

**BAHAMAS SWIMMING FEDERATION**  
**National Swimming Championships**  
HISTORY - LONG COURSE RECORDS

GIRLS 11 & 12

June 21, 2011

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	30.28	Alana Dillette'87/FAC	Nassau	June 25, 2000	
	30.03	Jade Thompson'91/SBSC	Nassau	Jul.13, 2003	
	29.19	Jade Thompson'91/UN	Nassau	June 27, 2004	
	28.88	Ashley Butler'92/SBSC	Nassau	Jul.3, 2005	
	<a href="#">28.82</a>	<a href="#">Simone Sturup'98/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 20, 2011</a>	
100 FREE	1:05.64	Alana Dillette'87/FAC	Nassau	June 24, 2000	
	1:05.16	Alana Dillette'87/FAC	Nassau	June 24, 2000	
	1:04.59	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jul.12, 2003	
	1:04.08	Jade Thompson'91/UN	Nassau	June 26, 2004	
	<a href="#">1:02.75</a>	<a href="#">Taryn Smith'96/WAVE</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2009</a>	
200 FREE	2:26.14	Alana Dillette'87/FAC	Nassau	Jun.23, 2000	
	<a href="#">2:19.28</a>	<a href="#">Arianna Vanderpool-Wallace'90/TPAC</a>	<a href="#">Nassau</a>	<a href="#">Jul.11, 2003</a>	
400 FREE	5:26.29	Carla Cargill'87/SBSC	Nassau	Jun.23, 2000	
	5:18.69	Alicia Lightbourne'90/SBSC	Nassau	Jul.12, 2002	
	<a href="#">4:50.13</a>	<a href="#">Arianna Vanderpool-Wallace'90/TPAC</a>	<a href="#">Nassau</a>	<a href="#">Jul.11, 2003</a>	
800 FREE	11:54.57	Franshon Francis'89/DSC	Nassau	Jul.14, 2002	
	11:21.28	Jessica Greene'92/BSC	Nassau	Jun.27, 2004	
	<a href="#">10:08.69</a>	<a href="#">McKayla Lightbourn'92/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jun.30, 2005</a>	
50 BACK	35.38	Miaeda Hutchinson'92/SBSC	Nassau	Jul.3, 2005	
	<a href="#">34.42</a>	<a href="#">Ashley Butler'92/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.3, 2005</a>	
100 BACK	1:14.32	Alana Dillette'87/FAC	Nassau	Jun.23, 2000	
	<a href="#">1:13.50</a>	<a href="#">Jade Thompson'91/UN</a>	<a href="#">Nassau</a>	<a href="#">Jun.25, 2004</a>	
200 BACK	2:58.47	Carla Cargill'87/SBSC	Nassau	Jun.25, 2000	
	2:55.05	Chanteia Musgrove'88/SBSC	Nassau	Jul.7, 2001	
	2:52.57	Franshon Francis'89/DSC	Nassau	Jul.14, 2002	
	2:43.86	Jade Thompson'91/UN	Nassau	Jun.27, 2004	
	<a href="#">2:41.57</a>	<a href="#">McKayla Lightbourn'92/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jul.2, 2005</a>	
50 BREAST	37.94	Shaunte Moss'93/SBSC	Nassau	Jul.1, 2005	
	37.26	Adrienne Lightbourne'92/SBSC	Nassau	Jul.1, 2005	
	37.15	Je'Nae Saunders'94/BSC	Nassau	May 11, 2007	
	<a href="#">37.13</a>	<a href="#">Je'Nae Saunders'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">May 11, 2007</a>	
100 BREAST	1:23.15	Victoria Millar'87/SWIFT	Nassau	Jun.24, 2000	
	1:22.97	Anthaya Rolle'91/DSC	Nassau	Jun.26, 2004	
	<a href="#">1:22.02</a>	<a href="#">McKayla Lightbourn'92/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jul.2, 2005</a>	
200 BREAST	<a href="#">2:54.84</a>	<a href="#">Alana Dillette'87/FAC</a>	<a href="#">Nassau</a>	<a href="#">Jun.25, 2000</a>	
50 FLY	33.31	Kadesha Culmer'92/FAC	Nassau	Jul.2, 2005	
	32.48	Kadesha Culmer'92/FAC	Nassau	Jul.2, 2005	
	32.48	Maya Albury'94/WAVE	Nassau	May 12, 2007	
	31.67	Maya Albury'94/WAVE	Nassau	May 12, 2007	
	<a href="#">31.02</a>	<a href="#">Taryn Smith'96/WAVE</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2009</a>	
100 FLY	1:22.49	Ecarscha Smith'87/DSC	Nassau	Jun.23, 2000	
	1:19.26	Ecarscha Smith'87/DSC	Nassau	Jun.23, 2000	

