

Men's Long Course World Records as of July 31, 2011

EVENT	SWIMMER	NATION	TIME	DATE	LOCATION
<b>50 Free</b>	Cesar Cielo	BRA	20.91	18-Dec-09	Sao Paulo, Brazil
Splits	20.91				
Textile Best	Fred Bousquet	FRA	21.36sf	8/14/2010	Budapest, Hungary
<b>100 Free</b>	Cesar Cielo	BRA	46.91	30-Jul-09	Rome, Italy
Splits	22.17, 46.91 (24.74)				
Textile Best	James Magnussen	AUS	47.49r	7/24/2011	Shanghai, China
<b>200 Free</b>	Paul Biedermann	GER	1:42.00	28-Jul-09	Rome, Italy
Splits	24.23, 50.12 (25.89), 1:16.30 (26.18), 1:42.00 (25.70)				
Textile Best	Michael Phelps	USA	1:43.86	3/27/2007	Melbourne, Australia
<b>400 Free</b>	Paul Biedermann	GER	3:40.07	26-Jul-09	Rome, Italy
Splits	26.29, 54.42 (28.13), 1:22.43 (28.01), 1:51.02 (28.59), 2:18.78 (27.76), 2:47.17 (28.39), 3:14.30 (27.13), 3:40.07 (25.77)				
Textile Best	Ian Thorpe	AUS	3:40.08	7/30/2002	Manchester, England
<b>800 Free</b>	Zhang Lin	CHN	7:32.12	29-Jul-09	Rome, Italy
Splits	26.94, 55.20 (28.26), 1:24.04 (28.84), 1:52.55 (28.51), 2:21.16 (28.61), 2:49.87 (28.71), 3:18.58 (28.71), 3:46.79 (28.21), 4:15.02 (28.23), 4:43.28 (28.26), 5:11.79 (28.51), 5:40.36 (28.57), 6:09.26 (28.90), 6:38.03 (28.77), 7:06.13 (28.10), 7:32.12 (25.99)				
Textile Best	Sun Yang	CHN	7:38.57	7/27/2011	Shanghai, China
<b>1500 Free</b>	Sun Yang	CHN	14:34.14	31-Jul-11	Shanghai, China
Splits	27.08, 56.25 (29.17), 1:25.69 (29.44), 1:55.06 (29.37), 2:24.55 (29.49), 2:53.85 (29.30), 3:23.33 (29.48), 3:52.73 (29.40), 4:22.27 (29.54), 4:51.43 (29.16), 5:20.94 (29.51), 5:50.16 (29.22), 6:19.66 (29.50), 6:48.81 (29.15), 7:18.24 (29.43), 7:47.45 (29.21), 8:16.82 (29.37), 8:46.11 (29.29), 9:15.61 (29.50), 9:44.98 (29.37), 10:14.32 (29.34), 10:43.67 (29.35), 11:12.98 (29.31), 11:42.21 (29.23), 12:11.61 (29.40), 12:41.16 (29.55), 13:10.67 (29.51), 13:39.92 (29.25), 14:08.20 (28.28), 14:34.14 (25.94)				
Textile Best	Same				
<b>50 Back</b>	Liam Tancock	GBR	24.04	2-Aug-09	Rome, Italy
Splits	24.04				
Textile Best	Camille Lacourt	FRA	24.07	8/12/2010	Budapest, Hungary
<b>100 Back</b>	Aaron Peirsol	USA	51.94	8-Jul-09	Indianapolis, United States
Splits	25.35, 51.94 (26.59)				
Textile Best	Camille Lacourt	FRA	52.11	8/10/2010	Budapest, Hungary
<b>200 Back</b>	Aaron Peirsol	USA	1:51.92	31-Jul-09	Rome, Italy
Splits	26.52, 54.90 (28.38), 1:23.30 (28.40), 1:51.92 (28.62)				
Textile Best	Ryan Lochte	USA	1:52.96	7/29/2011	Shanghai, China
<b>50 Breast</b>	Cameron van der Burgh	RSA	26.67	29-Jul-09	Rome, Italy
Splits	26.67				
Textile Best	Cameron van der Burgh	RSA	26.90sf	7/26/2011	Shanghai, China
<b>100 Breast</b>	Brenton Rickard	AUS	58.58	27-Jul-09	Rome, Italy
Splits	27.67, 58.58 (30.91)				
Textile Best	Alexander Dale Oen	NOR	58.71	7/25/2011	Shanghai, China
<b>200 Breast</b>	Christian Sprenger	AUS	2:07.31sf	30-Jul-09	Rome, Italy
Splits	28.91, 1:01.51 (32.60), 1:34.49 (32.98), 2:07.31 (32.82)				
Textile Best	Naoya Tomita	JPN	2:08.25	4/11/2011	Hamamatsu, Japan
<b>50 Fly</b>	Rafael Munoz	ESP	22.43	5-Apr-09	Malaga, Spain
Splits	22.43				
Textile Best	Roland Schoeman	RSA	22.96	3/25/2005	Montreal, Canada
<b>100 Fly</b>	Michael Phelps	USA	49.82	1-Aug-09	Rome, Italy
Splits	23.36, 49.82 (26.46)				
Textile Best	Ian Crocker	USA	50.40	7/30/2005	Montreal, Canada
<b>200 Fly</b>	Michael Phelps	USA	1:51.51	29-Jul-09	Rome, Italy
Splits	24.76, 52.88 (28.12), 1:21.93 (29.05), 1:51.51 (29.58)				
Textile Best	Michael Phelps	USA	1:52.09	3/28/2007	Melbourne, Australia
<b>200 IM</b>	Ryan Lochte	USA	1:54.00	28-Jul-11	Shanghai, China
Splits	24.89, 53.48 (28.59), 1:26.51 (33.03), 1:54.00 (27.49)				
Textile Best	Same				
<b>400 IM</b>	Michael Phelps	USA	4.03.84	10-Aug-08	Beijing, China
Splits	25.73, 54.92 (29.19), 1:26.29 (31.37), 1:56.49 (30.20), 2:31.26 (34.77), 3:07.05 (35.79), 3:35.99 (28.94), 4:03.84 (27.85)				
Textile Best	Michael Phelps	USA	4:06.22	4/1/2007	Melbourne, Australia

