

BAHAMAS SWIMMING FEDERATION

HISTORY - LONG COURSE RECORDS

GIRLS 15 & OVER - BAHAMAS

July 30, 2011

EVENT	RECORD	NAME	CITY	DATE
50 FREE	28.62	Michelle Fox'70/BSC	Auckland	Jan.30, 1990
	28.23	Nicola McKinney'77/SBSC	Etobicoke	Nov.5, 1999
	28.34	Aymara Albury'85/BSC	Nassau	Mar.3, 2001
	28.13	Nikia Deveaux'85/BSC	Nassau	Jul.1, 2001
	28.04	Nikia Deveaux'85/BSC	Nassau	Apr.13, 2002
	27.79	Nikia Deveaux'85/BSC	Curacao	Jul.7, 2002
	27.74	Nikia Deveaux'85/BSC	Nassau	Jul.14, 2002
	27.35	Nikia Deveaux'85/BSC	Manchester	Aug.2, 2002
	26.88	Nikia Deveaux'85/BSC	Nassau	Jun.26, 2004
	26.67	Arianna Vanderpool-Wallace'90/UN	Rio de Janeiro	July 16, 2007
	26.58	Arianna Vanderpool-Wallace'90/UN	Columbus OH	Apr.5, 2008
	26.33	Arianna Vanderpool-Wallace'90/UN	Columbus OH	Apr.5, 2008
	26.04	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.28, 2008
	25.40	Arianna Vanderpool-Wallace'90/UN	Beijing	Aug.15, 2008
	25.28	Arianna Vanderpool-Wallace'90/UN	Shanghai	July 24, 2011
	24.79	Arianna Vanderpool-Wallace'90/UN	Shanghai	July 22, 2011
100 FREE	1:02.14	Kimberly Knowles'72/SWIFT	Ft.Lauderdale	May 25, 1996
	1:01.46	Nikia Deveaux'85/BSC	Nassau	Apr.21, 2001
	59.87	Nikia Deveaux'85/BSC	Nassau	Apr.14, 2002
	59.82	Nikia Deveaux'85/BSC	Nassau	May 15, 2004
	59.15	Nikia Deveaux'85/BSC	Nassau	Jun.26, 2004
	59.09	Nikia Deveaux'85/BSC	Cartagena	Jul.19, 2006
	59.02	Arianna Vanderpool-Wallace'90/UN	Lafayette,IN	Dec.2, 2006
	58.44	Arianna Vanderpool-Wallace'90/UN	Lafayette,IN	Dec.2, 2006
	57.92	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.9, 2007
	57.52	Arianna Vanderpool-Wallace'90/UN	Rio de Janeiro	Jul.20, 2007
	56.67	Arianna Vanderpool-Wallace'90/UN	Columbus OH	Apr.6, 2008
	56.19	Arianna Vanderpool-Wallace'90/UN	Columbus OH	Apr.6, 2008
	56.01	Arianna Vanderpool-Wallace'90/UN	Nassau	June 28, 2008
	55.61	Arianna Vanderpool-Wallace'90/UN	Beijing	Aug.13, 2008
	54.96	Arianna Vanderpool-Wallace'90/UN	Rome	July 30, 2009
	54.51	Arianna Vanderpool-Wallace'90/UN	Shanghai	July 21, 2011
54.46	Arianna Vanderpool-Wallace'90/UN	Shanghai	July 21, 2011	
200 FREE	2:17.30	Kimberly Knowles'72/SWIFT	Salinas	Nov.25, 1995
	2:15.39	Nikia Deveaux'85/BSC	Nassau	June 29, 2001
	2:13.35	Nikia Deveaux'85/BSC	Bridgetown	Apr.12, 2002
	2:13.13	Nikia Deveaux'85/BSC	Kingston	Apr.19, 2003
	2:09.59	Alana Dillette'87/UN	Nassau	Apr.16, 2004
	2:09.13	Alana Dillette'87/SWIFT	Salinas	June 30, 2006
	2:07.04	Arianna Vanderpool-Wallace'90/UN	Lafayette,IN	Nov.30, 2006
	2:06.24	Arianna Vanderpool-Wallace'90/UN	East Meadow	Mar.27, 2007
	2:05.38	Arianna Vanderpool-Wallace'90/UN	Columbus OH	Apr.4, 2008
	2:04.84	Arianna Vanderpool-Wallace'90/UN	Nassau	June 27, 2008
400 FREE	4:53.85	Kimberly Knowles'72/SWIFT	Salinas	Nov.24, 1995
	4:52.58	Katie Roach'84/SWIFT	Bridgetown	Apr.30, 2000
	4:51.95	Nikia Deveaux'85/BSC	Nassau	Apr.14, 2001
	4:49.52	Nikia Deveaux'85/BSC	Nassau	May 17, 2002

