

# BAHAMAS SWIMMING FEDERATION

## HISTORY - LONG COURSE RECORDS

### GIRLS 15 & Over - BAHAMAS

October 14, 2005

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	28.62	Michelle Fox'70/BSC	Auckland	Jan.30, 1990	
	28.23	Nicola McKinney'77/SBSC	Etobicoke	Nov.5, 1999	
	28.34	Aymara Albury'85/BSC	Nassau	Mar.3, 2001	
	28.13	Nikia Deveaux'85/BSC	Nassau	Jul.1, 2001	
	28.04	Nikia Deveaux'85/BSC	Nassau	Apr.13, 2002	
	27.79	Nikia Deveaux'85/BSC	Curacao	Jul.7, 2002	
	27.74	Nikia Deveaux'85/BSC	Nassau	Jul.14, 2002	
	27.35	Nikia Deveaux'85/BSC	Manchester	Aug.2, 2002	
	<a href="#">26.88</a>	<a href="#">Nikia Deveaux'85/BSC</a>	<a href="#">Nassau</a>	<a href="#">Jun.26, 2004</a>	<a href="#">Yes</a>
100 FREE	1:02.14	Kimberly Knowles'72/SWIFT	Ft.Lauderdale	May 25, 1996	
	1:01.46	Nikia Deveaux'85/BSC	Nassau	Apr.21, 2001	
	59.87	Nikia Deveaux'85/BSC	Nassau	Apr.14, 2002	Yes
	59.82	Nikia Deveaux'85/BSC	Nassau	May 15, 2004	Yes
	<a href="#">59.15</a>	<a href="#">Nikia Deveaux'85/BSC</a>	<a href="#">Nassau</a>	<a href="#">Jun.26, 2004</a>	<a href="#">Yes</a>
200 FREE	2:17.30	Kimberly Knowles'72/SWIFT	Salinas	Nov.25, 1995	
	2:15.39	Nikia Deveaux'85/BSC	Nassau	Jun.29, 2001	
	2:13.35	Nikia Deveaux'85/BSC	Bridgetown	Apr.12, 2002	
	2:13.13	Nikia Deveaux'85/BSC	Kingston	Apr.19, 2003	
	<a href="#">2:09.59</a>	<a href="#">Alana Dillette'87/UN</a>	<a href="#">Nassau</a>	<a href="#">Apr.16, 2004</a>	<a href="#">Yes</a>
400 FREE	4:53.85	Kimberly Knowles'72/SWIFT	Salinas	Nov.24, 1995	
	4:52.58	Katie Roach'84/SWIFT	Bridgetown	Apr.30, 2000	
	4:51.95	Nikia Deveaux'85/BSC	Nassau	Apr.14, 2001	
	4:49.52	Nikia Deveaux'85/BSC	Nassau	May 17, 2002	
	4:46.44	Nikia Deveaux'85/BSC	Curacao	Jul.3, 2002	
	4:39.97	Alana Dillette'87/UN	Nassau	Apr.18, 2004	Yes
	<a href="#">4:39.96</a>	<a href="#">Alana Dillette'87/UN</a>	<a href="#">Kingston</a>	<a href="#">Jul.5, 2004</a>	<a href="#">Yes</a>
800 FREE	10:25.67	Sharon Jones'73/BSC	Kingston	Mar.28, 1991	
	10:14.93	Patricia Thompson'83/SWIFT	Kingston	Apr.4, 1999	
	10:06.28	Katie Roach'84/SWIFT	Bridgetown	Apr.29, 2000	
	10:03.76	Katie Roach'84/UN	Nassau	May 18, 2002	
	<a href="#">9:59.13</a>	<a href="#">Alana Dillette'87/UN</a>	<a href="#">Nassau</a>	<a href="#">Feb.21, 2004</a>	<a href="#">Yes</a>
50 BACK	33.06	Alana Dillette'87/FAC	Nassau	Jul.14, 2001	
	33.05	Alana Dillette'87/FAC	Santo Domingo	Aug.13, 2003	Yes
	32.07	Alana Dillette'87/SWIFT	Curacao	Mar.31, 2005	Yes
	31.25	Alana Dillette'87/SWIFT	Curacao	Mar.31, 2005	Yes
	<a href="#">30.70</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Santo Domingo</a>	<a href="#">Aug.3, 2005</a>	
100 BACK	1:13.32	Nicola McKinney'77/BSC	Kingston	Jul.10, 1994	
	1:09.98	Alana Dillette'87/FAC	Kingston	Apr.20, 2003	
	1:09.79	Alana Dillette'87/UN	Nassau	Apr.17, 2004	Yes
	1:09.75	Alana Dillette'87/UN	Kingston	Jul.3, 2004	Yes
	<a href="#">1:08.05</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Curacao</a>	<a href="#">Apr.1, 2005</a>	<a href="#">Yes</a>

