

**BAHAMAS SWIMMING FEDERATION  
NATIONAL CHAMPIONSHIPS  
LONG COURSE RECORDS**

BOYS 15 & OVER

June 21, 2011

<b>EVENT</b>	<b>RECORD</b>	<b>NAME</b>	<b>CITY</b>	<b>DATE</b>
50 FREE	23.21	Allan Murray'72/SWIFT	Nassau	June 25, 2000
100 FREE	51.29	Jeremy Knowles'81/SWIFT	Nassau	June 28, 2008
200 FREE	1:53.05	Jeremy Knowles'81/SWIFT	Nassau	June 27, 2008
400 FREE	3:59.01	Jeremy Knowles'81/UN	Nassau	July 11, 2003
1500 FREE	16.11.20	Jeremy Knowles'81/SWIFT	Nassau	June 25, 2000
50 BACK	28.06	Jeremy Knowles'81/SWIFT	Nassau	May 13, 2007
100 BACK	59.01	Christopher Vythoulkas'84/DSC	Nassau	June 23, 2000
200 BACK	2:10.57	Jeremy Knowles'81/UN	Nassau	June 27, 2004
50 BREAST	29.69	Jeremy Knowles'81/SWIFT	Nassau	July 1, 2005
100 BREAST	1:03.78	Jeremy Knowles'81/SWIFT	Nassau	June 28, 2008
200 BREAST	2:28.45	Lucas Leitte'84/SBSC	Nassau	June 20, 2011
50 FLY	24.47	Vereance Burrows'89/UN	Nassau	June 25, 2009
100 FLY	54.00	Jeremy Knowles'81/SWIFT	Nassau	June 27, 2008
200 FLY	1:59.40	Jeremy Knowles'81/SWIFT	Nassau	July 3, 2005
200 I.M.	2:02.79	Jeremy Knowles'81/SWIFT	Nassau	June 26, 2008
400 I.M.	4:28.04	Jeremy Knowles'81/UN	Nassau	July 10, 2003
<b>RELAYS</b>				
200 FREE	1:36.35	Vereance Burrows, Evante Gibson; Ashton Knowles; Michael McIntosh/FAC	Nassau	June 21, 2011
400 FREE	3:39.39	T'Auren Moss, Armando Moss, Lucas Leitte, Inoa Charlton/SBSC	Nassau	June 19, 2011
200 MEDLEY	1:48.92	Evante Gibson; Michael McIntosh; Vereance Burrows; Ashton Knowles/FAC	Nassau	June 18, 2011
400 MEDLEY	4:06.27	T'Auren Moss; Lucas Leitte; Armando Moss; Inoa Charlton/SBSC	Nassau	June 20, 2011