	4:46.44	Nikia Deveaux'85/BSC	Curacao	Jul.3, 2002
	4:39.97	Alana Dillette'87/UN	Nassau	Apr.18, 2004
	4:39.96	Alana Dillette'87/UN	Kingston	Jul.5, 2004
	4:39.50	Arianna Vanderpool-Wallace'90/UN	Bridgetown	Apr.9, 2006
	4:37.83	Alana Dillette'87/SWIFT	Salinas	June 29, 2006
	4:33.31	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.10, 2007
	4:32.97	Arianna Vanderpool-Wallace'90/UN	Aruba	Mar.30, 2008
800 FREE	10:25.67	Sharon Jones'73/BSC	Kingston	Mar.28, 1991
	10:14.93	Patricia Thompson'83/SWIFT	Kingston	Apr.4, 1999
	10:06.28	Katie Roach'84/SWIFT	Bridgetown	Apr.29, 2000
	10:03.76	Katie Roach'84/UN	Nassau	May 18, 2002
	9:59.13	Alana Dillette'87/UN	Nassau	Feb.21, 2004
	9:27.75	Arianna Vanderpool-Wallace'90/UN	Bridgetown	Apr.6, 2006
	9:10.50	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.7, 2007
1500 FREE	19:29.37	Jenna Chaplin'90	Nassau	Nov.8, 2008
50 BACK	33.06	Alana Dillette'87/FAC	Nassau	Jul.14, 2001
	33.05	Alana Dillette'87/FAC	Santo Domingo	Aug.13, 2003
	32.07	Alana Dillette'87/SWIFT	Curacao	Mar.31, 2005
	31.25	Alana Dillette'87/SWIFT	Curacao	Mar.31, 2005
	30.70	Alana Dillette'87/SWIFT	Santo Domingo	Aug.3, 2005
	30.34	Alana Dillette'87/SWIFT	Bangkok	Aug.10, 2007
	30.30	Alana Dillette'87/SWIFT	Nassau	June 26, 2009
	29.83	Alana Dillette'87/SWIFT	Rome	July 29, 2009
	29.78	Alana Dillette'87/SWIFT	Mayaguez	July 21, 2010
	29.40	Alana Dillette'87/SWIFT	Nassau	June 20, 2011
EVENT	RECORD	NAME	CITY	DATE
100 BACK	1:13.32	Nicola McKinney'77/BSC	Kingston	Jul.10, 1994
	1:09.98	Alana Dillette'87/FAC	Kingston	Apr.20, 2003
	1:09.79	Alana Dillette'87/UN	Nassau	Apr.17, 2004
	1:09.75	Alana Dillette'87/UN	Kingston	Jul.3, 2004
	1:08.05	Alana Dillette'87/SWIFT	Curacao	Apr.1, 2005
	1:07.69	Alana Dillette'87/SWIFT	Melbourne	Mar.17, 2006
	1:07.29	Alana Dillette'87/SWIFT	Cartagena	Jul.21, 2006
	1:06.08	Alana Dillette'87/SWIFT	Charlotte	Jun.9, 2007
	1:05.69	Alana Dillette'87/SWIFT	Charlotte	Jun.9, 2007
	1:04.39	Alana Dillette'87/SWIFT	Rio de Janeiro	Jul.18, 2007
	1:04.16	Alana Dillette'87/SWIFT	Rio de Janeiro	Jul.22, 2007
	1:03.02	Alana Dillette'87/SWIFT	Columbus OH	Apr.4, 2008
	1:02.56	Alana Dillette'87/SWIFT	Beijing	Aug.10, 2008
200 BACK	2:41.50	Nicola McKinney'77/BSC	Bridgetown	Apr.23, 1995
	2:39.61	Patricia Thompson'83/SWIFT	Kingston	Apr.5, 1999
	2:38.59	Patricia Thompson'83/SWIFT	Bridgetown	Apr.30, 2000
	2:37.64	Alana Dillette'87/FAC	Kingston	Apr.21, 2003
	2:33.73	Alana Dillette'87/FAC	Kingston	Apr. 21, 2003
	2:32.61	Alana Dillette'87/FAC	Santo Domingo	Aug.16, 2003
	2:32.61	Alana Dillette'87/UN	Nassau	Apr.18, 2004
	2:30.44	Alana Dillette'87/SWIFT	Curacao	Apr.3, 2005
	2:25.64	Alana Dillette'87/SWIFT	Charlotte	Jun.10, 2007
	2:21.32	Alana Dillette'87/SWIFT	Charlotte	Jun.10, 2007
	2:20.44	McKayla Lightbourn'92/SWIFT	Washington	Aug.14, 2009
50 BREAST	37.94	April Knowles'87/UN	Nassau	Jul.14, 2001
	36.75	April Knowles'84/UN	Daegu	Aug.24, 2003
	36.15	Teisha Lightbourne'89/SBSC	Curacao	Apr.2, 2005
	36.10	Alicia Lightbourne'90/SBSC	Nassau	Feb.11, 2006

