

CONTINENTAL LCM RECORDS

Dated August 31,2011

AFRICA

MEN

50 free	21.67	Roland Schoeman,RSA	Beijing,16 Aug 2008
100 free	47.79	Lyndon Ferns,RSA	Rome,29 Jul 2009
200 free	1:45.67	Jean Basson,RSA	Rome,28 Jul 2009
400 free	3:41.11	Oussama Mellouli,TUN	Rome,26 Jul 2009
800 free	7:35.27	Oussama Mellouli,TUN	Rome,29 Jul 2009
1500 free	14:37.28	Oussama Mellouli,TUN	Rome,2 Aug 2009
50 back	24.34	Gerhard Zandberg,RSA	Rome,2 Aug 2009
100 back	53.75	Gerhard Zandberg,RSA	Beijing,10 Aug 2008
200 back	1:55.75	George du Rand,RSA	Rome,30 Jul 2009
50 breast	26.67	Cameron van der Burgh,RSA	Rome,29 Jul 2009
100 breast	58.95	Cameron van der Burgh,RSA	Rome,27 Jul 2009
200 breast	2:09.61	Neil Versfeld,RSA	Rome,30 Jul 2009
50 fly	22.90	Roland Schoeman,RSA	Rome,26 Jul 2009
100 fly	50.78	Jason Dunford,KEN	Rome,31 Jul 2009
200 fly	1:54.51	Sebastian Rousseau,RSA	Rome,28 Jul 2009
200 IM	1:57.03	Darian Townsend,RSA	Montpellier, 23 Apr 2009
400 IM	4:10.53	Oussama Mellouli,TUN	Pescara,29 Jun 2009
4x100 FR	3:11.93	South Africa,RSA	Rome,26 Jul 2009
4x200 FR	7:08.01	South Africa,RSA	Rome,31 Jul 2009
4x100 MR	3:31.53	South Africa,RSA	Rome,2 Aug 2009

WOMEN

50 free	25.24	Lize-Marie Retief,RSA	Durban,1 Apr 2008
100 free	55.17	Lize-Marie Retief,RSA	Beijing,13 Aug 2008
200 free	1:57.04	Kirtsy Coventry,ZIM	Austin,7 Jun 2008
400 free	4:08.38	Wendy Trott,RSA	Beijing,10 Aug 2008
800 free	8:26.21	Wendy Trott,RSA	Beijing,14 Aug 2008
1500 free	16:05.63	Wendy Trott,RSA	Shanghai,25 Jul 2011
50 back	28.55	Chanelle Van Wyk,RSA	Durban,14 Apr 2009
100 back	58.77	Kirsty Coventry,ZIM	Beijing,11 Aug 2008
200 back	2:04.81	Kirsty Coventry,ZIM	Rome,1 Aug 2009
50 breast	30.83	Penelope Heyns,RSA	Sydney,28 Aug 1999
100 breast	1:06.52	Penelope Heyns,RSA	Sydney,23 Aug 1999
200 breast	2:23.64	Penelope Heyns,RSA	Sydney,27 Aug 1999
50 fly	26.36	Lize-Marie Retief,RSA	Durban,8 Jul 2008
100 fly	58.20	Lize-Marie Retief,RSA	Beijing,9 Aug 2008
200 fly	2:09.41	Katheryn Meaklim,RSA	Bejing,12 Aug 2008
200 IM	2:08.59	Kirsty Coventry,ZIM	Beijing,13 Aug 2008
400 IM	4:29.89	Kirsty Coventry,ZIM	Beijing,10 Aug 2008

4x100 FR	3:47.70	Tuks Nortehn Tigers,RSA,Port Elizabeth,15 Apr 2011
4x200 FR	8:14.01	South Africa,RSA Belgrade,8 Jul 2009
4x100 MR	4:03.62	South Africa,RSA Durban 6 Apr 2008

