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**RECORDS World Long Course**
**LC Meters-Women**

50 Free	23.73	<b>2-Aug-09</b>	GER	Britta Steffen-World Champs-Rome Italy
100 Free	52.07	<b>31-Jul-09</b>	GER	Britta Steffen-World Champs-Rome Italy
200 Free	1:52.98	<b>2-Jul-09</b>	ITA	Fedetica Pellegrini-World Champs-Rome Italy
400 Free	3:58.37	<b>23-Aug-15</b>	USA	Katie Ledecky-Pan Pacifics Champs-Gold Coast
800 Free	8:07.39	<b>8-Aug-15</b>	USA	Katie Ledecky-World Champs Kazan
1500 Free	15:25.48	<b>4-Aug-15</b>	USA	Katie Ledecky-World Champs Kazan
50 Back	27.06	<b>30-Jul-09</b>	CHE	Zhao Jing-World Champs-Rome Italy
100 Back	58.12	<b>28-Jul-09</b>	GRB	Gemma Spofforth-World Champs-Rome Italy
200 Back	2:04.06	<b>3-Aug-12</b>	USA	Missy Franklin-Olympic Games London
50 Breast	29.48	<b>3-Aug-13</b>	LTU	Rota Meilutyte-World Champs Barcelona-Spain
100 Breast	1:04.35	<b>29-Jul-13</b>	LTU	Rota Meilutyte-World Champs Barcelona-Spain
200 Breast	2:19.11	<b>1-Aug-13</b>	DEN	Rikkem Moeller-Pedersen-World Champs Barcelona-Spain
50 Fly	24.43	<b>5-Jul-15</b>	SWE	Sarah Sjostrom-Swedish Champs-Boras
100 Fly	55.64	<b>4-Aug-15</b>	SWE	Sarah Sjostrom-World Champs Kazan
200 Fly	2:01.81	<b>21-Oct-09</b>	CHN	Zige Liu-Chinese National Games-Beijing China
200 IM	2:06.15	<b>27-Jul-09</b>	USA	Ariana Kukors-World Champs Rome Italy
400 IM	4:28.43	<b>28-Jul-12</b>	CHN	Ye Shiwen-London Olympic Games
400 Free Relay	3:30.98	<b>24-Jul-15</b>	AUS	Australia-Commonwealth Games-Galsgow
800 Free Relay	7:42.08	<b>30-Jul-09</b>	CHN	Chinese swimming Team-World Champs Rome Italy
400 Medley Relay	3:52.05	<b>4-Aug-12</b>	USA	Team USA- London Olympic Games

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**RECORDS World Long Course**
**LC Meters-Men**

50 Free	20.91	<b>18-Dec-09</b>	BRA	Cesar Cielo-Open Tournament-Sao Paulo-Brazil
100 Free	46.91	<b>30-Jul-09</b>	BRA	Cesar Cielo-World Champs Rome-Italy
200 Free	1:42.00	<b>28-Jul-09</b>	GER	Paul Biedermann-World Champs-Rome Italy
400 Free	3:40.07	<b>26-Jul-09</b>	GER	Paul Biedermann-World Champs-Rome Italy
800 Free	7:32.12	<b>29-Jul-09</b>	CHN	Zhang Lin-World Champs-Rome Italy
1500 Free	14:31.02	<b>4-Aug-12</b>	CHN	Sun Yang-Olympic Games-London
50 Back	24.04	<b>2-Aug-09</b>	GBR	Liam Tancock-World Champs Rome Italy
100 Back	51.94	<b>12-Aug-08</b>	USA	Aaron Peirsol-US Champs-Indianapolis-USA
200 Back	1:51.92	<b>31-Jul-09</b>	USA	Aaron Peirsol-US Champs-Indianapolis-USA
50 Breast	26.42	<b>4-Aug-15</b>	GBR	Adam Petty-World Champs-Kazan
100 Breast	57.92	<b>17-Apr-15</b>	GBR	Adam Petty-British Champs London
200 Breast	2:07.01	<b>15-Sep-12</b>	JPN	Akihiro Yamaguchi-National Games-Gifu-Japan
50 Fly	22.43	<b>4-May-09</b>	SPA	Raphael Nunos- Malaga Spain- Spain
100 Fly	49.82	<b>1-Aug-09</b>	USA	Michael Phelps-World Champs-Rome Italy
200 Fly	1:51.51	<b>29-Jul-09</b>	USA	Michael Phelps-World Champs-Rome Italy
200 IM	1:54.00	<b>28-Jul-11</b>	USA	Ryan Lochte-World Champs-Shanghai China
400 IM	4:03.84	<b>10-Aug-08</b>	USA	Michael Phelps-Olympic Games-Beijing-China
400 Free Relay	3:08.24	<b>11-Aug-08</b>	USA	USA Team -Olympics Beijing 2008
800 Free Relay	6:58.55	<b>31-Jul-09</b>	USA	USA Swimming Team-World Champs-Rome Italy
400 Medley Relay	3:27.28	<b>2-Aug-09</b>	USA	USA Olympic Team-World Champs-Rome Italy