	35.78	Alicia Lightbourne'90/SBSC	Bridgetown	Apr.8, 2006
	35.48	Alicia Lightbourne'90/SBSC	Bridgetown	Apr.8, 2006
	34.83	Alicia Lightbourne'90/SBSC	Salinas	Jun.29, 2006
	34.82	Alicia Lightbourne'90/SBSC	Kingston	Apr.9, 2007
	34.19	Alicia Lightbourne'90/SBSC	Kingston	Apr.9, 2007
	32.84	Alicia Lightbourne'90/SBSC	Rome	August 1, 2009
100 BREAST	1:20.98	Kristina Thompson'72/SWIFT	Ft.Lauderdale	May 25, 1996
	1:20.87	Acchia Albury'82/BSC	Kingston	Apr.5, 1999
	1:19.53	April Knowles'84/UN	Nassau	Jul.12, 2003
	1:16.06	Alicia Lightbourne'90/SBSC	Bridgetown	Apr.9, 2006
	1:15.72	Alicia Lightbourne'90/SBSC	Kingston	Apr.10, 2007
	1:14.36	Alicia Lightbourne'90/SBSC	Rio de Janeiro	July 17, 2007
	1:12.60	Alicia Lightbourne'90/SBSC	Rome	July 27, 2009
200 BREAST	2:56.74	Kristina Thompson'72/SWIFT	Ft.Lauderdale	May 26, 1996
	2:55.64	April Knowles'84/UN	Nassau	Jul.13, 2003
	2:53.69	Teisha Lightbourne'89/SBSC	Curacao	Mar.31, 2005
	2:50.59	Alicia Lightbourne'90/SBSC	Nassau	Feb.10, 2006
	2:46.51	Alicia Lightbourne'90/SBSC	Bridgetown	Apr.6, 2006
	2:46.50	Alicia Lightbourne'90/SBSC	Salinas	Jun.27, 2006
	2:45.22	Alicia Lightbourne'90/SBSC	Cartagena	Jul.17, 2006
	2:42.79	Alicia Lightbourne'90/SBSC	Kingston	Apr.7, 2007
	2:37.97	McKayla Lightbourn'92/SWIFT	Aruba	Mar.27, 2008
50 FLY	31.81	Laura Millar'85/BSC	Nassau	Jul.14, 2001
	31.70	Jodi Curtis'86/FAC	Mexico City	Jul.1, 2003
	31.42	April Knowles'84/UN	Daegu	Aug.29, 2003
	31.00	Teisha Lightbourne'89/SBSC	Curacao	Apr.1, 2005
	30.84	Teisha Lightbourne'89/SBSC	Curacao	Apr.1, 2005
	30.33	Alana Dillette'87/SWIFT	Nassau	Jun.30, 2005
	29.70	Alana Dillette'87/SWIFT	Nassau	Jul.2, 2005
	29.48	Alana Dillette'87/SWIFT	Nassau	Dec.28, 2005
	29.46	Alana Dillette'87/SWIFT	Melbourne	Mar.16, 2006
	29.46	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.8, 2007
	29.07	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.8, 2007
	29.07	Alana Dillette'87/SWIFT	Charlotte	Jun.8, 2007
	28.50	Alana Dillette'87/SWIFT	Charlotte	Jun.8, 2007
	28.05	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 26, 2009
	27.62	Alana Dillette'87/SWIFT	Nassau	June 26, 2009
	27.07	Alana Dillette'87/SWIFT	Rome	July 31, 2009
	26.92	Arianna Vanderpool-Wallace'90/SWIFT	Mayaquez	July 19, 2010
100 FLY	1:09.12	Nicola McKinney'77/BSC	Kingston	Jul.14, 1994
	1:08.90	Nikia Deveaux'85/BSC	Bridgetown	Apr.12, 2002
	1:08.43	Nikia Deveaux'85/BSC	Nassau	Jul.12, 2002
	1:07.89	April Knowles'84/UN	Nassau	Jul.11, 2003
	1:07.73	April Knowles'84/UN	Daegu	Aug.25, 2003
	1:07.49	Alana Dillette'87/SWIFT	Curacao	Mar.31, 2005
	1:05.67	Alana Dillette'87/SWIFT	Curacao	Mar.31, 2005
	1:04.77	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.7, 2007
	1:02.93	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.7, 2007
	1:02.42	Alana Dillette'87/SWIFT	Charlotte	Jun.8, 2007
	1:01.63	Alana Dillette'87/SWIFT	Rio de Janeiro	Jul.16, 2007
	1:01.50	Alana Dillette'87/SWIFT	Rio de Janeiro	Jul.18, 2007
	1:00.56	Arianna Vanderpool-Wallace'90/SWIFT	Rome	July 26, 2009
	59.74	Arianna Vanderpool-Wallace'90/SWIFT	Mayaquez	July 20, 2010
EVENT	RECORD	NAME	CITY	DATE