RELAYS

<b>400 FR</b>	United States		3:08.24	11-Aug-08	Beijing, China
	Michael Phelps		47.51		
	Garrett Weber-Gale		47.02		
	Cullen Jones		47.65		
	Jason Lezak		46.06		
Textile Best	Australia	AUS	3:11.00	7/24/2011	Shanghai, China
<b>800 FR</b>	United States		6:58.55	31-Jul-09	Rome, Italy
	Michael Phelps		1:44.49		
	Ricky Berens		1:44.13		
	David Walters		1:45.47		
	Ryan Lochte		1:44.46		
Textile Best	United States	USA	7:02.67	7/29/2011	Shanghai, China
<b>400 MR</b>	United States		3:27.28	2-Aug-09	Rome, Italy
	Aaron Peirsol		52.19		
	Eric Shanteau		58.57		
	Michael Phelps		49.72		
	David Walters		46.80		
Textile Best	United States	USA	3:30.68	8/12/2004	Athens, Greece

Women's Long Course World Records as of December 4, 2011

EVENT	SWIMMER	NATION	TIME	DATE	LOCATION
<b>50 Free</b>	Britta Steffen	GER	23.73	2-Aug-09	Rome, Italy
Splits	23.73				
Textile Best	Inge de Bruijn	NED	24.13	9/22/2000	Sydney, Australia
<b>100 Free</b>	Britta Steffen	GER	52.07	31-Jul-09	Rome, Italy
Splits	25.46, 52.07 (26.61)				
Textile Best	Sarah Sjoström	SWE	53.05	12/4/2011	Eindhoven, The Netherlands
<b>200 Free</b>	Federica Pellegrini	ITA	1:52.98	28-Jul-09	Rome, Italy
Splits	27.34, 55.60 (28.26), 1:24.38 (28.78), 1:52.98 (28.60)				
Textile Best	Missy Franklin	USA	1:55.06r	7/28/2011	Shanghai, China
<b>400 Free</b>	Federica Pellegrini	ITA	3:59.15	26-Jul-09	Rome, Italy
Splits	28.45, 58.66 (30.31), 1:28.97 (30.31), 1:59.42 (30.45), 2:29.66 (30.24), 2:59.93 (30.27), 3:29.79 (29.86), 3:59.15 (29.36)				
Textile Best	Federica Pellegrini	ITA	4:01.97	7/24/2011	Shanghai, China
<b>800 Free</b>	Rebecca Adlington	GBR	8.14.10	16-Aug-08	Beijing, China
Splits	28.67, 59.37 (30.70), 1:30.17 (30.80), 2:01.32 (31.15), 2:32.33 (31.01) 3:03.58 (31.25), 3:34.57 (30.99), 4:05.72 (31.15), 4:36.47 (30.75) 5:07.62 (31.15), 5:38.84 (31.22), 6:10.30 (31.46), 6:41.39 (31.39) 7:13.24 (31.55), 7:44.44 (31.20), 8:14.10 (29.66)				
Textile Best	Janet Evans	USA	8:16.22	8/20/1989	Tokyo, Japan
<b>1500 Free</b>	Kate Ziegler	USA	15.42.54	17-Jun-07	Mission Viejo, California
Splits	29.23, 1:00.49 (31.26), 1:32.09 (31.60), 2:03.46 (31.37), 2:35.17 (31.71) 3:06.74 (31.57), 3:38.34 (31.60), 4:09.87 (31.53), 4:41.41 (31.54), 5:13.01 (31.60) 5:44.80 (31.79), 6:16.48 (31.68), 6:48.07 (31.59), 7:19.63 (31.56), 7:51.06 (31.43) 8:22.57 (31.51), 8:53.91 (31.34), 9:25.42 (31.51), 9:57.07 (31.65), 10:28.74 (31.67) 11:00.19 (31.45), 11:31.70 (31.51), 12:03.42 (31.72), 12:35.17 (31.75), 13:06.55 (31.38) 13:38.54 (31.99), 14:10.13 (31.59), 14:41.85 (31.72), 15:13.27 (31.42), 15:42.54 (29.27)				
Textile Best	Same				
<b>50 Back</b>	Zhao Jing	CHN	27.06	30-Jul-09	Rome, Italy
