

# BAHAMAS SWIMMING FEDERATION

## LONG COURSE RECORDS

GIRLS 15 & OVER - BAHAMAS

August 15, 2008

EVENT	RECORD	NAME	CITY	DATE
50 FREE	25.40	Arianna Vanderpool-Wallace'90/UN	Beijing	Aug.15, 2008
100 FREE	55.61	Arianna Vanderpool-Wallace'90/UN	Beijing	Aug.13, 2008
200 FREE	2:04.84	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.27, 2008
400 FREE	4:32.97	Arianna Vanderpool-Wallace'90/UN	Aruba	Mar.30, 2008
800 FREE	9:10.50	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.7, 2007
50 BACK	30.34	Alana Dillette'87/SWIFT	Bangkok	Aug.10, 2007
100 BACK	1:02.56	Alana Dillette'87/SWIFT	Beijing	Aug.10, 2008
200 BACK	2:21.32	Alana Dillette'87/SWIFT	Charlotte	Jun.10, 2007
50 BREAST	34.19	Alicia Lightbourne'90/SBSC	Kingston	Apr.9, 2007
100 BREAST	1:14.36	Alicia Lightbourne'90/SBSC	Rio de Janeiro	Jul.17, 2007
200 BREAST	2:37.97	McKayla Lightbourn'92/SWIFT	Aruba	Mar.27, 2008
50 FLY	28.50	Alana Dillette'87/SWIFT	Charlotte	Jun.8, 2007
100 FLY	1:01.50	Alana Dillette'87/SWIFT	Rio de Janeiro	Jul.18, 2007
200 FLY	2:21.67	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.9, 2007
200 I.M.	2:20.09	McKayla Lightbourn'92/SWIFT	Aruba	Mar.29, 2008
400 I.M.	5:00.00	McKayla Lightbourn'92/SWIFT	Aruba	Mar.28, 2008
<b>RELAYS</b>				
200 FREE	1:48.06	Arianna Vanderpool-Wallace;Alicia Lightbourne; Ashley Butler; Ariel Weech/BAH	Aruba	Mar.30, 2008
400 FREE	3:53.91	Nikia Deveaux;Alana Dillette; Arianna Vanderpool-Wallace;Ariel Weech/BAH	Rio de Janeiro	Jul.19, 2007
800 FREE	8:52.38	Jenna Chaplin; Alicia Lightbourne; McKayla Lightbourne;Arianna Vanderpool-Wallace/BAH	Aruba	Mar.29, 2008
200 MEDLEY	2:05.70	Alana Dillette;McKayla Lightbourn Jenna Chaplin;Ashley Butler/SWIFT	Nassau	Jun.29, 2008
400 MEDLEY	4:18.97	Alana Dillette; Alicia Lightbourne Arianna Vanderpool-Wallace;Nikia Deveaux/BAH	Rio de Janeiro	Jul.22, 2007

GIRLS 15 & OVER - OPEN

August 8, 2008

EVENT	RECORD	NAME	CITY	DATE
50 FREE	26.04	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.28, 2008
100 FREE	56.01	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.28, 2008
200 FREE	2:04.84	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.27, 2008
400 FREE	4:31.22	Heather Roffey'86/CAY	Nassau	Apr.15, 2004
800 FREE	9:06.01	Heather Roffey'86/CAY	Nassau	Apr.15, 2004
50 BACK	30.59	Alana Dillette'87/SWIFT	Nassau	Jun.29, 2008
100 BACK	1:04.47	Alana Dillette'87/SWIFT	Nassau	Jun.27, 2008
200 BACK	2:30.49	Alana Dillette'87/SWIFT	Nassau	May 12, 2007
50 BREAST	34.21	Alicia Lightbourne'90/BSC	Nassau	Jun.27, 2008
100 BREAST	1:11.97	Alia Atkinson'88/CST	Nassau	Jun.28, 2008
200 BREAST	2:43.21	Shannon Duval'88/TRI	Nassau	Apr.16, 2004
50 FLY	29.48	Alana Dillette'87/SWIFT	Nassau	Dec.28, 2005
100 FLY	1:02.46	Alana Dillette'87/SWIFT	Nassau	Jun.27, 2008
200 FLY	2:18.87	Heather Roffey'86/CAY	Nassau	Apr.17, 2004
200 I.M.	2:20.38	McKayla Lightbourn'92/SWIFT	Nassau	Jun.27, 2008
400 I.M.	5:15.76	Heather Roffey'86/CAY	Nassau	Apr.16, 2004
<b>RELAYS</b>				
200 FREE	1:51.65	Ariel Weech; Teisha Lightbourne Amber Weech;Alicia Lightbourne/BSC	Nassau	Jun.26, 2008
400 FREE	4:11.73	Linda McEachrane;Sobenn George; Melanie Charles;Shantelle McLean/TRI	Nassau	Apr.20, 2001
200 MEDLEY	2:05.70	Alana Dillette;McKayla Lightbourn Jenna Chaplin;Ashley Butler/SWIFT	Nassau	Jun.29, 2008
400 MEDLEY	4:40.05	Alana Dillette;McKayla Lightbourn Jenna Chaplin;Ashley Butler/SWIFT	Nassau	Jun.27, 2008

