

#### 100 RANA - BREASTSTROKE - BRAZA

AFRICA	1,03,89	SCHOENMAKER TATJANA	RSA	PIETERMARITZBURG	25 October 2020
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AMERICA	1,02,36	ATKINSON ALIA	JAM	DOHA	06 December 2014
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ASIA	1,03,15	TANG QIANTING	CHN	BEIJING	28 October 2022
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EUROPE	1,02,36	MEILUTYTĖ RŪTA	LTU	MOSCOW	12 October 2013
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OCEANIA	1,03,00	JONES LEISEL	AUS	BERLIN	14 November 2009
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#### 200 RANA - BREASTSTROKE - BRAZA

AFRICA	2,18,02	SCHOENMAKER TATJANA	RSA	PIETERMARITZBURG	26 October 2020
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AMERICA	2,14,57	SONI REBECCA	USA	MANCHESTER	18 December 2009
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ASIA	2,15,76	KANETÓ RIE	JPN	DOHA	09 October 2016
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EUROPE	2,14,70	ČIKUNOVA EVGENIJA	RUS	KAZAN	25 November 2022
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OCEANIA	2,15,42	JONES LEISEL	AUS	BERLIN	15 November 2009
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### RECORDS CONTINENTALI FEMMINILI - VASCA CORTA WOMEN'S CONTINENTAL SHORT COURSE RECORDS (In giallo i records del mondo - In yellow the World Records)

#### 50 FARFALLA - BUTTERFLY - MARIPOSA

AFRICA	25,31	OSMAN FARIDA	EGY	COLLEGE PARK	17 November 2019
AMERICA	24,55	CURZAN CLAIRE	USA	ABU DHABI	19 December 2021
ASIA	24,71	IKEE RIKAKO	JPN	TOKYO	13 January 2018
	24,71	ZHANG YUFEI	CHN	MELBOURNE	14 December 2022
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	56,46	OSMAN FARIDA	EGY	LAS VEGAS	20 December 2019
	26,48				
AMERICA	54,05	MACNEIL MARGARET	CAN	MELBOURNE	18 December 2022
	25,78				
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
	26,16				

#### 200 FARFALLA - BUTTERFLY - MARIPOSA

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

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

#### 100 MISTI - INDIVIDUAL MEDLEY - ESTILOS

AFRICA	<b>58,98</b> 27,07	MEDER REBECCA	RSA	MELBOURNE	15 December 2022
AMERICA	<b>57,72</b> 26,31	NELSON BEATA	USA	EINDHOVEN	04 December 2021
ASIA	<b>57,75</b> 26,20	IKEE RIKAKO	JPN	TOKYO	15 November 2017
EUROPE	<b>56,51</b> 25,97	HOSSZÚ KATINKA	HUN	BERLIN	07 August 2017
OCEANIA	<b>57,53</b> 26,14	COUTTS ALICIA	AUS	TOKYO	10 November 2013

#### 200 MISTI - INDIVIDUAL MEDLEY - ESTILOS

AFRICA	<b>2,06,13</b> 27,95-58,91-1,35,82	COVENTRY KIRSTY	ZIM	MANCHESTER	12 April 2008
AMERICA	<b>2,02,12</b> 26,34-57,63-1,32,99	DOUGLASS KATE	USA	MELBOURNE	13 December 2022
ASIA	<b>2,03,93</b> 27,32-58,39-1,34,01	ŌHASHI YUI	JPN	BUDAPEST	14 November 2020
EUROPE	<b>2,01,86</b> 26,47-56,40-1,32,49	HOSSZÚ KATINKA	HUN	DOHA	06 December 2014
OCEANIA	<b>2,03,57</b> 27,16-57,66-1,33,88	MCKEOWN KAYLEE	AUS	MELBOURNE	13 December 2022

#### 400 MISTI - INDIVIDUAL MEDLEY - ESTILOS

AFRICA	<b>4,22,88</b> 28,84-1,01,68-1,36,73-2,10,57-2,46,62-3,22,75-3,53,48	MEAKLIM KATHRYN	RSA	SINGAPORE	22 November 2009
AMERICA	<b>4,21,04</b> 28,39-1,00,60-1,33,93-2,06,01-2,42,66-3,19,42-3,50,58	SMIT JULIA	USA	MANCHESTER	18 December 2009
ASIA	<b>4,23,33</b> 29,49-1,03,21-1,37,10-2,10,55-2,47,98-3,25,30-3,55,19	YE SHIWEN	CHN	ISTANBUL	12 December 2012
EUROPE	<b>4,18,94</b> 27,99-59,38-1,33,37-2,06,46-2,42,27-3,19,24-3,49,63	BELMONTE GARCÍA MIREIA	ESP	EINDHOVEN	12 August 2017
OCEANIA	<b>4,28,72</b> 29,32-1,02,54-1,37,06-2,10,53-2,48,77-3,27,62-3,58,68	FULLERTON ELLEN	AUS	HOBART	08 August 2009