Splits	27.06				
Textile Best	Gao Chang	CHN	27.45	11/15/2010	Guangzhou, China
<b>100 Back</b>	Gemma Spofforth	GBR	58.12	28-Jul-09	Rome, Italy
Splits	28.71, 58.12 (30.05)				
Textile Best	Zhao Jing	CHN	58.94	11/13/2010	Guangzhou, China
<b>200 Back</b>	Kirsty Coventry	ZIM	2:04.81	1-Aug-09	Rome, Italy
Splits	29.44, 1:00.91 (31.47), 1:32.81 (31.90), 2:04.81 (32.00)				
Textile Best	Missy Franklin	USA	2:05.10	7/30/2011	Shanghai, China
<b>50 Breast</b>	Jessica Hardy	USA	29.80sp	7-Aug-09	Federal Way, Washington
Splits	29.80sp				
Textile Best	Jessica Hardy	USA	30.03	8/20/2010	Irvine, United States
<b>100 Breast</b>	Jessica Hardy	USA	1:04.45	7-Aug-09	Federal Way, Washington
Splits	29.80, 1:04.45 (34.65)				
Textile Best	Rebecca Soni	USA	1:04.91sf	7/25/2011	Shanghai, China
<b>200 Breast</b>	Annamay Pierse	CAN	2:20.12sf	30-Jul-09	Rome, Italy
Splits	32.03, 1:07.28 (35.25), 1:43.42 (36.14), 2:20.12 (36.70)				
Textile Best	Leisel Jones	AUS	2:20.54	2/3/2006	Melbourne, Australia
<b>50 Fly</b>	Therese Alshammar	SWE	25.07sf	31-Jul-09	Rome, Italy
Splits	25.07				
Textile Best	Therese Alshammar	SWE	25.37	6/19/2011	Rome, Italy
<b>100 Fly</b>	Sarah Sjoström	SWE	56.06	27-Jul-09	Rome, Italy
Splits	26.94, 56.06 (29.12)				
Textile Best	Dana Vollmer	USA	56.47sf	7/24/2011	Shanghai, China
<b>200 Fly</b>	Liu Zige	CHN	2:01.81	21-Oct-09	Jinan, China
Splits	27.19, 58.08 (30.89), 1:30.20 (32.12), 2:01.81 (31.61)				
Textile Best	Liu Zige	CHN	2:04.40	4/6/2011	Wuhan, China
<b>200 IM</b>	Ariana Kukors	USA	2:06.15	27-Jul-09	Rome, Italy
Splits	27.72, 59.24 (31.52), 1:36.13 (37.07), 2:06.15 (29.84)				
Textile Best	Ye Shiwen	CHN	2:08.90	7/25/2011	Shanghai, China
<b>400 IM</b>	Stephanie Rice	AUS	4.29.45	10-Aug-08	Beijing, China
Splits	28.66, 1:01.47 (32.81), 1:36.17 (34.70), 2:09.83 (33.66), 2:48.12 (38.29) 3:27.25 (39.13), 3:58.92 (31.67), 4:29.45 (30.53)				
Textile Best	Elizabeth Beisel	USA	4:31.78	7/31/2011	Shanghai, China

## RELAYS

<b>400 FR</b>	The Netherlands	NED	3:31.72	26-Jul-09	Rome, Italy
	Inge Dekker		53.61		
	Ranomi Kromowidjojo		52.30		
	Femke Heemskerk		53.03		
	Marleen Veldhuis		52.78		
<b>Textile Best</b>	The Netherlands	NED	3:33.96	7/24/2011	Shanghai, China
<b>800 FR</b>	China		7:42.08	30-Jul-09	Rome, Italy
	Yang Yu		1:55.47		
	Zhu Qian Wei		1:55.79		
	Liu Jing		1:56.09		
	Pang Jiaying		1:54.73		
<b>Textile Best</b>	United States	USA	7:46.14	7/28/2011	Shanghai, China
<b>400 MR</b>	China		3:52.19	1-Aug-09	Rome, Italy
	Zhao Jing		58.98		
	Chen Huijia		1:04.12		
	Jiao Liuyang		56.28		
	Li Zhesi		52.81		
<b>Textile Best</b>	United States	USA	3:52.36	7/30/2011	Shanghai, China