

BAHAMAS SWIMMING FEDERATION

HISTORY - LONG COURSE RECORDS

GIRLS 13 & 14 - BAHAMAS

August 31, 2007

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	29.27	Shanti Malcolm'82/FAC	Port of Spain	Apr.13, 1997	
	29.07	Aymara Albury'85/BSC	Jamaica	Apr.15, 1999	
	29.04	Aymara Albury'85/BSC	Jamaica	Apr.15, 1999	
	28.96	Aymara Albury'85/BSC	Bridgetown	Apr.30, 2000	
	28.69	Aymara Albury'85/BSC	Nassau	Jun.25, 2000	
	28.58	Aymara Albury'85/BSC	Aruba	Jul.26, 2000	Yes
	28.54	Ariel Weech'91/SBSC	Nassau	Jun.30, 2005	Yes
	28.43	Arianna Vanderpool-Wallace'90/UN	Nassau	Jul.3, 2005	Yes
	27.78	Ariel Weech'91/SBSC	Santo Domingo	Aug.8, 2005	Yes
	27.69	Ariel Weech'91/SBSC	Bridgetown	Apr.9, 2006	Yes
	27.31	Ariel Weech'91/SBSC	Salinas	Jun.27, 2006	Yes
100 FREE	1:04.67	Sharon Jones,73/BSC	Kingston	Apr.7, 1988	
	1:04.55	Patricia Thompson'83/SWIFT	Guadeloupe	Apr.17, 1998	
	1:04.10	Nikia Deveaux'85/BSC	Nassau	Jun.24, 2000	
	1:03.01	Jodi Curtis'86/WAVE	Nassau	Apr.21, 2001	
	1:02.48	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Apr.17, 2004	Yes
	1:01.64	Arianna Vanderpool-Wallace'90/TPAC	Nassau	May 15, 2004	Yes
	1:01.28	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jun.26, 2004	Yes
1:00.44	Arianna Vanderpool-Wallace'90/UN	Santo Domingo	Aug.5, 2005	Yes	
200 FREE	2:22.82	Kimberly Knowles'72/BSC	Port of Spain	Apr.18, 1987	
	tied	Patricia Thompson'83/SWIFT	Port of Spain	Apr.11, 1997	
	2:20.37	Katie Roach'84/SWIFT	Guadeloupe	Apr.17, 1998	
	2:17.36	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Feb.14, 2004	
	2:15.28	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Apr.16, 2004	Yes
	2:14.94	Arianna Vanderpool-Wallace'90/UN	Curacao	Apr.1, 2005	Yes
	2:13.91	Arianna Vanderpool-Wallace'90/UN	Santo Domingo	Aug.6, 2005	Yes
2:09.74	McKayla Lightbourn'92/SWIFT	Kingston	Apr.8, 2007	Yes	
400 FREE	5:07.67	Patricia Thompson'83/SWIFT	Port of Spain	Apr.13, 1997	
	4:55.92	Katie Roach'84/SWIFT	Guadeloupe	Apr.18, 1998	
	4:50.62	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Apr.18, 2004	Yes
	4:48.51	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jun.25, 2004	Yes
	4:39.99	McKayla Lightbourn'92/SWIFT	Bridgetown	Apr.9, 2006	Yes
	4:36.69	McKayla Lightbourn'92/SWIFT	Ft. Pierce	Jul.30, 2006	Yes
	4:32.56	McKayla Lightbourn'92/SWIFT	Clearwater	Mar.16, 2007	Yes
4:31.05	McKayla Lightbourn'92/SWIFT	Kingston	Apr.10, 2007	Yes	
800 FREE	11:24.48	Iola Saunders'82/SWIFT	Port of Spain	Apr.13, 1996	
	10:21.64	Katie Roach'84/SWIFT	Guadeloupe	Apr.16, 1998	
	10:14.08	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Feb.21, 2004	
	9:51.07	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Apr.15, 2004	Yes
	9:50.47	McKayla Lightbourn'92/SWIFT	Nassau	Feb.10, 2006	Yes
	9:24.04	McKayla Lightbourn'92/SWIFT	Bridgetown	Apr.6, 2006	Yes
	9:24.00	McKayla Lightbourn'92/SWIFT	Clearwater	Mar.16, 2007	Yes
9:18.65	McKayla Lightbourn'92/SWIFT	Kingston	Apr.7, 2007	Yes	
50 BACK	34.55	Alana Dillette'87/FAC	Nassau	Jul.14, 2001	Yes
	34.19	Teisha Lightbourne'89/SBSC	Kingston	Jul.4, 2004	Yes
	34.14	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.4, 2005	Yes