EVENT	RECORD	NAME	CITY	DATE	Certificate
200 BACK	2:41.50	Nicola McKinney'77/BSC	Bridgetown	Apr.23, 1995	
	2:39.61	Patricia Thompson'83/SWIFT	Kingston	Apr.5, 1999	
	2:38.59	Patricia Thompson'83/SWIFT	Bridgetown	Apr.30, 2000	
	2:37.64	Alana Dillette'87/FAC	Kingston	Apr.21, 2003	
	2:33.73	Alana Dillette'87/FAC	Kingston	Apr. 21, 2003	
	2:32.61	Alana Dillette'87/FAC	Santo Domingo	Aug.16, 2003	
	<a href="#">2:32.61</a>	<a href="#">Alana Dillette'87/UN</a>	<a href="#">Nassau</a>	<a href="#">Apr.18, 2004</a>	<a href="#">Yes</a>
	<a href="#">2:30.44</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Curacao</a>	<a href="#">Apr.3, 2005</a>	<a href="#">Yes</a>
	50 BREAST	37.94	April Knowles'87/UN	Nassau	Jul.14, 2001
36.75		April Knowles'84/UN	Daegu	Aug.24, 2003	Yes
<a href="#">36.15</a>		<a href="#">Teisha Lightbourne'89/SBSC</a>	<a href="#">Curacao</a>	<a href="#">Apr.2, 2005</a>	<a href="#">Yes</a>
100 BREAST	1:20.98	Kristina Thompson'72/SWIFT	Ft.Lauderdale	May 25, 1996	
	1:20.87	Acchia Albury'82/BSC	Kingston	Apr.5, 1999	
	<a href="#">1:19.53</a>	<a href="#">April Knowles'84/UN</a>	<a href="#">Nassau</a>	<a href="#">Jul.12, 2003</a>	<a href="#">Yes</a>
200 BREAST	2:56.74	Kristina Thompson'72/SWIFT	Ft.Lauderdale	May 26, 1996	
	2:55.64	April Knowles'84/UN	Nassau	Jul.13, 2003	Yes
	<a href="#">2:53.69</a>	<a href="#">Teisha Lightbourne'89/SBSC</a>	<a href="#">Curacao</a>	<a href="#">Mar.31, 2005</a>	<a href="#">Yes</a>
50 FLY	31.81	Laura Millar'85/BSC	Nassau	Jul.14, 2001	
	31.70	Jodi Curtis'86/FAC	Mexico City	Jul.1, 2003	
	31.42	April Knowles'84/UN	Daegu	Aug.29, 2003	Yes
	31.00	Teisha Lightbourne'89/SBSC	Curacao	Apr.1, 2005	Yes
	30.84	Teisha Lightbourne'89/SBSC	Curacao	Apr.1, 2005	Yes
	30.33	Alana Dillette'87/SWIFT	Nassau	Jun.30, 2005	
	<a href="#">29.70</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jul.2, 2005</a>	
100 FLY	1:09.12	Nicola McKinney'77/BSC	Kingston	Jul.14, 1994	
	1:08.90	Nikia Deveaux'85/BSC	Bridgetown	Apr.12, 2002	
	1:08.43	Nikia Deveaux'85/BSC	Nassau	Jul.12, 2002	
	1:07.89	April Knowles'84/UN	Nassau	Jul.11, 2003	
	1:07.73	April Knowles'84/UN	Daegu	Aug.25, 2003	Yes
	1:07.49	Alana Dillette'87/SWIFT	Curacao	Mar.31, 2005	Yes
	<a href="#">1:05.67</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Curacao</a>	<a href="#">Mar.31, 2005</a>	<a href="#">Yes</a>
	200 FLY	2:41.90	Sharon Jones'73/BSC	Curacao	Jul.6, 1990
2:39.47		April Knowles'84/UN	Nassau	May 17, 2002	
2:33.85		April Knowles'84/UN	Nassau	Jul.13, 2002	
2:32.43		April Knowles'84/UN	Nassau	Jul.12, 2003	Yes
2:29.42		Alana Dillette'87/SWIFT	Nassau	Mar.5, 2005	Yes
2:28.99		Alana Dillette'87/SWIFT	Curacao	Apr.2, 2005	Yes
<a href="#">2:28.47</a>		<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jul.3, 2005</a>	
200 I.M.	2:35.33	Sharon Jones'73/BSC	Curacao	Jul.5, 1990	
	2:34.24	April Knowles'84/UN	Nassau	Jul.13, 2002	
	2:34.16	Alana Dillette'87/FAC	Kingston	Apr.20, 2003	
	2:32.02	Alana Dillette'87/FAC	Nassau	Jul.12, 2003	
	2:30.18	Alana Dillette'87/FAC	Santo Domingo	Aug.15, 2003	
	2:29.85	Alana Dillette'87/UN	Nassau	Apr.17, 2004	Yes
	2:26.45	Alana Dillette'87/UN	Kingston	Jul.6, 2004	Yes
	<a href="#">2:26.12</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Curacao</a>	<a href="#">Apr.2, 2005</a>	<a href="#">Yes</a>
400 I.M.	5:26.85	Sharon Jones'73/BSC	Curacao	Jul.8, 1990	
	5:26.34	Alana Dillette'87/FAC	Kingston	Apr.19, 2003	
	5:24.79	Alana Dillette'87/FAC	Nassau	Jul.10, 2003	
	5:18.16	Alana Dillette'87/UN	Nassau	Apr.16, 2004	Yes
		<a href="#">5:12.30</a>	<a href="#">Alana Dillette'87/UN</a>	<a href="#">Kingston</a>	<a href="#">Jul.2, 2004</a>