200 FLY	2:41.90	Sharon Jones'73/BSC	Curacao	Jul.6, 1990
	2:39.47	April Knowles'84/UN	Nassau	May 17, 2002
	2:33.85	April Knowles'84/UN	Nassau	Jul.13, 2002
	2:32.43	April Knowles'84/UN	Nassau	Jul.12, 2003
	2:29.42	Alana Dillette'87/SWIFT	Nassau	Mar.5, 2005
	2:28.99	Alana Dillette'87/SWIFT	Curacao	Apr.2, 2005
	2:28.47	Alana Dillette'87/SWIFT	Nassau	Jul.3, 2005
	2:28.22	Alana Dillette'87/SWIFT	Nassau	Jun. 9, 2006
	2:25.62	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.9, 2007
	2:21.67	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.9, 2007
200 I.M.	2:35.33	Sharon Jones'73/BSC	Curacao	Jul.5, 1990
	2:34.24	April Knowles'84/UN	Nassau	Jul.13, 2002
	2:34.16	Alana Dillette'87/FAC	Kingston	Apr.20, 2003
	2:32.02	Alana Dillette'87/FAC	Nassau	Jul.12, 2003
	2:30.18	Alana Dillette'87/FAC	Santo Domingo	Aug.15, 2003
	2:29.85	Alana Dillette'87/UN	Nassau	Apr.17, 2004
	2:26.45	Alana Dillette'87/UN	Kingston	Jul.6, 2004
	2:26.12	Alana Dillette'87/SWIFT	Curacao	Apr.2, 2005
	2:23.00	McKayla Lightbourn'92/SWIFT	Aruba	Mar.29, 2008
	2:20.09	McKayla Lightbourn'92/SWIFT	Aruba	Mar.29, 2008
	2:19.72	McKayla Lightbourn'92/SWIFT	Florida	Mar.12, 2011
400 I.M.	5:26.85	Sharon Jones'73/BSC	Curacao	Jul.8, 1990
	5:26.34	Alana Dillette'87/FAC	Kingston	Apr.19, 2003
	5:24.79	Alana Dillette'87/FAC	Nassau	Jul.10, 2003
	5:18.16	Alana Dillette'87/UN	Nassau	Apr.16, 2004
	5:12.30	Alana Dillette'87/UN	Kingston	Jul.2, 2004
	5:00.00	McKayla Lightbourn'92/SWIFT	Aruba	Mar.28, 2008
	4:59.44	McKayla Lightbourn'92/SWIFT	Washington	Aug. 14, 2009
RELAYS				
200 FREE	1:56.88	Acchia Albury;Patricia Thompson; Taneca Malcolm;Shanti Malcolm/BAH	Kingston	Apr.6, 1999
	1:53.05	Nikia Deveaux;Jodi Curtis; Alana Dillette;Amanda McPhee/BAH	Kingston	Apr.21, 2003
	1:50.31	Ariel Weech; Anthaya Rolle; Teisha Lightbourne;Arianna Vanderpool-Wallace/BAH	Kingston	Apr.10, 2007
	1:48.06	Arianna Vanderpool-Wallace;Alicia Lightbourne; Ashley Butler;Ariel Weech/BAH	Aruba	Mar.30, 2008
400 FREE	4:25.82	Jane Saunders; Kimberly Knowles; Sharon Jones;Stacey Bradley/BAH	Curacao	Jul.6, 1990
	4:24.61	Shanti Malcolm;Olivia McKinney; Taneca Malcolm;Patricia Thompson/BAH	Kingston	Apr.4, 1999
	4:21.14	Patricia Thompson;Katie Roach April Knowles;Taneca Malcolm/BAH	Bridgetown	Apr.30, 2000
	4:10.09	Jodi Curtis;Nikia Deveaux; Alana Dillette;Amanda McPhee/BAH	Kingston	Apr.19, 2003
	4:08.95	Arianna Vanderpool-Wallace;Alicia Lightbourne; Teisha Lightbourne;Jenna Chaplin/BAH	Bridgetown	Apr.6, 2006
	4:08.84	Alicia Lightbourne;Teisha Lightbourne; Jenna Chaplin;Arianna Vanderpool-Wallace/BAH	Salinas	Jun.26, 2006
	4:00.01	Teisha Lightbourne; Alicia Lightbourne; Ariel Weech; Arianna Vanderpool-Wallace/BAH	Kingston	Apr.7, 2007
	3:54.99	Nikia Deveaux;Alana Dillette; Arianna Vanderpool-Wallace;Ariel Weech/BAH	Rio de Janeiro	Jul.18, 2007
	3:53.91	Nikia Deveaux;Alana Dillette;	Rio de Janeiro	Jul.19, 2007