	33.78	Jade Thompson'91/BSC	Nassau	Jul.3, 2005	Yes
	32.80	Ariel Weech'91/SBSC	Bridgetown	Apr.6, 2006	Yes
	32.06	Ariel Weech'91/SBSC	Bridgetown	Apr.6, 2006	Yes
	31.89	Ariel Weech'91/SBSC	Salinas	Jun.28, 2006	Yes
EVENT	RECORD	NAME	CITY	DATE	Certificate
100 BACK	1:14.97	Shanti Malcolm'82/FAC	San Juan	Jul.2, 1996	
	1:11.57	Alana Dillette'87/FAC	Nassau	Jun.29, 2001	Yes
	1:11.39	Jade Thompson'91/BSC	Bridgetown	Apr.7, 2006	Yes
	1:10.84	Ariel Weech'91/SBSC	Salinas	Jun.30, 2006	Yes
	1:08.00	McKayla Lightbourn'92/SWIFT	Kingston	Apr.8, 2007	Yes
200 BACK	2:42.82	Sharon Jones,73/BSC	Santiago	Aug.3, 1988	
	2:39.98	Patricia Thompson'83/SWIFT	Guadeloupe	Apr.18, 1998	
	2:35.14	Alana Dillette'87/FAC	Nassau	Jul.1, 2001	Yes
	2:32.61	McKayla Lightbourn'92/SWIFT	Ft. Lauderdale	Jul.13, 2006	Yes
	2:27.93	McKayla Lightbourn'92/SWIFT	Clearwater	Mar.16, 2007	Yes
	2:26.05	McKayla Lightbourn'92/SWIFT	Kingston	Apr.10, 2007	Yes
50 BREAST	39.50	Alana Dillette'87/FAC	Nassau	Jul.14, 2001	
	38.34	Victoria Millar'87/TPAC	Nassau	Mar.9, 2002	
	37.83	Teisha Lightbourne'89/SBSC	Mexico City	Jul.2, 2003	
	37.78	Teisha Lightbourne'89/SBSC	Mexico City	Jul.2, 2003	
	37.68	Teisha Lightbourne'89/SBSC	Nassau	Apr.18, 2004	
	36.66	Teisha Lightbourne'89/SBSC	Nassau	Apr.18, 2004	Yes
	36.65	Alicia Lightbourne'90/SBSC	Curacao	Apr.2, 2005	Yes
	36.09	Alicia Lightbourne'90/SBSC	Curacao	Apr.2, 2005	Yes
	35.04	McKayla Lightbourn'92/SWIFT	Kingston	Apr.9, 2007	Yes
100 BREAST	1:21.74	Acchia Albury'82/BSC	Port of Spain	Apr.13, 1997	
	1:18.52	Victoria Millar'87/BSC	Nassau	Apr.22, 2001	Yes
	1:17.61	Alicia Lightbourne'90/SBSC	Curacao	Apr.3, 2005	Yes
	1:17.41	Anthaya Rolle'91/SBSC	Salinas	Jun.28, 2006	Yes
	1:16.24	McKayla Lightbourn'92/SWIFT	Kingston	Apr.10, 2007	Yes
	1:15.97	McKayla Lightbourn'92/SWIFT	Rio de Janeiro	Jul.17, 2007	Yes
200 BREAST	2:57.53	Sharon Jones,73/BSC	Salinas	Jul.6, 1987	
	2:51.35	Victoria Millar'87/BSC	Nassau	Apr.21, 2001	Yes
	tied	Alicia Lightbourne'90/SBSC	Curacao	Mar.31, 2005	Yes
	2:47.08	Alicia Lightbourne'90/SBSC	Curacao	Mar.31, 2005	Yes
	2:44.35	McKayla Lightbourn'92/SWIFT	Gainesville	Jul.21, 2006	Yes
	2:42.66	McKayla Lightbourn'92/SWIFT	Clearwater	Mar.16, 2007	Yes
	2:40.81	McKayla Lightbourn'92/SWIFT	East Meadow	Mar.28, 2007	Yes
	2:38.67	McKayla Lightbourn'92/SWIFT	Kingston	Apr.7, 2007	Yes
50 FLY	34.06	Amanda McPhee'86/DSC	Nassau	Jul.14, 2001	
	33.12	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Apr.16, 2004	
	32.01	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Apr.16, 2004	Yes
	31.23	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jun.25, 2004	
	30.68	Arianna Vanderpool-Wallace'90/TPAC	Kingston	Jul.2, 2004	
	30.48	Arianna Vanderpool-Wallace'90/TPAC	Kingston	Jul.2, 2004	Yes
	29.89	Arianna Vanderpool-Wallace'90/UN	Santo Domingo	Aug.4, 2005	Yes
100 FLY	1:13.26	Sharon Jones,73/BSC	Port of Spain	Apr.19, 1987	
	1:11.68	Taneca Malcolm'83/FAC	Guadeloupe	Apr.17, 1998	
	1:11.27	Katie Roach'84/SWIFT	Guadeloupe	Apr.17, 1998	
	1:09.05	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Apr.16, 2004	Yes
	1:07.84	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jun.25, 2004	
	1:07.59	Arianna Vanderpool-Wallace'90/TPAC	Kingston	Jul.3, 2004	Yes

