

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

GIRLS 11 & 12

June 21, 2011

EVENT	RECORD	NAME	CITY	DATE
50 FREE	28.82	Simone Sturup'98/SWIFT	Nassau	June 20, 2011
100 FREE	1:02.75	Taryn Smith'96/YMCA	Nassau	June 26, 2009
200 FREE	2:19.28	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jul.11, 2003
400 FREE	4:50.13	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jul.11, 2003
800 FREE	10:08.69	McKayla Lightbourn'92/SWIFT	Nassau	June 30, 2005
50 BACK	34.42	Ashley Butler'92/SBSC	Nassau	Jul.3, 2005
100 BACK	1:13.50	Jade Thompson'91/UN	Nassau	June 25, 2004
200 BACK	2:41.57	McKayla Lightbourn'92/SWIFT	Nassau	Jul.2, 2005
50 BREAST	37.13	Je'Nae Saunders'94/BSC	Nassau	May 11, 2007
100 BREAST	1:22.02	McKayla Lightbourn'92/SWIFT	Nassau	Jul.2, 2005
200 BREAST	2:54.85	Alana Dillette'87/FAC	Nassau	June 25, 2000
50 FLY	31.02	Taryn Smith'96/WAVE	Nassau	June 25, 2009
100 FLY	1:12.19	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jul.11, 2003
200 FLY	2:45.61	Bria Deveaux'94/BSC	Nassau	May 31, 2007
200 I.M.	2:39.79	Laura Morley'96/SWIFT	Nassau	June 24, 2009
400 I.M.	5:44.01	McKayla Lightbourn'92/SWIFT	Nassau	Jul.2, 2005
RELAYS				
200 FREE	2:02.35	Simone Sturup, Margaret Higgs Tremaine Allen, Maya Thompson/SWIFT	Nassau	June 21, 2011
400 FREE	4:38.88	Doran Reed, Tremaine Allen; Celine Thompsonm Simone Sturup/SWIFT	Nassau	June 25, 2010
200 MEDLEY	2:20.43	Tremaine Allen; Margaret Higgs; Simone Sturup; Maya Thompson/SWIFT	Nassau	June 20, 2011
400 MEDLEY	5:19.83	Tremaine Allen; Margaret Higgs; Simone Sturup; Maya Thompson/SWIFT	Nassau	June 18, 2011