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

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

<b>AFRICA</b>	<b>1,40,80</b>	<b>NATIONAL TEAM</b>	<b>RSA</b>	<b>MELBOURNE</b>	<b>15 December 2022</b>
DE LANGE Caitlin - MEDER Rebecca - VISAGIE Emily - DRAKOPOULOS Milla					
<b>AMERICA</b>	<b>1,33,89</b>	<b>NATIONAL TEAM</b>	<b>USA</b>	<b>MELBOURNE</b>	<b>15 December 2022</b>
HUSKE Torri - CURZAN Claire - BROWN Erika - DOUGLASS Kate					
<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>1,32,50</b>	<b>PSV</b>	<b>NED</b>	<b>EINDHOVEN</b>	<b>12 December 2020</b>
KROMOWIDJOJO Ranomi - DE WAARD Maaïke - BUSCH Kim - HEEMSKERK Femke					

<b>OCEANIA</b>	<b>1,34,23</b>	<b>AUSTRALIA</b>	<b>AUS</b>	<b>MELBOURNE</b>	<b>15 December 2022</b>
HARRIS Meg - WILSON Madison - O'CALLAGHAN Mollie - MCKEON Emma					

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

<b>AFRICA</b>	<b>3,41,57</b>	<b>NATIONAL TEAM</b>	<b>RSA</b>	<b>MELBOURNE</b>	<b>13 December 2022</b>
DRAKOPOULOS Milla - DE LANGE Caitlin - VISAGIE Emily - MEDER Rebecca					
<b>AMERICA</b>	<b>3,26,29</b>	<b>NATIONAL TEAM</b>	<b>USA</b>	<b>MELBOURNE</b>	<b>13 December 2022</b>
HUSKE Torri - DOUGLASS Kate - CURZAN Claire - BROWN Erika					
<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>3,25,43</b>	<b>NATIONAL TEAM</b>	<b>AUS</b>	<b>MELBOURNE</b>	<b>13 December 2022</b>
O'CALLAGHAN Mollie - WILSON Madison - HARRIS Meg - MCKEON Emma					

### 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>7,32,96</b>	<b>NATIONAL TEAM</b>	<b>CAN</b>	<b>ABU DHABI</b>	<b>20 December 2021</b>
MCINTOSH Summer - SANCHEZ Kayla - SAVARD Katherine - SMITH Rebecca					
<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>7,30,87</b>	<b>NATIONAL TEAM</b>	<b>AUS</b>	<b>MELBOURNE</b>	<b>14 December 2022</b>
WILSON Madison - O'CALLAGHAN Mollie - NEALE Leah - PALLISTER Lani					

### 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>1,42,38</b>	<b>NATIONAL TEAM</b>	<b>SWE</b>	<b>ABU DHABI</b>	<b>17 December 2021</b>
HANSSON Louise - HANSSON Sophie - SJÖSTRÖM Sarah - COLEMAN Michelle					

<b>OCEANIA</b>	<b>1,42,35</b>	<b>AUSTRALIA</b>	<b>AUS</b>	<b>MELBOURNE</b>	<b>17 December 2022</b>
O'CALLAGHAN Mollie - HODGES Chelsea - MCKEON Emma - WILSON Madison					

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

<b>AFRICA</b>	<b>3,59,64</b>	<b>NATIONAL TEAM</b>	<b>RSA</b>	<b>MELBOURNE</b>	<b>18 December 2022</b>
DRAKOPOULOS Milla - VISAGIE Emily - MEDER Rebecca - DE LANGE Caitlin					
<b>AMERICA</b>	<b>3,44,35</b>	<b>NATIONAL TEAM</b>	<b>USA</b>	<b>MELBOURNE</b>	<b>18 December 2022</b>
CURZAN Claire - KING Lilly - HUSKE Torri - DOUGLASS Kate					
<b>ASIA</b>	<b>3,47,41</b>	<b>NATIONAL TEAM</b>	<b>CHN</b>	<b>ABU DHABI</b>	<b>21 December 2021</b>
PENG Xuwei - TANG Qianting - ZHANG Yufei - CHENG Yujie					
<b>EUROPE</b>	<b>3,46,20</b>	<b>NATIONAL TEAM</b>	<b>SWE</b>	<b>ABU DHABI</b>	<b>21 December 2021</b>
HANSSON Louise - HANSSON Sophie - SJÖSTRÖM Sarah - COLEMAN Michelle					
<b>OCEANIA</b>	<b>3,44,92</b>	<b>NATIONAL TEAM</b>	<b>AUS</b>	<b>MELBOURNE</b>	<b>18 December 2022</b>
MCKEOWN Kaylee - STRAUCH Jenna - MCKEON Emma - HARRIS Meg					