EVENT	RECORD	NAME	CITY	DATE	Certificate
<b>RELAYS</b>					
200 FREE	1:56.88	Acchia Albury;Patricia Thompson; Taneca Malcolm;Shanti Malcolm/BAH	Kingston	Apr.6, 1999	
	<a href="#">1:53.05</a>	<a href="#">Nikia Deveaux;Jodi Curtis;</a> <a href="#">Alana Dillette;Amanda McPhee/BAH</a>	<a href="#">Kingston</a>	<a href="#">Apr.21, 2003</a>	<a href="#">Yes</a>
400 FREE	4:25.82	Jane Saunders; Kimberly Knowles; Sharon Jones;Stacey Bradley/BAH	Curacao	Jul.6, 1990	
	4:24.61	Shanti Malcolm;Olivia McKinney; Taneca Malcolm;Patricia Thompson/BAH	Kingston	Apr.4, 1999	
	4:21.14	Patricia Thompson;Katie Roach April Knowles;Taneca Malcolm/BAH	Bridgetown	Apr.30, 2000	
	<a href="#">4:10.09</a>	<a href="#">Jodi Curtis;Nikia Deveaux;</a> <a href="#">Alana Dillette;Amanda McPhee/BAH</a>	<a href="#">Kingston</a>	<a href="#">Apr.19, 2003</a>	<a href="#">Yes</a>
800 FREE	9:32.32	Teisha Lightbourne;Chanteia Musgrove; Franshon Francis;Alana Dillette/BAH	Curacao	Apr.2, 2005	Yes
	<a href="#">9:26.78</a>	<a href="#">Teisha Lightbourne;Chanteia Musgrove;</a> <a href="#">Franshon Francis;Alana Dillette/BAH</a>	<a href="#">Curacao</a>	<a href="#">Apr.2, 2005</a>	<a href="#">Yes</a>
200 MEDLEY	2:22.01	Krista Burrows;Nadia Lockhart; Laura Millar;Nikia Deveaux/BSC	Nassau	Jun.29, 2001	
	<a href="#">2:12.84</a>	<a href="#">Alana Dillette;Danielle Brown;</a> <a href="#">April Knowles;Chanteia Musgrove/UN</a>	<a href="#">Nassau</a>	<a href="#">Jun.25, 2004</a>	<a href="#">Yes</a>
400 MEDLEY	4:59.62	Jane Saunders;Sharon Jones; Kimberly Knowles;Stacey Bradley/BAH	Curacao	Jul.8, 1990	
	4:47.40	Shanti Malcolm;Acchia Albury; Taneca Malcolm;Patricia Thompson/BAH	Kingston	Apr.5, 1999	
	<a href="#">4:46.74</a>	<a href="#">Alana Dillette;Amanda McPhee;</a> <a href="#">Nikia Deveaux;Jodi Curtis/BAH</a>	<a href="#">Kingston</a>	<a href="#">Apr.20, 2003</a>	<a href="#">Yes</a>