		Arianna Vanderpool-Wallace;Ariel Weech/BAH		
	3:51.57	Arianna Vanderpool-Wallace;Alana Dillette	Charlotte	Jun.6, 2008
		Teisha Lightbourne;Alicia Lightbourne/BAH		
	3:48.34	Alana Dillette; Arianna Vanderpool-Wallace	Rome	July 26, 2009
		Teisha Lightbourne;Alicia Lightbourne/BAH		
800 FREE	9:32.32	Teisha Lightbourne;Chanteia Musgrove;	Curacao	Apr.2, 2005
		Franshon Francis;Alana Dillette/BAH		
	9:26.78	Teisha Lightbourne;Chanteia Musgrove;	Curacao	Apr.2, 2005
		Franshon Francis;Alana Dillette/BAH		
	9:05.76	Jenna Chaplin;Alicia Lightbourne;	Bridgetown	Apr.8, 2006
		Teisha Lightbourne;Arianna Vanderpool-Wallace		
	9:00.59	Jenna Chaplin;Alicia Lightbourne;	Salinas	Jun.28, 2006
		Teisha Lightbourne; Arianna Vanderpool-Wallace		
	8:52.38	Jenna Chaplin;Alicia Lightbourne;	Aruba	Mar.29, 2008
		McKayla Lightbourn;Arianna Vanderpool-Wallace		
	8:36.28	Alana Dillette, Teisha Lightbourne;	Mayaguez	July 20, 2010
		Jenna Chaplin; Arianna Vanderpool-Wallace		
200 MEDLEY	2:22.01	Krista Burrows;Nadia Lockhart;	Nassau	Jun.29, 2001
		Laura Millar;Nikia Deveaux/BSC		
	2:12.84	Alana Dillette;Danielle Brown;	Nassau	Jun.25, 2004
		April Knowles;Chanteia Musgrove/UN		
	2:05.70	Alana Dillette;McKayla Lightbourn	Nassau	June 29, 2008
		Jenna Chaplin;Ashley Butler/SWIFT		
	2:01.90	Alana Dillette, Shaunte Moss,	Nassau	June 24, 2009
		Ashley Butler, Arianna Vanderpool-Wallace/SWIFT		
	1:58.81	Alana Dillette, McKayla Lightbourn,	Nassau	June 20, 2011
		Arianna Vanderpool-Wallace, Ashley Butler/SWIFT		
400 MEDLEY	4:59.62	Jane Saunders;Sharon Jones;	Curacao	Jul.8, 1990
		Kimberly Knowles;Stacey Bradley/BAH		
	4:47.40	Shanti Malcolm;Acchia Albury;	Kingston	Apr.5, 1999
		Taneca Malcolm;Patricia Thompson/BAH		
	4:46.74	Alana Dillette;Amanda McPhee;	Kingston	Apr.20, 2003
		Nikia Deveaux;Jodi Curtis/BAH		
	4:41.93	Teisha Lightbourne;Alicia Lightbourne;	Bridgetown	Apr.7, 2006
		Jenna Chaplin;Arianna Vanderpool-Wallace/BAH		
	4:40.69	Teisha Lightbourne;Alicia Lightbourne;	Salinas	Jun.29, 2006
		Arianna Vanderpool-Wallace;Jenna Chaplin/BAH		
	4:26.26	Alana Dillette; Alicia Lightbourne	Cartagena	Jul.21, 2006
		Arianna Vanderpool-Wallace;Nikia Deveaux/BAH		
	4:23.70	Alana Dillette; Alicia Lightbourne	Rio de Janeiro	Jul.20, 2007
		Arianna Vanderpool-Wallace;Nikia Deveaux/BAH		
	4:18.97	Alana Dillette; Alicia Lightbourne	Rio de Janeiro	Jul.22, 2007
		Arianna Vanderpool-Wallace;Nikia Deveaux/BAH		
	4:15.59	Alana Dillette; Alicia Lightbourne	Rome	August 1, 2009
		Arianna Vanderpool-Wallace; Teisha Lightbourne/BAH		