AMERICA

MEN

50 free	20.91	Cesar Cielo,BRA Sao Paulo,18 Dec 2009
100 free	46.91	Cesar Cielo,BRA Rome,30 Jul 2009
200 free	1:42.96	Michael Phelps,USA Beijing,12 Aug 2008
400 free	3:42.78	Larsen Jensen,USA Beijing,10 Aug 2008
800 free	7:41.86	Ryan Cochrane,CAN Shanghai,27 Jul 2011
1500 free	14:40.84	Ryan Cochrane,CAN Beijing,15 Aug 2008
50 back	24.33	Randall Bal,USA Eindhoven,5 Dec 2008
100 back	51.94	Aaron Peirsol,USA Indianapolis,8 Jul 2009
200 back	1:51.92	Aaron Peirsol,USA Rome,31 Jul 2009
50 breast	26.76	Felipe Silva,BRA Rome,29 Jul 2009
100 breast	58.96	Eric Shanteau,USA Rome,26 Jul 2009
200 breast	2:07.42	Eric Shanteau,USA Rome,30 Jul 2009
50 fly	22.87	Nicholas Santos,BRA Florianopolis,4 Sep 2009
100 fly	49.82	Michael Phelps,USA Rome,1 Aug 2009
200 fly	1:51.51	Michael Phelps,USA Rome,29 Jul 2009
200 im	1:54.00	Ryan Lochte,USA Shanghai,28 Jul 2011
400 im	4:03.84	Michael Phelps,USA Beijing,10 Aug 2008
4x100 FR	3:08.24	United States,USA Beijing,11 Aug 2008
4x100 FR	6:58.55	United States,USA Rome,31 Jul 2009
4x100 MR	3:27.28	United States,USA Rome,2 Aug 2009

WOMEN

50 free	24.07	Dara Torres,USA	Beijing,17 Aug 2008
100 free	53.02	Amanda Weir,USA	Rome,30 Jul 2009
200 free	1:54.96	Allison Schmitt,USA	Rome,29 Jul 2009
400 free	4:02.20	Katie Hoff,USA	Columbia,15 Feb 2008
800 free	8:16.22	Janet Evans,USA	Tokyo,20 Aug 1989
1500 free	15:42.54	Kate Ziegler,USA	Mission Viejo,17 Jun 2007
50 back	27.70	Fabiola Molina,BRA	Rome,29 Jul 2009
100 back	58.94	Natalie Coughlin,USA	Beijing,17 Aug 2008
200 back	2:05.10	Melissa Franklin,USA	Shanghai,30 Jul 2011
50 breast	29.80	Jessica Hardy,USA	Federal Way,7 Aug 2009
100 breast	1:04.45	Jessica Hardy,USA	Federal Way,7 Aug 2009
200 breast	2:20.12	Annamay Pierse,CAN	Rome,30 Jul 2009
50 fly	25.50	Dara Torres,USA	Indianapolis,9 Jul 2009
100 fly	56.47	Dana Vollmer,USA	Shanghai,24 Jul 2011
200 fly	2:04.14	Mary Descenza,USA	Rome,29 Jul 2009
200 im	2:06.15	Ariana Kukors,USA	Rome,27 Jul 2009
400 im	4:31.12	Katie Hoff,USA	Omaha,29 Jun 2008
4x100 FR	3:34.33	United States,USA	Beijing,10 Aug 2008
4x200 FR	7:42.56	United States,USA	Rome,30 Jul 2009
4x100 MR	3:52.36	United States,USA	Shanghai,30 Jul 2011

ASIA

MEN

50 free	21.95	Runjiang Shi,CHN	Beijing,28 Aug 2009
100 free	48:49	Takuro Fuji,JPN	Hong Kong,08 Dec 2009
200 free	1:44.80	Tae Hwan Park,KOR	Guangzhou,14 Nov 2010
400 free	3:41.35	Lin Zhang,CHN	Rome,26 Jul 2009
800 free	7:32.12	Lin Zhang,CHN	Rome,29 Jul 2009
1500 free	14:34.14	Yang Sun,CHN	Shanghai,31 Jul 2011
50 back	24.24	Jonya Koga,JPN	Rome,2 Aug 2009
100 back	52.24	Ryosuke Irie,JPN	Kumamoto,5 Sep 2009
200 back	1:52.51	Ryosuke Irie,JPN	Rome,31 Jul 2009
50 breast	27.30	Kosuke Kitajima,JPN	Tokyo 13 Apr 2010 semi finals
100 breast	58.91	Kosuke Kitajima,JPN	Beijing,11 Aug 2008
200 breast	2:07.51	Kosuke Kitajima,JPN	Tokyo,8 Jun 2008
50 fly	23.43	Jiawei Zhou,CHN	Shaoxing,5 Apr 2009
100 fly	51.00	Kohei Kawamoto,JPN	Nagaoka,12 Sep 2009
200 fly	1:52.97	Takeshi Matsuda,JPN	Beijing,13 Aug 2008
200 im	1:57.24	Ken Takakuwa,JPN	Shizuoka,18 Apr 2009
400 im	4:11.89	Chengxiang Wang,CHN	Wuhan,5 Apr 2011
4x100 FR	3:14.73	Japan,JPN	Vientiane, 12 Dec 2009
4x200 FR	7:02.26	Japan,JPN	Rome,31 Jul 2009
4x100 MR	3:30.74	Japan,JPN	Rome,2 Aug 2009