	1:07.20	Arianna Vanderpool-Wallace'90/UN	Nassau	Jul.1, 2005	Yes
200 FLY	2:52.69	Taneca Malcolm'83/FAC	Port of Spain	Apr.12, 1997	
	2:42.60	Katie Roach'84/SWIFT	Guadeloupe	Apr.16, 1998	Yes
	2:41.46	McKayla Lightbourn'92/SWIFT	Nassau	Feb.11, 2006	Yes
	2:39.13	McKayla Lightbourn'92/SWIFT	Bridgetown	Apr.8, 2006	Yes
	2:33.69	McKayla Lightbourn'92/SWIFT	Bridgetown	Apr.8, 2006	Yes
	2:32.93	McKayla Lightbourn'92/SWIFT	Ft. Pierce	Jul.30, 2006	Yes
	2:32.15	McKayla Lightbourn'92/SWIFT	Kingston	Apr.9, 2007	Yes
	2:25.43	McKayla Lightbourn'92/SWIFT	Kingston	Apr.9, 2007	Yes
200 I.M.	2:35.37	Sharon Jones,73/BSC	Salinas	Jul.4, 1987	
	2:35.28	Alana Dillette'87/FAC	Bridgetown	Apr.13, 2002	
	2:34.08	Alana Dillette'87/FAC	Curacao	Jul.7, 2002	Yes
	2:33.49	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jun.26, 2004	Yes
	2:31.88	Alicia Lightbourne'90/SBSC	Curacao	Apr.2, 2005	Yes
	2:30.78	Alicia Lightbourne'90/SBSC	Nassau	Jun.30, 2005	Yes
	2:27.64	McKayla Lightbourn'92/SWIFT	Bridgetown	Apr.8, 2006	Yes
	2:25.22	McKayla Lightbourn'92/SWIFT	Clearwater	Mar.16, 2007	Yes
	2:22.80	McKayla Lightbourn'92/SWIFT	Kingston	Apr.9, 2007	Yes
400 I.M.	5:59.05	Patricia Thompson'83/SWIFT	Port of Spain	Apr.12, 1997	
	5:41.87	Katie Roach'84/SWIFT	Guadeloupe	Apr.17, 1998	
	5:38.61	April Knowles'84/SWIFT	Kingston	Apr.3, 1999	
	5:38.07	Alana Dillette'87/FAC	Nassau	Mar.2, 2001	
	5:35.06	Alana Dillette'87/FAC	Nassau	Jun.28, 2001	
	5:30.99	Alana Dillette'87/FAC	Nassau	May 17, 2002	
	5:30.91	Alana Dillette'87/FAC	Curacao	Jul.4, 2002	Yes
	5:27.77	Alicia Lightbourne'90/SBSC	Curacao	Apr.1, 2005	Yes
	5:11.25	McKayla Lightbourn'92/SWIFT	Bridgetown	Apr.7, 2006	Yes
	5:09.44	McKayla Lightbourn'92/SWIFT	Gainesville	Jul.21, 2006	Yes
	5:08.14	McKayla Lightbourn'92/SWIFT	Clearwater	Mar.16, 2007	Yes
	5:00.35	McKayla Lightbourn'92/SWIFT	Kingston	Apr.8, 2007	Yes
RELAYS					
200 FREE	1:55.68	Alana Dillette;Carla Cargill; Victoria Millar;Jodi Curtis/BAH	Nassau	Apr.22, 2001	Yes
	1:54.88	Ariel Weech;Kadesha Culmer; Anthaya Rolle;Ashley Butler/BAH	Bridgetown	Apr.8, 2006	Yes
400 FREE	4:27.18	Patricia Thompson;Taneca Malcolm; Shanti Malcolm;Acchia Albury/BAH	Port of Spain	Apr.11, 1997	
	4:25.58	Taneca Malcolm;Katie Roach; Nadia Lockhart;Patricia Thompson/BAH	Guadeloupe	Apr.17, 1998	
	4:19.62	Carla Cargill;Chanteia Musgrove; Davina Knowles;Alana Dillette/BAH	Bridgetown	Apr.13, 2002	Yes
	4:14.98	Arianna Vanderpool-Wallace;Jenna Chaplin; Jade Thompson;Alicia Lightbourne/BAH	Curacao	Mar.31, 2005	Yes
	4:12.78	Ashley Butler;Ariel Weech; Jade Thompson;Anthaya Rolle/BAH	Bridgetown	Apr.6, 2006	Yes
800 FREE	9:31.53	Jenna Chaplin;Alicia Lightbourne; Jade Thompson;Arianna Vanderpool-Wallace/BAH	Curacao	Apr.2, 2005	Yes
	9:25.71	Jenna Chaplin;Alicia Lightbourne; Jade Thompson;Arianna Vanderpool-Wallace/BAH	Curacao	Apr.2, 2005	Yes
	9:21.17	Ravyn Deveaux; Ashley Butler; Shaunte Moss; McKayla Lightbourn/BAH	Kingston	Apr.9, 2007	Yes
200 MEDLEY	2:27.67	Nakeesha Longley;Victoria Millar;	Nassau	Jun.29, 2001	