GIRLS 15 & OVER - OPEN

June 21, 2011

EVENT	RECORD	NAME	CITY	DATE
50 FREE	28.85	Nicola McKinney'77/SBSC	Nassau	Jun.25, 2000
	28.34	Aymara Albury'85/BSC	Nassau	Mar.3, 2001
	27.68	Linda McEachrane'83/TRI	Nassau	Apr.22, 2001
	26.88	Nikia Deveaux'85/BSC	Nassau	Jun.26, 2004

	26.04	Arianna Vanderpool-Wallace'90/UN	Nassau	June 28, 2008
	25.80	Arianna Vanderpool-Wallace'90/UN	Nassau	June 26, 2009
	25.75	Arianna Vanderpool-Wallace'90/UN	Nassau	June 20, 2011
100 FREE	1:03.75	Patricia Thompson'83/SWIFT	Nassau	Jun.24, 2000
	1:03.45	Patricia Thompson'83/SWIFT	Nassau	Jun.24, 2000
	1:03.38	Nikia Deveaux'85/BSC	Nassau	Mar.2, 2001
	1:02.02	Anne Laure Virgel'83/AGF	Nassau	Apr.21, 2001
	1:00.10	Linda McEachrane'83/TRI	Nassau	Apr.21, 2001
	59.87	Nikia Deveaux'85/BSC	Nassau	Apr.14, 2002
	59.82	Nikia Deveaux'85/BSC	Nassau	May 15, 2004
	59.15	Nikia Deveaux'85/BSC	Nassau	Jun.26, 2004
	58.94	Alana Dillette'87/SWIFT	Nassau	May 12, 2007
	57.79	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.28, 2008
	56.01	Arianna Vanderpool-Wallace'90/UN	Nassau	June 28, 2008
	55.80	Arianna Vanderpool-Wallace'90/UN	Nassau	June 26, 2009
	55.55	Arianna Vanderpool-Wallace'90/UN	Nassau	June 19, 2011
200 FREE	2:20.48	Kimberly Knowles'72/SWIFT	Nassau	Jun.23, 2000
	2:20.37	Patricia Thompson'83/SBSC	Nassau	Dec.16, 2000
	2:20.31	Nikia Deveaux'85/BSC	Nassau	Mar.3, 2001
	2:13.36	Kaitlyn Elphinstone'87/CAY	Nassau	Apr.20, 2001
	2:09.18	Heather Roffey'86/CAY	Nassau	Apr.16, 2004
400 FREE	4:58.95	Kimberly Knowles'72/SWIFT	Nassau	Jun.23, 2000
	4:42.54	Kaitlyn Elphinstone'87/CAY	Nassau	Apr.21, 2001
	4:31.22	Heather Roffey'86/CAY	Nassau	Apr.15, 2004
800 FREE	10:55.65	Jacinda Mireault'84/SBSC	Nassau	Jun.25, 2000
	10:52.83	Jacinda Mireault'84/SBSC	Nassau	Mar.18, 2001
	9:30.01	Kaitlyn Elphinstone'87/CAY	Nassau	Apr.21, 2001
	9:06.01	Heather Roffey'86/CAY	Nassau	Apr.15, 2004
1500 FREE	19:29.37	Jenna Chaplin'90	Nassau	Nov.8, 2008
50 BACK	33.06	Alana Dillette'87/FAC	Nassau	Jul.14, 2001
	33.61	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005
	32.06	Alana Dillette'87/SWIFT	Nassau	Jul.3, 2005
	30.70	Alana Dillette'87/SWIFT	Nassau	Jul.9, 2006
	30.59	Alana Dillette'87/SWIFT	Nassau	June 29, 2008
	30.30	Alana Dillette'87/SWIFT	Nassau	June 26, 2009
	29.40	Alana Dillette'87/SWIFT	Nassau	June 20, 2011
EVENT	RECORD	NAME	CITY	DATE
100 BACK	1:13.63	Nicola McKinney'77/SBSC	Nassau	Jun.23, 2000
	1:11.90	Anne Laure Virgel'83/AGF	Nassau	Apr.20, 2001
	1:10.05	Alana Dillette'87/FAC	Nassau	Jul.11, 2003
	1:09.79	Alana Dillette'87/UN	Nassau	Apr.17, 2004
	1:09.20	Alana Dillette'87/SWIFT	Nassau	July 1, 2005
	1:07.71	Alana Dillette'87/SWIFT	Nassau	July 7, 2006
	1:04.47	Alana Dillette'87/SWIFT	Nassau	June 27, 2008
	1:04.25	Alana Dillette'87/SWIFT	Nassau	June 18, 2011
	1:02.93	Alana Dillette'87/SWIFT	Nassau	June 18, 2011
200 BACK	2:41.53	Patricia Thompson'83/SWIFT	Nassau	Jun.25, 2000
	2:35.34	Anne Laure Virgel'83/AGF	Nassau	Apr.22, 2001
	2:35.07	Alana Dillette'87/UN	Nassau	Mar.13, 2004
	2:32.61	Alana Dillette'87/UN	Nassau	Apr.18, 2004
	2:30.49	Alana Dillette'87/SWIFT	Nassau	May 12, 2007
	2:24.66	Alana Dillette'87/SWIFT	Nassau	June 19, 2011
50 BREAST	37.94	April Knowles'87/UN	Nassau	Jul.14, 2001
	37.28	Shannon Duval'88/TRI	Nassau	Apr.18, 2004