WOMEN

50 free	24.51	Jingyi Le,CHN Rome,11 Sep 1994
100 free	53.13	Jiaying Pang,CHN Jinan,21 Oct 2009
200 free	1:55.05	Jiaying Pang,CHN Beijing,13 Aug 2008
400 free	4:02.35	Qian Chen,CHN Jinan,18 Oct 2009
800 free	8:20.36	Qian Chen,CHN Jinan,23 Oct 2009
1500 free	15:58.02	Xuan Xu,CHN Melbourne,26 Jul 2011
50 back	27.06	Jing Zhao,CHN Rome,30 Jul 2009
100 back	58.94R	Jing Zhao,CHN Guangzhou,13 Nov 2010
200 back	2:06.46	Jing Zhao,CHN Guangzhou,14 Nov 2010
50 breast	30.46	Huijia Chen,CHN Vientiane,12 Dec 2009
100 breast	1:05.32	Liping Ji,CHN Beijing,29 Aug 2009
200 breast	2:20.72	Rie Kaneto,JPN Kumamoto,5 Sep 2009
50 fly	25.57	Yafei Zhou,CHN Rome,1 Aug 2009
100 fly	56.07	Zige Liu,CHN Jinan,18 Oct 2009
200 fly	2:01.81	Zige Liu,CHN Jinan,21 Oct 2009
200 im	2:08.32	Hui Qi,CHN Jinan,20 Oct 2009
400 im	4:30.43	Xuanxu Li,CHN Jinan,17 Oct 2009
4x100 FR	3:35.63	China,CHN Rome,26 Jul 2009
4x200 FR	7:42.08	China,CHN Rome,30 Jul 2009
4x100 MR	3:52.19	China,CHN Rome,1 Aug 2009

OCEANIA**MEN**

50 free	21.19	Ashley Callus,AUS Canberra,26 Nov 2009
100 free	47.05	Eamon Sullivan,AUS Beijing,13 Aug 2008
200 free	1:44.06	Ian Thorpe,AUS Fukuoka,25 Jul 2001
400 free	3:40.08	Ian Thorpe,AUS Manchester,30 Jul 2002
800 free	7:38.65	Grant Hackett,AUS Montreal,27 Jul 2005
1500 free	14:34.56	Grant Hackett,AUS Fukuoka,29 Jul 2001
50 back	24.81	Ashley Delaney,AUS Sydney,18 Mar 2009
100 back	52.97	Hayden Stoeckel,AUS Beijing,11 Aug 2008
200 back	1:55.82	Ashley Delaney,AUS Sydney,19 Mar 2009
50 breast	26.95	Brenton Rickard,AUS Rome,29 Jul 2009
100 breast	58.58	Brenton Rickard,AUS Rome,27 Jul 2009
200 breast	2:07.31	Christian Sprenger,AUS Rome,30 Jul 2009
50 fly	22.73	Matthew Targett,AUS Rome,27 Jul 2009
100 fly	50.85	Andrew Lauterstein,AUS Rome,1 Aug 2009
200 fly	1:54.15	Moss Burmester,NZL Christchurch,4 Apr 2009
200 im	1:56.69	Leith Brodie,AUS Rome,30 Jul 2009
400 im	4:15.20	Justin Norris,AUS Sydney,27 Mar 2004
4x100 FR	3:09.91	Australia,AUS Beijing,11 Aug 2008
4x200 FR	7:01.65	Australia,AUS Rome,31 Jul 2009
4x100 MR	3:28.64	Australia,AUS Rome,2 Aug 2009

WOMEN

50 free	23.97	Lisbeth Trickett,AUS Sydney,29 Mar 2008
100 free	52.62	Lisbeth Trickett,AUS Rome,26 Jul 2009
200 free	1:55.73	Kylie Palmer,AUS Sydney, 4 Apr 2011

