

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

GIRLS 15 & OVER

June 21, 2011

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	28.85	Nicola McKinney'77/SBSC	Nassau	Jun.25, 2000	
	28.34	Aymara Albury'85/BSC	Nassau	Mar.3, 2001	
	27.24	Nikia Deveaux'85/BSC	Nassau	Jun.27, 2004	
	27.12	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.29, 2008	
	26.31	Arianna Vanderpool-Wallace'90/UN	Nassau	June 29, 2008	
	25.80	Arianna Vanderpool-Wallace'90/UN	Nassau	June 26, 2009	
	<b>25.75</b>	<b>Arianna Vanderpool-Wallace'90/UN</b>	<b>Nassau</b>	<b>June 20, 2011</b>	
100 FREE	1:03.75	Patricia Thompson'83/SWIFT	Nassau	Jun.24, 2000	
	1:03.45	Patricia Thompson'83/SWIFT	Nassau	Jun.24, 2000	
	1:01.49	Nikia Deveaux'85/BSC	Nassau	Jun.30, 2001	
	1:01.22	Nikia Deveaux'85/BSC	Nassau	Jul.12, 2003	
	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	
	<b>55.55</b>	<b>Arianna Vanderpool-Wallace'90/UN</b>	<b>Nassau</b>	<b>June 18, 2011</b>	
200 FREE	2:20.48	Kimberly Knowles'72/SWIFT	Nassau	Jun.23, 2000	
	2:15.39	Nikia Deveaux'85/BSC	Nassau	Jun.29, 2001	
	2:12.39	Alana Dillette'87/UN	Nassau	Jun.25, 2004	
	2:11.08	Nikia Deveaux'85/BSC	Nassau	Jul.1, 2005	
	<b>2:04.84</b>	<b>Arianna Vanderpool-Wallace'90/UN</b>	<b>Nassau</b>	<b>Jun.27, 2008</b>	
	400 FREE	4:58.95	Kimberly Knowles'72/SWIFT	Nassau	Jun.23, 2000
4:52.60		Nikia Deveaux'85/BSC	Nassau	Jun.29, 2001	
4:47.54		Nikia Deveaux'85/BSC	Nassau	Jul.12, 2002	
4:46.54		Alana Dillette'87/UN	Nassau	Jun.25, 2004	
4:41.34		Jenna Chaplin'90/SWIFT	Nassau	May 13, 2007	
<b>4:39.77</b>		<b>Alicia Lightbourne'90/BSC</b>	<b>Nassau</b>	<b>June 26, 2010</b>	
800 FREE	10:55.65	Jacinda Mireault'84/SBSC	Nassau	Jun.25, 2000	
	10:54.94	Jacinda Mireault'84/SBSC	Nassau	Jul.1, 2001	
	10:10.83	Patricia Thompson'83/BSC	Nassau	Jul.14, 2002	
	10:01.73	Alana Dillette'87/UN	Nassau	Apr.15, 2004	
	10:00.73	Alana Dillette'87/SWIFT	Nassau	Jun.30, 2005	
	<b>9:41.26</b>	<b>Arianna Vanderpool-Wallace'90/UN</b>	<b>Nassau</b>	<b>Jul.6, 2006</b>	
50 BACK	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	
	<b>29.40</b>	<b>Alana Dillette'87/SWIFT</b>	<b>Nassau</b>	<b>June 20, 2011</b>	
100 BACK	1:13.63	Nicola McKinney'77/SBSC	Nassau	Jun.23, 2000	
	1:10.05	Alana Dillette'87/FAC	Nassau	Jul.11, 2003	
	1:09.20	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005	
	1:07.71	Alana Dillette'87/SWIFT	Nassau	Jul.7, 2006	