	36.63	Rachel Nemelc'86/SUR	Nassau	Apr.18, 2004
	36.32	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005
	36.10	Alicia Lighbourne'90/SBSC	Nassau	Feb.11, 2006
	36.25	Alicia Lighbourne'90/SBSC	Nassau	Jul.7, 2006
	36.05	Alicia Lighbourne'90/SBSC	Nassau	Jul.7, 2006
	35.25	Alicia Lighbourne'90/BSC	Nassau	Jun.27, 2008
	34.21	Alicia Lighbourne'90/BSC	Nassau	Jun.27, 2008
100 BREAST	1:27.42	April Knowles'84/SWIFT	Nassau	Jun.24, 2000
	1:23.60	Acchia Albury'82/BSC	Nassau	Jun.24, 2000
	1:20.38	Sobenna George'87/TRI	Nassau	Apr.22, 2001
	1:19.53	April Knowles'84/UN	Nassau	Jul.12, 2003
	1:17.25	Shannon Duval'88/TRI	Nassau	Apr.18, 2004
	1:13.93	Alia Atkinson'88/CST	Nassau	Jun.28, 2008
	1:11.97	Alia Atkinson'88/CST	Nassau	Jun.28, 2008
200 BREAST	3:01.61	April Knowles'84/SWIFT	Nassau	Jun.25, 2000
	2:58.40	Sobenna George'87/TRI	Nassau	Apr.21, 2001
	2:57.05	April Knowles'84/UN	Nassau	Jul.14, 2002
	2:55.64	April Knowles'84/UN	Nassau	Jul.13, 2003
	2:43.21	Shannon Duval'88/TRI	Nassau	Apr.16, 2004
50 FLY	31.48	Nikia Deveaux'85/BSC	Nassau	Jul.14, 2001
	30.90	Heather Roffey'86/CAY	Nassau	Apr.16, 2004
	30.32	Heather Roffey'86/CAY	Nassau	Apr.17, 2004
	29.70	Alana Dillette'87/SWIFT	Nassau	Jul.2, 2005
	29.46	Alana Dillette'87/SWIFT	Nassau	Dec.28, 2005
	28.05	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 26, 2009
	27.62	Alana Dillette'87/SWIFT	Nassau	June 26, 2009
100 FLY	1:11.82	Taneca Malcolm'83/FAC	Nassau	Jun.23, 2000
	1:11.64	Taneca Malcolm'83/FAC	Nassau	Jun.23, 2000
	1:08.56	Aude Marajo'83/AGF	Nassau	Apr.20, 2001
	1:07.80	Aude Marajo'83/AGF	Nassau	Apr.20, 2001
	1:05.65	Heather Roffey'86/CAY	Nassau	Apr.16, 2004
	1:02.46	Alana Dillette'87/SWIFT	Nassau	Jun.27, 2008
	1:02.35	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 26, 2009
	1:01.82	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 18, 2011
200 FLY	2:52.52	Jessica Johnston'83/SWIFT	Nassau	June 24, 2000
	2:45.67	Katie Roach'84/UN	Nassau	Mar.17, 2001
	2:32.88	Kaitlyn Elphinstone'87/CAY	Nassau	Apr.22, 2001
	2:32.43	April Knowles'84/UN	Nassau	Jul.12, 2003
	2:18.87	Heather Roffey'86/CAY	Nassau	Apr.17, 2004
200 I.M.	2:39.19	Patricia Thompson'83/SWIFT	Nassau	Jun.24, 2000
	2:34.67	Sobenna George'87/TRI	Nassau	Apr.21, 2001
	2:34.24	April Knowles'84/UN	Nassau	Jul.13, 2002
	2:32.02	Alana Dillette'87/FAC	Nassau	Jul.12, 2003
	2:27.99	Heather Roffey'86/CAY	Nassau	Apr.17, 2004
	2:26.91	Alana Dillette'87/SWIFT	Nassau	Jun.30, 2005
	2:26.41	Alana Dillette'87/SWIFT	Nassau	May 10, 2007
	2:22.21	McKayla Lightbourn'92/SWIFT	Nassau	June 26, 2008
	2:20.38	McKayla Lightbourn'92/SWIFT	Nassau	June 27, 2008
	2:20.12	McKayla Lightbourn'92/SWIFT	Nassau	June.21, 2011
EVENT	RECORD	NAME	CITY	DATE
400 I.M.	5:38.18	Katie Roach'84/SWIFT	Nassau	Jun.22, 2000
	5:26.26	Ashley Allaire'87/SV	Nassau	Apr.20, 2001
	5:24.79	Alana Dillette'87/FAC	Nassau	Jul.10, 2003
	5:15.76	Heather Roffey'86/CAY	Nassau	Apr.16, 2004