400 free	4:04.16	Bronte Barratt,AUS Beijing,10 Aug 2008
800 free	8:22.81	Kylie Palmer,AUS Beijing,14 Aug 2008
1500 free	16:01.53	Melissa Gorman,AUS Irvine, 21 Aug 2010
50 back	27.51	Sophie Edington,AUS Rome,29 Jul 2009
100 back	58.88	Emily Seebohm,AUS Rome,28 Jul 2009
200 back	2:06.06	Belinda Hocking,AUS Shanghai,30 Jul 2011
50 breast	30.16	Sarah Katsoulis,AUS Rome,2 Aug 2009
100 breast	1:05.09	Leisel Jones,AUS Melbourne,20 Mar 2006
200 breast	2:20.54	Leisel Jones,AUS Melbourne,1 Feb 1,2006
50 fly	25.48	Marieke Guehrer,AUS Rome,1 Aug 2009
100 fly	56.23	Jessicah Schipper,AUS Rome,27 Jul 2009
200 fly	2:03.41	Jessicah Schipper,AUS Rome,30 Jul 2009
200 im	2:07.03	Stephanie Rice,AUS Rome,27 Jul 2009
400 im	4:29.45	Stephanie Rice,AUS Beijing,10 Aug 2008
4x100 FR	3:33.01	Australia,AUS Rome,26 Jul 2009
4x200 FR	7:44.31	Australia,AUS Beijing,14 Aug 2008
4x100 MR	3:52.58	Australia,AUS Rome,1 Aug 2009

EUROPE

MEN

50 free	20.94	Frederik Bousquet,FRA Montpellier,26 Apr 2009
100 free	47.12	Alain Bernard,FRA Rome,30 Jul 2009
200 free	1:42.00	Paul Biedermann,GER Rome,28 Jul 2009
400 free	3:40.07	Paul Biedermann,GER Rome,26 Jul 2009
800 free	7:43.84	Federico Colbertaldo,ITA Rome,29 Jul 2009
1500 free	14:41.13	Yuri Prilukov,RUS Beijing,15 Aug 2008
50 back	24.04	Liam Tancock,GBR Rome,2 Aug 2009
100 back	52.11	Camille Lacourt ,FRA Budapest,10 Aug 2010
200 back	1:54.75	Arkady Vyatchanin,RUS Rome,31 Jul 2009
50 breast	26.83	Hendrik Feldwehr,GER Rome,28 Jul 2009
100 breast	58.64	Hugues Duboscq,FRA Rome,27 Jul 2009
200 breast	2:07.64	Daniel Gyurta,HUN Rome,31 Jul 2009
50 fly	22.43	Rafael Munoz,ESP Malaga,5 Apr 2009
100 fly	49.95	Milorad Cavic,SRB Rome,1 Aug 2009
200 fly	1:52.70	Laszlo Cseh,HUN Beijing,13 Aug 2008
200 im	1:55.18	Laszlo Cseh,HUN Rome,29 Jul 2009
400 im	4:06.16	Laszlo Cseh,HUN Beijing,10 Aug 2008
4x100 FR	3:08.32	France,FRA Beijing,11 Aug 2008
4x200 FR	6:59.15	Russia,RUS Rome,31 Jul 2009
4x100 MR	3:28.58	Germany,GER Rome,2 Aug 2009

WOMEN

50 free	23.73	Britta Steffen,GER Rome,2 Aug 2009
100 free	52.07	Britta Steffen,GER Rome,31 Jul 2009
200 free	1:52.98	Federica Pellegrini,ITA Rome,29 Jul 2009
400 free	3:59.15	Federica Pellegrini,ITA Rome,26 Jul 2009
800 free	8:14.10	Rebecca Adlington,GBR Beijing.16 Aug 2008
1500 free	15:44.93	Alessia Filippi,ITA Rome,28 Jul 2009
50 back	27.23	Daniela Samulski,GER Rome,30 Jul 2009

100 back	58.12	Gemma Spofforth,GBR Rome,28 Jul 2009
200 back	2:04.94	Anastasia Zueva,RUS Rome,1 Aug 2009
50 breast	30.09	Yulia Efimova,RUS Rome,2 Aug 2009
100 breast	1:05.41	Yulia Efimova,RUS Rome,28 Jul 2009
200 breast	2:21.62	Nadja Higl,SRB Rome,31 Jul 2009
50 fly	25.07	Therese Alshammar,SWE Rome,31 Jul 2009
100 fly	56.06	Sarah Sjostrom,SWE Rome,27 Jul 2009
200 fly	2:04.27	Katika Hosszu,HUN Rome,29 Jul 2009
200 im	2:07.46	Katinka Hosszu,HUN Rome,27 Jul 2009
400 im	4:30.31	Katinka Hosszu,HUN Rome,2 Aug 2009
4x100 FR	3:31.72	Netherlands,NED Rome,26 Jul 2009
4x200 FR	7:45.51	Great Britain,GBR Rome,30 Jul 2009
4x100 MR	3:55.79	Germany,GER Rome,1 Aug 2009