

# BAHAMAS SWIMMING FEDERATION

## LONG COURSE RECORDS

GIRLS 15 & OVER - BAHAMAS

July 24, 2011

EVENT	RECORD	NAME	CITY	DATE
50 FREE	24.79	Arianna Vanderpool-Wallace'90/UN	Shanghai	July 24, 2011
100 FREE	54.46	Arianna Vanderpool-Wallace'90/UN	Shanghai	July 22, 2011
200 FREE	2:04.84	Arianna Vanderpool-Wallace'90/UN	Nassau	June 27, 2008
400 FREE	4:31.05	McKayla Lightbourn'92/SWIFT	Kingston	April 10, 2007
800 FREE	9:10.50	Arianna Vanderpool-Wallace'90/UN	Kingston	April 7, 2007
50 BACK	29.40	Alana Dillette'87/SWIFT	Nassau	June 20, 2011
100 BACK	1:02.56	Alana Dillette'87/SWIFT	Beijing	August 10, 2008
200 BACK	2:20.44	McKayla Lightbourn'92/SWIFT	Washington	August 14, 2009
50 BREAST	32.84	Alicia Lightbourne'90/SBSC	Rome	August 1, 2009
100 BREAST	1:12.60	Alicia Lightbourne'90/SBSC	Rome	July 27, 2009
200 BREAST	2:37.97	McKayla Lightbourn'92/SWIFT	Aruba	March 27, 2008
50 FLY	26.92	Arianna Vanderpool-Wallace'90/SWIFT	Mayaquez	July 19, 2010
100 FLY	59.74	Arianna Vanderpool-Wallace'90/SWIFT	Mayaquez	July 20, 2010
200 FLY	2:21.67	Arianna Vanderpool-Wallace'90/SWIFT	Kingston	April 9, 2007
200 I.M.	2:19.72	McKayla Lightbourn'92/SWIFT	Florida	March 12, 2011
400 I.M.	4:59.44	McKayla Lightbourn'92/SWIFT	Washington	August 14, 2009
<b>RELAYS</b>				
200 FREE	1:48.06	Arianna Vanderpool-Wallace;Alicia Lightbourne; Ashley Butler; Ariel Weech/BAH	Aruba	March 30, 2008
400 FREE	3:48.34	Alana Dillette; Arianna Vanderpool-Wallace; Teisha Lightbourne: Alicia Lightbourne/BAH	Rome	July 26, 2009
800 FREE	8:36.28	Alana Dillette, Teisha Lightbourne; Jenna Chaplin; Arianna Vanderpool-Wallace	Mayaquez	July 18, 2010
200 MEDLEY	1:58.81	Alana Dillette, McKayla Lightbourn, Arianna Vanderpool-Wallace, Ashley Butler/SWIFT	Nassau	June 20, 2011
400 MEDLEY	4:15.59	Alana Dillette; Alicia Lightbourne Arianna Vanderpool-Wallace;Teisha Lightbourne/BAH	Rome	August 1, 2009

GIRLS 15 & OVER - OPEN

June 21, 2011

EVENT	RECORD	NAME	CITY	DATE
50 FREE	25.75	Arianna Vanderpool-Wallace'90/UN	Nassau	June 20 2011
100 FREE	55.55	Arianna Vanderpool-Wallace'90/UN	Nassau	June.19, 2011
200 FREE	2:04.84	Arianna Vanderpool-Wallace'90/UN	Nassau	June 27, 2008
400 FREE	4:31.22	Heather Roffey'86/CAY	Nassau	April 15, 2004
800 FREE	9:06.01	Heather Roffey'86/CAY	Nassau	April 15, 2004
50 BACK	29.40	Alana Dillette'87/SWIFT	Nassau	June 20, 2011
100 BACK	1:02.93	Alana Dillette'87/SWIFT	Nassau	June 18, 2011
200 BACK	2:24.66	Alana Dillette'87/SWIFT	Nassau	June 19, 2011
50 BREAST	34.21	Alicia Lightbourne'90/BSC	Nassau	June 27, 2008
100 BREAST	1:11.97	Alia Atkinson'88/CST	Nassau	June 28, 2008
200 BREAST	2:43.21	Shannon Duval'88/TRI	Nassau	April 16, 2004
50 FLY	27.62	Alana Dillette'87/SWIFT	Nassau	July 26, 2009
100 FLY	1:01.82	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 18, 2011
200 FLY	2:18.87	Heather Roffey'86/CAY	Nassau	April 17, 2004
200 I.M.	2:20.12	McKayla Lightbourn'92/SWIFT	Nassau	June 21, 2011
400 I.M.	5:12.64	McKayla Lightbourn'92/SWIFT	Nassau	June 19, 2011
<b>RELAYS</b>				
200 FREE	1:51.19	Arianna Vanderpool-Wallace, Alana Dillette, Ashley Butler; Shaunte Moss/BSC	Nassau	June 25, 2009
400 FREE	4:04.50	Alana Dillette, Ashley Butler, Jenna Chaplin, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 26, 2010
200 MEDLEY	1:58.81	Alana Dillette, McKayla Lightbourn, Arianna Vanderpool-Wallace, Ashley Butler/SWIFT	Nassau	June 20, 2011
400 MEDLEY	4:36.52	Alana Dillette;McKayla Lightbourn Arianna Vanderpool-Wallace,Jenna Chaplin/SWIFT	Nassau	June 18, 2011