	1:13.17	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jul.12, 2002	
	<a href="#">1:12.19</a>	<a href="#">Arianna Vanderpool-Wallace'90/TPAC</a>	<a href="#">Nassau</a>	<a href="#">Jul.11, 2003</a>	
200 FLY	3:02.36	Ecarscha Smith'87/DSC	Nassau	Jun.24, 2000	
	3:00.76	Franshon Francis'89/DSC	Nassau	Jul.13, 2002	
	2:48.65	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jul.12, 2003	
	<a href="#">2:45.61</a>	<a href="#">Bria Deveaux'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">May 13, 2007</a>	
200 I.M.	2:41.19	Alana Dillette'87/FAC	Nassau	Jun.22, 2000	
	2:40.84	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jul.12, 2003	
	2:39.86	Je'Nae Saunders'94/BSC	Nassau	May 10, 2007	
	<a href="#">2:39.79</a>	<a href="#">Laura Morley'96/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 24, 2009</a>	
400 I.M.	6:01.70	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jul.11, 2002	
	5:51.79	Alicia Lightbourne'90/SBSC	Nassau	Jul.10, 2003	
	<a href="#">5:44.01</a>	<a href="#">McKayla Lightbourn'92/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jul.2, 2005</a>	
<b>RELAYS</b>					
200 FREE	2:14.54	Lisa Rombough;Kara Culmer-Wilson; Julia Brown;Carla Cargill/SBSC	Nassau	Jun.25, 2000	
	2:11.79	Camilla Miller;Brittany Smith; Melissa Ferguson;Franshon Francis/DSC	Nassau	Jul.1, 2001	
	2:06.87	Franshon Francis;Melissa Ferguson; Krysti Bowe;Camilla Miller/DSC	Nassau	Jul.14, 2002	
	2:06.01	Ravyn Deveaux;Kelly Bruney; Takara Lowe;Jessica Greene/BSC	Nassau	Jun.27, 2004	
	2:05.04	Shaunte Moss;Adrienne Lightbourne; Miaeda Hutchinson;Ashley Butler/SBSC	Nassau	Jun.30, 2005	
	2:04.48	Bria Deveaux;Brittney Watson Gabrielle Greene;Je'Nae Saunders/BSC	Nassau	May 10, 2007	
	2:04.09	Doran Reed, Tremaine Allen; Celine Thompson, Simone Sturru/SWIFT	Nassau	June 23, 2010	
	<a href="#">2:02.35</a>	<a href="#">Simone Sturru, Margaret Higgs; Tremaine Allen, Maya Thompson/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 21, 2011</a>	
400 FREE	5:09.74	Lisa Rombough;Kara Culmer-Wilson; Julia Brown;Carla Cargill/SBSC	Nassau	June 22, 2000	
	4:53.46	Brittany Smith;Franshon Francis; Meliisa Ferguson;Camilla Miller/DSC	Nassau	June 28, 2001	
	4:48.32	Melissa Ferguson;Franshon Francis; Camilla Miller;Krysti Bowe/DSC	Nassau	July 11, 2002	
	4:47.18	Ravyn Deveaux;Kelly Bruney; Takara Lowe;Jessica Greene/BSC	Nassau	June 24, 2004	
	4:41.67	Shaunte Moss;Adrienne Lightbourne; Miaeda Hutchinson;Ashley Butler/SBSC	Nassau	July 2, 2005	
	<a href="#">4:38.88</a>	<a href="#">Doran Reed, Tremaine Allen; Celine Thompson, Simone Sturru/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2010</a>	
200 MEDLEY	2:37.16	Lisa Rombough;Kara Culmer-Wilson; Carla Cargill;Julia Brown/SBSC	Nassau	June 23, 2000	
	2:29.09	Camilla Miller;Melissa Ferguson; Franshon Francis;Brittany Smith/DSC	Nassau	June 29, 2001	
	2:24.21	Camilla Miller;Melissa Ferguson; Franshon Francis;Krysti Bowe/DSC	Nassau	July 12, 2002	
	2:20.63	Miaeda Hutchinson;Adrienne Lightbourne; Shaunte Moss;Ashley Butler/SBSC	Nassau	July 3, 2005	
	<a href="#">2:20.43</a>	<a href="#">Tremaine Allen; Margaret Higgs; Simone Sturru; Maya Thompson/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 20, 2011</a>	
400 MEDLEY	5:57.47	Lisa Rombough;Kara Culmer-Wilson; Carla Cargill;Julia Brown/SBSC	Nassau	June 24, 2000	

	5:36.42	Franshon Francis;Melissa Ferguson; Brittany Smith;Camilla Miller/DSC	Nassau	June 30, 2001	
	5:26.38	Camilla Miller;Melissa Ferguson; Franshon Francis;Krysti Bowe/DSC	Nassau	July 13, 2002	
	5:22.81	Miaeda Hutchinson;Shaunte Moss; Adrienne Lightbourne;Ashley Butler/SBSC	Nassau	July 1, 2005	
	5:19.83	Tremaine Allen; Margaret Higgs; Simone Sturup; Maya Thompson/SWIFT	Nassau	June 18, 2011	