		Krizia Farrington;Ansharday Green/BSC			
	2:27.33	Chanteia Musgrove;Ecarsha Smith;	Nassau	Jul.14, 2001	Yes
		Krizia Farrington;Davina Knowles/EXUMA			
	2:25.78	Brittany Ferguson;Alicia Lightbourne;	Nassau	Jun.25, 2004	Yes
		Teisha Lightbourne;Dana Tynes/SBSC			
	2:17.36	Teisha Lightbourne;Alicia Lightbourne;	Nassau	Nov.20, 2004	Yes
		Franshon Francis;Britney Ferguson/SBSC			
	2:11.80	Ariel Weech; Anthaya Rolle	Nassau	Jul.9, 2006	Yes
		Ashley Butler; Amber Weech/SBSC			
400 MEDLEY	5:02.79	Shanti Malcolm;Nadie Lockhart;	Port of Spain	Apr.12, 1997	
		Taneca Malcolm;Acchia Albury/BAH			
	4:59.52	Patricia Thompson;April Knowles;	Guadeloupe	Apr.16, 1998	
		Taneca Malcolm;Katie Roach/BAH			
	4:51.30	Alana Dillette; Victoria Millar;	Nassau	Apr.21, 2001	Yes
		Amanda McPhee;Jodi Curtis/BAH			
	4:48.53	Jade Thompson;Anthaya Rolle;	Curacao	Apr.1, 2005	Yes
		Arianna Vanderpool-Wallace;Alicia Lightbourne/BAH			
	4:47.73	Ariel Weech;Anthaya Rolle;	Bridgetown	Apr.7, 2006	Yes
		Kadesha Culmer;Ashley Butler/BAH			
	4:45.58	Ariel Weech;Anthaya Rolle;	Salinas	Jun.30, 2006	Yes
		Kadesha Culmer;Ashley Butler/BAH			
	4:44.84	McKayla Lightbourn; Shaunte Moss;	Kingston	Apr.8, 2007	Yes
		Kadesha Culmer;Ashley Butler/BAH			

