

## Men's Long Course World Records as of December 18, 2009

<b>EVENT</b>	<b>SWIMMER</b>	<b>NATION</b>	<b>TIME</b>	<b>DATE</b>	<b>LOCATION</b>
<b>50 Free</b>	Cesar Cielo	BRA	20.91	18-Dec-09	Sao Paulo, Brazil
<b>Splits</b>	20.91				
<b>100 Free</b>	Cesar Cielo	BRA	46.91	30-Jul-09	Rome, Italy
<b>Splits</b>	22.17, 46.91 (24.74)				
<b>200 Free</b>	Paul Biedermann	GER	1:42.00	28-Jul-09	Rome, Italy
<b>Splits</b>	24.23, 50.12 (25.89), 1:16.30 (26.18), 1:42.00 (25.70)				
<b>400 Free</b>	Paul Biedermann	GER	3:40.07	26-Jul-09	Rome, Italy
<b>Splits</b>	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)				
<b>800 Free</b>	Zhang Lin	CHN	7:32.12	29-Jul-09	Rome, Italy
<b>Splits</b>	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)				
<b>1500 Free</b>	Grant Hackett	AUS	14:34.56	29-Jul-01	Fukuoka, Japan
<b>Splits</b>	54.19, 1:52.45 (58.26), 2:51.29 (58.84), 3:50.18 (58.89), 4:48.82 (58.64), 5:47.45 (58.63), 6:45.96 (58.51), 7:44.47 (58.51), 8:43.05 (58.58), 9:41.78 (58.73), 10:40.56 (58.78), 11:39.51 (58.95), 12:38.51 (59.00), 13:37.89 (59.38), 14:34.56 (56.67)				
<b>50 Back</b>	Liam Tancock	GBR	24.04	2-Aug-09	Rome, Italy
<b>Splits</b>	24.04				
<b>100 Back</b>	Aaron Peirsol	USA	51.94	8-Jul-09	Indianapolis, United States
<b>Splits</b>	25.35, 51.94 (26.59)				
<b>200 Back</b>	Aaron Peirsol	USA	1:51.92	31-Jul-09	Rome, Italy
<b>Splits</b>	26.52, 54.90 (28.38), 1:23.30 (28.40), 1:51.92 (28.62)				
<b>50 Breast</b>	Cameron van der Burgh	RSA	26.67	29-Jul-09	Rome, Italy
<b>Splits</b>	26.67				
<b>100 Breast</b>	Brenton Rickard	AUS	58.58	27-Jul-09	Rome, Italy
<b>Splits</b>	27.67, 58.58 (30.91)				
<b>200 Breast</b>	Christian Sprenger	AUS	2:07.31sf	30-Jul-09	Rome, Italy
<b>Splits</b>	28.91, 1:01.51 (32.60), 1:34.49 (32.98), 2:07.31 (32.82)				
<b>50 Fly</b>	Rafael Munoz	ESP	22.43	5-Apr-09	Malaga, Spain
<b>Splits</b>	22.43				
<b>100 Fly</b>	Michael Phelps	USA	49.82	1-Aug-09	Rome, Italy
<b>Splits</b>	23.36, 49.82 (26.46)				
<b>200 Fly</b>	Michael Phelps	USA	1:51.51	29-Jul-09	Rome, Italy
<b>Splits</b>	24.76, 52.88 (28.12), 1:21.93 (29.05), 1:51.51 (29.58)				
<b>200 IM</b>	Ryan Lochte	USA	1:54.10	30-Jul-09	Rome, Italy
<b>Splits</b>	24.72, 53.20 (28.48), 1:26.28 (33.08), 1:54.10 (27.82)				
<b>400 IM</b>	Michael Phelps	USA	4:03.84	10-Aug-08	Beijing, China
<b>Splits</b>	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)				
<b>RELAYS</b>					
<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		
<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		
<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		

## Women's Long Course World Records as of October 21, 2009

<b>EVENT</b>	<b>SWIMMER</b>	<b>NATION</b>	<b>TIME</b>	<b>DATE</b>	<b>LOCATION</b>
<b>50 Free</b>	Britta Steffen	GER	23.73	2-Aug-09	Rome, Italy
<b>Splits</b>	23.73				
<b>100 Free</b>	Britta Steffen	GER	52.07	31-Jul-09	Rome, Italy
<b>Splits</b>	25.46, 52.07 (26.61)				
<b>200 Free</b>	Federica Pellegrini	ITA	1:52.98	28-Jul-09	Rome, Italy
<b>Splits</b>	27.34, 55.60 (28.26), 1:24.38 (28.78), 1:52.98 (28.60)				
<b>400 Free</b>	Federica Pellegrini	ITA	3:59.15	26-Jul-09	Rome, Italy
<b>Splits</b>	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)				
<b>800 Free</b>	Rebecca Adlington	GBR	8.14.10	16-Aug-08	Beijing, China
<b>Splits</b>	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)				
<b>1500 Free</b>	Kate Ziegler	USA	15.42.54	17-Jun-07	Mission Viejo, California
<b>Splits</b>	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)				
<b>50 Back</b>	Zhao Jing	CHN	27.06	30-Jul-09	Rome, Italy
<b>Splits</b>	27.06				
<b>100 Back</b>	Gemma Spofforth	GBR	58.12	28-Jul-09	Rome, Italy
<b>Splits</b>	28.71, 58.12 (30.05)				
<b>200 Back</b>	Kirsty Coventry	ZIM	2:04.81	1-Aug-09	Rome, Italy
<b>Splits</b>	29.44, 1:00.91 (31.47), 1:32.81 (31.90), 2:04.81 (32.00)				
<b>50 Breast</b>	Jessica Hardy	USA	29.80sp	7-Aug-09	Federal Way, Washington
<b>Splits</b>	29.80sp				
<b>100 Breast</b>	Jessica Hardy	USA	1:04.45	7-Aug-09	Federal Way, Washington
<b>Splits</b>	29.80, 1:04.45 (34.65)				
<b>200 Breast</b>	Annamay Pierse	CAN	2:20.12sf	30-Jul-09	Rome, Italy
<b>Splits</b>	32.03, 1:07.28 (35.25), 1:43.42 (36.14), 2:20.12 (36.70)				
<b>50 Fly</b>	Therese Alshammar	SWE	25.07sf	31-Jul-09	Rome, Italy
<b>Splits</b>	25.07				
<b>100 Fly</b>	Sarah Sjostrom	SWE	56.06	27-Jul-09	Rome, Italy
<b>Splits</b>	26.94, 56.06 (29.12)				
<b>200 Fly</b>	Liu Zige	CHN	2:01.81	21-Oct-09	Jinan, China
<b>Splits</b>	27.19, 58.08 (30.89), 1:30.20 (32.12), 2:01.81 (31.61)				
<b>200 IM</b>	Ariana Kukors	USA	2:06.15	27-Jul-09	Rome, Italy
<b>Splits</b>	27.72, 59.24 (31.52), 1:36.13 (37.07), 2:06.15 (29.84)				
<b>400 IM</b>	Stephanie Rice	AUS	4.29.45	10-Aug-08	Beijing, China
<b>Splits</b>	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)				
<b>RELAYS</b>					
<b>400 FR</b>	The Netherlands		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>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>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		