**GIRLS 15 & Over - OPEN**

**October 14, 2005**

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	
	27.68	Linda McEachrane'83/TRI	Nassau	Apr.22, 2001	
	<a href="#">26.88</a>	<a href="#">Nikia Deveaux'85/BSC</a>	<a href="#">Nassau</a>	<a href="#">Jun.26, 2004</a>	<a href="#">Yes</a>
100 FREE	1:03.75	Patricia Thompson'83/SWIFT	Nassau	Jun.24, 2000	
	1:03.45	Patricia Thompson'83/SWIFT	Nassau	Jun.24, 2000	
	1:03.38	Nikia Deveaux'85/BSC	Nassau	Mar.2, 2001	
	1:02.02	Anne Laure Virgel'83/AGF	Nassau	Apr.21, 2001	
	1:00.10	Linda McEachrane'83/TRI	Nassau	Apr.21, 2001	
	59.87	Nikia Deveaux'85/BSC	Nassau	Apr.14, 2002	Yes
	59.82	Nikia Deveaux'85/BSC	Nassau	May 15, 2004	Yes
	<a href="#">59.15</a>	<a href="#">Nikia Deveaux'85/BSC</a>	<a href="#">Nassau</a>	<a href="#">Jun.26, 2004</a>	<a href="#">Yes</a>
200 FREE	2:20.48	Kimberly Knowles'72/SWIFT	Nassau	Jun.23, 2000	
	2:20.37	Patricia Thompson'83/SBSC	Nassau	Dec.16, 2000	
	2:20.31	Nikia Deveaux'85/BSC	Nassau	Mar.3, 2001	
	2:13.36	Kaitlyn Elphinstone'87/CAY	Nassau	Apr.20, 2001	
	<a href="#">2:09.18</a>	<a href="#">Heather Roffey'86/CAY</a>	<a href="#">Nassau</a>	<a href="#">Apr.16, 2004</a>	<a href="#">Yes</a>
400 FREE	4:58.95	Kimberly Knowles'72/SWIFT	Nassau	Jun.23, 2000	
	4:42.54	Kaitlyn Elphinstone'87/CAY	Nassau	Apr.21, 2001	
	<a href="#">4:31.22</a>	<a href="#">Heather Roffey'86/CAY</a>	<a href="#">Nassau</a>	<a href="#">Apr.15, 2004</a>	<a href="#">Yes</a>