GIRLS 13 & 14 - OPEN

August 31, 2007

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	29.21	Aymara Albury'85/BSC	Nassau	Jun.25, 2000	
	28.69	Aymara Albury'85/BSC	Nassau	Jun.25, 2000	
	28.65	Raine Paulson-Andrews'88/JAM	Nassau	Apr.22, 2001	
	28.51	Kimberley Thornhill'90/TRI	Nassau	Apr.18, 2004	Yes
	28.43	Arianna Vanderpool-Wallace'90/UN	Nassau	Jul.3, 2005	Yes
	27.51	Ariel Weech'91/SBSC	Nassau	Jul.9, 2006	Yes
100 FREE	1:04.63	Aymara Albury'85/BSC	Nassau	Jun.24, 2000	
	1:04.10	Nikia Deveaux'85/BSC	Nassau	Jun.24, 2000	
	1:03.23	Keri Whitehurst'88/USVI	Nassau	Apr.21, 2001	
	1:02.15	Raine Paulson-Andrews'88/JAM	Nassau	Apr.21, 2001	
	1:01.79	Rene Wright'89/JAM	Nassau	Apr.17, 2004	Yes
	1:10.64	Arianna Vanderpool-Wallace'90/TPAC	Nassau	May 15, 2004	Yes
	1:01.28	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jun.26, 2004	Yes
	1:00.92	Ariel Weech'91/SBSC	Nassau	Jul.8, 2006	Yes
200 FREE	2:24.54	Nikia Deveaux'85/BSC	Nassau	Jun.23, 2000	
	2:22.03	Alana Dillette'87/FAC	Nassau	Mar.17, 2001	
	2:13.81	Coralie Balmly'89/AGF	Nassau	Apr.20, 2001	Yes
400 FREE	5:13.37	Nikia Deveaux'85/BSC	Nassau	Jun.23, 2000	
	5:07.30	Alana Dillette'87/FAC	Nassau	Mar.3, 2001	
	5:03.09	Alana Dillette'87/FAC	Nassau	Mar.18, 2001	
	4:39.10	Heather Roffey'86/CAY	Nassau	Apr.21, 2001	Yes
800 FREE	11:02.27	Kerel Pinder'85/FAC	Nassau	Jun.25, 2000	
	9:39.32	Heather Roffey'86/CAY	Nassau	Apr.21, 2001	Yes
50 BACK	34.55	Alana Dillette'87/FAC	Nassau	Jul.14, 2001	Yes