	1:04.47	Alana Dillette'87/SWIFT	Nassau	June 27, 2008	
	<a href="#">1:04.25</a>	<a href="#">Alana Dillette'87/SWIFT</a>	Nassau	<a href="#">June 18, 2011</a>	
	<a href="#">1:02.93</a>	<a href="#">Alana Dillette'87/SWIFT</a>	Nassau	<a href="#">June 18, 2011</a>	
200 BACK	2:41.53	Patricia Thompson'83/SWIFT	Nassau	June 25, 2000	
	2:36.71	Alana Dillette'87/FAC	Nassau	Jul.13, 2003	
	2:30.49	Alana Dillette'87/SWIFT	Nassau	May 12, 2007	
	<a href="#">2:25.71</a>	<a href="#">McKayla Lightbourn'92/SWIFT</a>	Nassau	<a href="#">June 19, 2011</a>	
	<a href="#">2:24.66</a>	<a href="#">Alana Dillette'87/SWIFT</a>	Nassau	<a href="#">June 19, 2011</a>	
50 BREAST	38.66	Alana Dillette'87/SWIFT	Nassau	July 1, 2005	
	36.32	Alana Dillette'87/SWIFT	Nassau	July 1, 2005	
	36.25	Alicia Lightbourne'90/SBSC	Nassau	July 7, 2006	
	36.05	Alicia Lightbourne'90/SBSC	Nassau	July 7, 2006	
	35.25	Alicia Lightbourne'90/BSC	Nassau	June 27, 2008	
	<a href="#">34.21</a>	<a href="#">Alicia Lightbourne'90/BSC</a>	Nassau	<a href="#">June 27, 2008</a>	
100 BREAST	1:27.42	April Knowles'84/SWIFT	Nassau	June 24, 2000	
	1:23.60	Acchia Albury'82/BSC	Nassau	June 24, 2000	
	1:21.93	April Knowles'84/UN	Nassau	July 13, 2002	
	1:19.53	April Knowles'84/UN	Nassau	July 12, 2003	
	1:18.74	Alicia Lightbourne'90/SBSC	Nassau	July 8, 2006	
	1:15.97	Alicia Lightbourne'90/BSC	Nassau	June 27, 2008	
	<a href="#">1:14.95</a>	<a href="#">Alicia Lightbourne'90/BSC</a>	Nassau	<a href="#">June 26, 2009</a>	
200 BREAST	3:01.61	April Knowles'84/SWIFT	Nassau	June 25, 2000	
	2:57.05	April Knowles'84/UN	Nassau	July 14, 2002	
	2:55.64	April Knowles'84/UN	Nassau	July 13, 2003	
	2:50.49	Alicia Lightbourne'90/SBSC	Nassau	July 9, 2006	
	2:48.85	Alicia Lightbourne'90/BSC	Nassau	June 29, 2008	
	<a href="#">2:48.50</a>	<a href="#">Alicia Lightbourne'90/BSC</a>	Nassau	<a href="#">June 25, 2010</a>	
50 FLY	29.70	Alana Dillette'87/SWIFT	Nassau	July 2, 2005	
	28.05	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 26, 2009	
	<a href="#">27.62</a>	<a href="#">Alana Dillette'87/SWIFT</a>	Nassau	<a href="#">June 26, 2009</a>	
100 FLY	1:11.82	Taneca Malcolm'83/FAC	Nassau	June 23, 2000	
	1:11.64	Taneca Malcolm'83/FAC	Nassau	June 23, 2000	
	1:08.90	Nikia Deveaux'85/BSC	Nassau	July 12, 2002	
	1:08.43	Nikia Deveaux'85/BSC	Nassau	July 12, 2002	
	1:07.89	April Knowles'84/UN	Nassau	July 11, 2003	
	1:06.55	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005	
	1:05.67	Alana Dillette'87/SWIFT	Nassau	Jul.7, 2006	
	1:02.46	Alana Dillette'87/SWIFT	Nassau	June 27, 2008	
	1:02.35	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 26, 2009	
	<a href="#">1:01.82</a>	<a href="#">Arianna Vanderpool-Wallace'90/SWIFT</a>	Nassau	<a href="#">June 18, 2011</a>	
200 FLY	2:52.52	Jessica Johnston'83/SWIFT	Nassau	June 24, 2000	
	2:43.73	Nikia Deveaux'85/BSC	Nassau	June 30, 2001	
	2:32.85	April Knowles'84/UN	Nassau	Jul.13, 2002	
	2:32.43	April Knowles'84/UN	Nassau	Jul.12, 2003	
	2:28.47	Alana Dillette'87/SWIFT	Nassau	Jul.3, 2005	
	2:27.45	Alana Dillette'87/SWIFT	Nassau	May 13, 2007	
	<a href="#">2:26.25</a>	<a href="#">Jenna Chaplin'92/SWIFT</a>	Nassau	<a href="#">June 20, 2011</a>	
	<a href="#">2:24.35</a>	<a href="#">Alana Dillette'87/SWIFT</a>	Nassau	<a href="#">June 20, 2011</a>	
200 I.M.	2:39.19	Patricia Thompson'83/SWIFT	Nassau	June 24, 2000	
	2:34.24	April Knowles'84/UN	Nassau	Jul.13, 2002	
	2:32.02	Alana Dillette'87/FAC	Nassau	Jul.12, 2003	
	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	