EVENT	RECORD	NAME	CITY	DATE	Certificate
800 FREE	10:55.65	Jacinda Mireault'84/SBSC	Nassau	Jun.25, 2000	
	10:52.83	Jacinda Mireault'84/SBSC	Nassau	Mar.18, 2001	
	9:30.01	Kaitlyn Elphinstone'87/CAY	Nassau	Apr.21, 2001	
	<a href="#">9:06.01</a>	<a href="#">Heather Roffey'86/CAY</a>	<a href="#">Nassau</a>	<a href="#">Apr.15, 2004</a>	<a href="#">Yes</a>
50 BACK	33.06	Alana Dillette'87/FAC	Nassau	Jul.14, 2001	Yes
	33.61	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005	
	<a href="#">32.06</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jul.3, 2005</a>	
100 BACK	1:13.63	Nicola McKinney'77/SBSC	Nassau	Jun.23, 2000	
	1:11.90	Anne Laure Virgel'83/AGF	Nassau	Apr.20, 2001	
	1:10.05	Alana Dillette'87/FAC	Nassau	Jul.11, 2003	
	1:09.79	Alana Dillette'87/UN	Nassau	Apr.17, 2004	Yes
	<a href="#">1:09.20</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jul.1, 2005</a>	
200 BACK	2:41.53	Patricia Thompson'83/SWIFT	Nassau	Jun.25, 2000	
	2:35.34	Anne Laure Virgel'83/AGF	Nassau	Apr.22, 2001	
	2:35.07	Alana Dillette'87/UN	Nassau	Mar.13, 2004	
	<a href="#">2:32.61</a>	<a href="#">Alana Dillette'87/UN</a>	<a href="#">Nassau</a>	<a href="#">Apr.18, 2004</a>	<a href="#">Yes</a>
50 BREAST	37.94	April Knowles'87/UN	Nassau	Jul.14, 2001	
	37.28	Shannon Duval'88/TRI	Nassau	Apr.18, 2004	Yes
	36.63	Rachel Nemelc'86/SUR	Nassau	Apr.18, 2004	Yes
	<a href="#">36.32</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jul.1, 2005</a>	
100 BREAST	1:27.42	April Knowles'84/SWIFT	Nassau	Jun.24, 2000	
	1:23.60	Acchia Albury'82/BSC	Nassau	Jun.24, 2000	
	1:20.38	Sobenna George'87/TRI	Nassau	Apr.22, 2001	
	1:19.53	April Knowles'84/UN	Nassau	Jul.12, 2003	
	<a href="#">1:17.25</a>	<a href="#">Shannon Duval'88/TRI</a>	<a href="#">Nassau</a>	<a href="#">Apr.18, 2004</a>	<a href="#">Yes</a>
200 BREAST	3:01.61	April Knowles'84/SWIFT	Nassau	Jun.25, 2000	
	2:58.40	Sobenna George'87/TRI	Nassau	Apr.21, 2001	
	2:57.05	April Knowles'84/UN	Nassau	Jul.14, 2002	
	2:55.64	April Knowles'84/UN	Nassau	Jul.13, 2003	
	<a href="#">2:43.21</a>	<a href="#">Shannon Duval'88/TRI</a>	<a href="#">Nassau</a>	<a href="#">Apr.16, 2004</a>	<a href="#">Yes</a>
50 FLY	31.48	Nikia Deveaux'85/BSC	Nassau	Jul.14, 2001	
	30.90	Heather Roffey'86/CAY	Nassau	Apr.16, 2004	Yes
	30.32	Heather Roffey'86/CAY	Nassau	Apr.17, 2004	Yes
	<a href="#">29.70</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jul.2, 2005</a>	
100 FLY	1:11.82	Taneca Malcolm'83/FAC	Nassau	Jun.23, 2000	
	1:11.64	Taneca Malcolm'83/FAC	Nassau	Jun.23, 2000	
	1:08.56	Aude Marajo'83/AGF	Nassau	Apr.20, 2001	
	1:07.80	Aude Marajo'83/AGF	Nassau	Apr.20, 2001	
	<a href="#">1:05.65</a>	<a href="#">Heather Roffey'86/CAY</a>	<a href="#">Nassau</a>	<a href="#">Apr.16, 2004</a>	<a href="#">Yes</a>
200 FLY	2:52.52	Jessica Johnston'83/SWIFT	Nassau	Jun.24, 2000	
	2:45.67	Katie Roach'84/UN	Nassau	Mar.17, 2001	
	2:32.88	Kaitlyn Elphinstone'87/CAY	Nassau	Apr.22, 2001	
	2:32.43	April Knowles'84/UN	Nassau	Jul.12, 2003	
	<a href="#">2:18.87</a>	<a href="#">Heather Roffey'86/CAY</a>	<a href="#">Nassau</a>	<a href="#">Apr.17, 2004</a>	<a href="#">Yes</a>
200 I.M.	2:39.19	Patricia Thompson'83/SWIFT	Nassau	Jun.24, 2000	
	2:34.67	Sobenna George'87/TRI	Nassau	Apr.21, 2001	
	2:34.24	April Knowles'84/UN	Nassau	Jul.13, 2002	
	2:32.02	Alana Dillette'87/FAC	Nassau	Jul.12, 2003	
	2:27.99	Heather Roffey'86/CAY	Nassau	Apr.17, 2004	Yes
	<a href="#">2:26.91</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jun.30, 2005</a>	