	34.14	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.4, 2005	Yes
	33.78	Jade Thompson'91/BSC	Nassau	Jul.3, 2005	Yes
100 BACK	1:15.84	Katherine Clowes'87/BSC	Nassau	Jun.23, 2000	
	1:11.57	Alana Dillette'87/FAC	Nassau	Jun.29, 2001	
	1:11.46	Jessy Ortole'89/AGF	Nassau	Apr.17, 2004	Yes
EVENT	RECORD	NAME	CITY	DATE	Certificate
200 BACK	2:49.00	Aymara Albury'85/BSC	Nassau	Jun.25, 2000	
	2:40.02	Alana Dillette'87/FAC	Nassau	Mar.2, 2001	
	2:32.32	Coralie Balmy'89/AGF	Nassau	Apr.22, 2001	Yes
50 BREAST	39.50	Alana Dillette'87/FAC	Nassau	Jul.14, 2001	
	38.34	Victoria Millar'87/TPAC	Nassau	Mar.9, 2002	
	37.68	Teisha Lightbourne'89/SBSC	Nassau	Apr.18, 2004	
	36.66	Teisha Lightbourne'89/SBSC	Nassau	Apr.18, 2004	Yes
	36.51	Alicia Lightbourne'90/SBSC	Nassau	Jul.1, 2005	Yes
	36.13	Anthaya Rolle'91/SBSC	Nassau	Jul.7, 2006	Yes
100 BREAST	1:21.75	Aymara Albury'85/BSC	Nassau	Jun.24, 2000	
	1:20.60	Rachel Nemelc'88/SUR	Nassau	Apr.22, 2001	
	1:17.95	Rachel Nemelc'88/SUR	Nassau	Apr.22, 2001	Yes
200 BREAST	3:14.33	Aymara Albury'85/BSC	Nassau	Jun.25, 2000	
	3:10.34	Victoria Millar'87/BSC	Nassau	Dec.15, 2000	
	3:04.56	Alana Dillette'87/FAC	Nassau	Mar.2, 2001	
	2:59.29	Alana Dillette'87/FAC	Nassau	Mar.18, 2001	
	2:58.70	Victoria Millar'87/BSC	Nassau	Apr.7, 2001	
	2:51.35	Victoria Millar'87/BSC	Nassau	Apr.21, 2001	
	2:50.88	Kimba Collymore'89/TRI	Nassau	Apr.16, 2004	Yes
50 FLY	34.06	Amanda McPhee'86/DSC	Nassau	Jul.14, 2001	
	32.88	Marsha Waltson'89/BAR	Nassau	Apr.16, 2004	Yes
	31.95	Marsha Waltson'89/BAR	Nassau	Apr.16, 2004	Yes
	31.23	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jun.25, 2004	Yes
	30.60	Arianna Vanderpool-Wallace'90/UN	Nassau	Jul.2, 2005	Yes
	30.33	Ariel Weech'91/SBSC	Nassau	Jul.8, 2006	Yes
100 FLY	1:12.49	Nikia Deveaux'85/BSC	Nassau	Jun.23, 2000	
	1:07.88	Heather Roffey'86/CAY	Nassau	Apr.20, 2001	
	1:05.98	Heather Roffey'86/CAY	Nassau	Apr.20, 2001	Yes
200 FLY	2:53.07	Amanda McPhee'86/DSC	Nassau	Jun.24, 2000	
	2:22.26	Heather Roffey'86/CAY	Nassau	Apr.22, 2001	Yes
200 I.M.	2:50.31	Katherine Clowes'87/BSC	Nassau	Jun.24, 2000	
	2:43.16	Alana Dillette'87/FAC	Nassau	Mar.3, 2001	
	2:33.34	Ayeisha Collymore'89/TRI	Nassau	Apr.21, 2001	Yes
	2:30.78	Alicia Lightbourne'90/SBSC	Nassau	Jun.30, 2005	Yes
400 I.M.	5:53.43	Nikia Deveaux'85/BSC	Nassau	Jun.22, 2000	
	5:38.07	Alana Dillette'87/FAC	Nassau	Mar.2, 2001	
	5:15.72	Heather Roffey'88/CAY	Nassau	Apr.20, 2001	Yes
RELAYS					
200 FREE	2:01.95	Aymara Albury;Krizia Farrington;	Nassau	Jun.25, 2000	
		Katherine Clowes;Nikia Deveaux/BSC			
	1:55.68	Alana Dillette;Carla Cargill;	Nassau	Apr.22, 2001	Yes
		Victoria Millar;Jodi Curtis/BAH			
400 FREE	4:33.41	Aymara Albury;Krizia Farrington;	Nassau	Jun.22, 2000	
		Nikia Deveaux;Katherine Clowes/BSC			
	4:18.65	Catherine Lee Ha;Renee Pouchet;	Nassau	Apr.20, 2001	Yes
		Lizann Jaggernauth;Ayeisha Collymore/TRI			

	4:14.49	Ashley Butler; Amber Weech Anthaya Rolle; Ariel Weech/SBSC	Nassau	Jul.8, 2006	Yes
200 MEDLEY	2:17.92	Katherine Clowes;Krizia Farrington; Nikia Deveaux;Aymara Albury/BSC	Nassau	Jun.30, 2000	Yes
	2:17.36	Teisha Lightbourne;Alicia Lightbourne; Franshon Francis;Britney Ferguson/SBSC	Nassau	Nov.20, 2004	Yes
	2:11.80	Ariel Weech; Anthaya Rolle Ashley Butler; Amber Weech/SBSC	Nassau	Jul.9, 2006	Yes
400 MEDLEY	5:10.33	Katherine Clowes;Krizia Farrington; Nikia Deveaux;Aymara Albury/BSC	Nassau	Jun.24, 2000	
	4:51.30	Alana Dillette; Victoria Millar; Amanda McPhee;Jodi Curtis/BAH	Nassau	Apr.21, 2001	Yes