	<a href="#">2:20.12</a>	<a href="#">McKayla Lightbourn'92/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2008</a>	
400 I.M.	5:38.18	Katie Roach'84/SWIFT	Nassau	June 22, 2000	
	5:28.41	April Knowles'84/UN	Nassau	July 11, 2002	
	5:24.79	Alana Dillette'87/FAC	Nassau	July 10, 2003	
	5:23.04	Alana Dillette'87/SWIFT	Nassau	May 12, 2007	
	<a href="#">5:19.66</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 19, 2011</a>	
	<a href="#">5:12.64</a>	<a href="#">McKayla Lightbourn'92/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 19, 2011</a>	
<b>RELAYS</b>					
200 FREE	2:03.14	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	June 25, 2000	
	1:58.95	April Knowles;Danielle Brown; Alana Dillette;Chanteis Musgrove/UN	Nassau	June 27, 2004	
	1:56.44	Ariel Weech;Anthaya Rolle Francis Franson;Amber Weech/SBSC	Nassau	May 10, 2007	
	1:51.65	Ariel Weech; Teisha Lightbourne Amber Weech;Alicia Lightbourne/BSC	Nassau	June 26, 2008	
	<a href="#">1:51.19</a>	<a href="#">Arianna Vanderpool-Wallace, Alana Dillette, Ashley Butler, Shaunte Moss/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2008</a>	
400 FREE	4:39.50	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	June 22, 2000	
	4:26.75	April Knowles;Danielle Brown; Alana Dillette;Chanteis Musgrove/UN	Nassau	June 24, 2004	
	4:18.10	Teisha Lightbourne; Franson Francis Alicia Lightbourne; Iva Russell/SBSC	Nassau	July 8, 2006	
	4:14.26	Alana Dillette;Jenna Chaplin Jade Thompson;Paige Waugh/SWIFT	Nassau	May 12, 2007	
	<a href="#">4:10.07</a>	<a href="#">Alicia Lightbourne, Ariel Weech, Amber Weech, Adrienne Lightbourne/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2009</a>	
	4:05.79	Alana Dillette, Ashley Butler, Shaunte Moss, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 25, 2009	
	<a href="#">4:04.50</a>	<a href="#">Alana Dillette, Ashley Butler, Jenna Chaplin, Arianna Vanderpool-Wallace/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2010</a>	
200 MEDLEY	2:16.08	April Knowles;Jessica Johnston; Katie Roach;Kimberly Knowles/SWIFT	Nassau	June 23, 2000	
	2:12.84	Alana Dillette;Danielle Brown; April Knowles;Chanteia Musgrove/UN	Nassau	June 25, 2004	
	2:11.40	Alana Dillette;Alexis De Rosa; Jenna Chaplin;Paige Waugh/SWIFT	Nassau	May 13, 2007	
	2:05.70	Alana Dillette;McKayla Lightbourn Jenna Chaplin;Ashley Butler/SWIFT	Nassau	June 29, 2008	
	2:01.90	Alana Dillette, Shaunte Moss, Ashley Butler, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 24, 2009	
	<a href="#">1:58.81</a>	<a href="#">Alana Dillette, McKayla Lightbourn, Arianna Vanderpool-Wallace, Ashley Butler/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 20, 2011</a>	
400 MEDLEY	4:57.38	Patricia Thompson;April Knowles; Katie Roach;Kimberly Knowles/SWIFT	Nassau	June 24, 2000	
	4:48.66	Ariel Weech;Anthaya Rolle Francis Franson;Amber Weech/SBSC	Nassau	May 11, 2007	
	4:40.05	Alana Dillette;McKayla Lightbourn Jenna Chaplin;Ashley Butler/SWIFT	Nassau	June 27, 2008	
	<a href="#">4:36.52</a>	<a href="#">Alana Dillette;McKayla Lightbourn Arianna Vanderpool-Wallace, Jenna Chaplin/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 18, 2011</a>	