	5:12.64	McKayla Lightbourn'92/SWIFT	Nassau	June 19, 2011
RELAYS				
200 FREE	2:03.14	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	Jun.25, 2000
	1:52.65	Linda McEachrane;Sobenn George; Melanie Charles;Sharntelle McLean/TRI	Nassau	Apr.22, 2001
	1:51.65	Ariel Weech; Teisha Lightbourne Amber Weech;Alicia Lightbourne/BSC	Nassau	Jun.26, 2008
	1:51.19	Arianna Vanderpool-Wallace, Alana Dilette, Ashley Butler, Shaunte Moss/SWIFT	Nassau	June 26, 2008
400 FREE	4:39.50	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	Jun.22, 2000
	4:11.73	Linda McEachrane;Sobenna George; Melanie Charles;Sharntelle McLean/TRI	Nassau	April.20, 2001
	4:10.07	Alicia Lightbourne, Ariel Weech, Amber Weech, Adrienne Lightbourne/BSC	Nassau	June 25, 2009
	4:05.79	Alana Dilette, Ashley Butler, Shaunte Moss, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 25, 2009
	4:04.50	Alana Dilette, Ashley Butler, Jenna Chaplin, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 24, 2010
200 MEDLEY	2:16.08	April Knowles;Jessica Johnston; Katie Roach;Kimberly Knowles/SWIFT	Nassau	Jun.23, 2000
	2:12.84	Alana Dilette;Danielle Brown; April Knowles;Chanteia Musgrove/UN	Nassau	Jun.25, 2004
	2:11.40	Alana Dilette;Alexis De Rosa; Jenna Chaplin;Paige Waugh/SWIFT	Nassau	May 13, 2007
	2:05.70	Alana Dilette;McKayla Lightbourn Jenna Chaplin;Ashley Butler/SWIFT	Nassau	Jun.29, 2008
	2:01.90	Alana Dilette, Shaunte Moss, Ashley Butler, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 24, 2009
	1:58.81	Alana Dilette, McKayla Lightbourn, Arianna Vanderpool-Wallace,Ashley Butler/SWIFT	Nassau	June 20, 2011
400 MEDLEY	4:57.38	Patricia Thompson;April Knowles; Katie Roach;Kimberly Knowles/SWIFT	Nassau	Jun.24, 2000
	4:49.80	Linda McEachrane;Sobenna George; Sharntelle McLean;Melanie Charles/TRI	Nassau	Apr.21, 2001
	4:45.69	Renee Pouchet;Shannon Duval; Ayeisha Collymore;Chantal Redon/TRI	Nassau	Apr.17, 2004
	4:40.05	Alana Dilette;McKayla Lightbourn Jenna Chaplin;Ashley Butler/SWIFT	Nassau	Jun.27, 2008
	4:36.52	Alana Dilette;McKayla Lightbourn Arianna Vanderpool-Wallace,Jenna Chaplin/SWIFT	Nassau	June 18, 2011

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