EVENT	RECORD	NAME	CITY	DATE	Certificate
400 I.M.	5:38.18	Katie Roach'84/SWIFT	Nassau	Jun.22, 2000	
	5:26.26	Ashley Allaire'87/SV	Nassau	Apr.20, 2001	
	5:24.79	Alana Dillette'87/FAC	Nassau	Jul.10, 2003	
	<a href="#">5:15.76</a>	<a href="#">Heather Roffey'86/CAY</a>	<a href="#">Nassau</a>	<a href="#">Apr.16, 2004</a>	<a href="#">Yes</a>
<b>RELAYS</b>					
200 FREE	2:03.14	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	Jun.25, 2000	
	<a href="#">1:52.65</a>	<a href="#">Linda McEachrane;Sobenn George;</a> <a href="#">Melanie Charles;Shartelle McLean/TRI</a>	<a href="#">Nassau</a>	<a href="#">Apr.22, 2001</a>	<a href="#">Yes</a>
400 FREE	4:39.50	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	Jun.22, 2000	
	<a href="#">4:11.73</a>	<a href="#">Linda McEachrane;Sobenna George;</a> <a href="#">Melanie Charles;Shartelle McLean/TRI</a>	<a href="#">Nassau</a>	<a href="#">Apr.20, 2001</a>	<a href="#">Yes</a>
200 MEDLEY	2:16.08	April Knowles;Jessica Johnston; Katie Roach;Kimberly Knowles/SWIFT	Nassau	Jun.23, 2000	
	<a href="#">2:12.84</a>	<a href="#">Alana Dillette;Danielle Brown;</a> <a href="#">April Knowles;Chanteia Musgrove/UN</a>	<a href="#">Nassau</a>	<a href="#">Jun.25, 2004</a>	<a href="#">Yes</a>
400 MEDLEY	4:57.38	Patricia Thompson;April Knowles; Katie Roach;Kimberly Knowles/SWIFT	Nassau	Jun.24, 2000	
	4:49.80	Linda McEachrane;Sobenna George; Shartelle McLean;Melanie Charles/TRI	Nassau	Apr.21, 2001	
	<a href="#">4:45.69</a>	<a href="#">Renee Pouchet;Shannon Duval;</a> <a href="#">Ayeisha Collymore;Chantal Redon/TRI</a>	<a href="#">Nassau</a>	<a href="#">Apr.17, 2004</a>	<a href="#">Yes</a>