

BAHAMAS SWIMMING FEDERATION

HISTORY - LONG COURSE RECORDS

GIRLS 15 & OVER - BAHAMAS

August 31, 2007

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		
	26.88	Nikia Deveaux'85/BSC	Nassau	Jun.26, 2004	Yes	
	26.67	Arianna Vanderpool-Wallace'90/UN	Rio de Janeiro	July 16, 2007	Yes	
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	
	59.15	Nikia Deveaux'85/BSC	Nassau	Jun.26, 2004	Yes	
	59.09	Nikia Deveaux'85/BSC	Cartagena	Jul.19, 2006	Yes	
	59.02	Arianna Vanderpool-Wallace'90/UN	Lafayette,IN	Dec.2, 2006	Yes	
	58.44	Arianna Vanderpool-Wallace'90/UN	Lafayette,IN	Dec.2, 2006	Yes	
	57.92	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.9, 2007	Yes	
	57.52	Arianna Vanderpool-Wallace'90/UN	Rio de Janeiro	Jul.20, 2007	Yes	
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		
	2:09.59	Alana Dillette'87/UN	Nassau	Apr.16, 2004	Yes	
	2:09.13	Alana Dillette'87/SWIFT	Salinas	Jun.30, 2006	Yes	
	2:07.04	Arianna Vanderpool-Wallace'90/UN	Lafayette,IN	Nov.30, 2006	Yes	
	2:06.24	Arianna Vanderpool-Wallace'90/UN	East Meadow	Mar.27, 2007	Yes	
	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	
4:39.96		Alana Dillette'87/UN	Kingston	Jul.5, 2004	Yes	
4:39.50		Arianna Vanderpool-Wallace'90/UN	Bridgetown	Apr.9, 2006	Yes	
4:37.83		Alana Dillette'87/SWIFT	Salinas	Jun.29, 2006	Yes	
4:33.31		Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.10, 2007	Yes	
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		
	9:59.13	Alana Dillette'87/UN	Nassau	Feb.21, 2004	Yes	
	9:27.75	Arianna Vanderpool-Wallace'90/UN	Bridgetown	Apr.6, 2006	Yes	
	9:10.50	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.7, 2007	Yes	
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
	30.70	Alana Dillette'87/SWIFT	Santo Domingo	Aug.3, 2005	Yes
	30.34	Alana Dillette'87/SWIFT	Bangkok	Aug.10, 2007	Yes
EVENT	RECORD	NAME	CITY	DATE	Certificate
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
	1:08.05	Alana Dillette'87/SWIFT	Curacao	Apr.1, 2005	Yes
	1:07.69	Alana Dillette'87/SWIFT	Melbourne	Mar.17, 2006	Yes
	1:07.29	Alana Dillette'87/SWIFT	Cartagena	Jul.21, 2006	Yes
	1:06.08	Alana Dillette'87/SWIFT	Charlotte	Jun.9, 2007	Yes
	1:05.69	Alana Dillette'87/SWIFT	Charlotte	Jun.9, 2007	Yes
	1:04.39	Alana Dillette'87/SWIFT	Rio de Janeiro	Jul.18, 2007	Yes
	1:04.16	Alana Dillette'87/SWIFT	Rio de Janeiro	Jul.22, 2007	Yes
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	
	2:32.61	Alana Dillette'87/UN	Nassau	Apr.18, 2004	Yes
	2:30.44	Alana Dillette'87/SWIFT	Curacao	Apr.3, 2005	Yes
	2:25.64	Alana Dillette'87/SWIFT	Charlotte	Jun.10, 2007	Yes
	2:21.32	Alana Dillette'87/SWIFT	Charlotte	Jun.10, 2007	Yes
50 BREAST	37.94	April Knowles'87/UN	Nassau	Jul.14, 2001	
	36.75	April Knowles'84/UN	Daegu	Aug.24, 2003	Yes
	36.15	Teisha Lightbourne'89/SBSC	Curacao	Apr.2, 2005	Yes
	36.10	Alicia Lightbourne'90/SBSC	Nassau	Feb.11, 2006	Yes
	35.78	Alicia Lightbourne'90/SBSC	Bridgetown	Apr.8, 2006	Yes
	35.48	Alicia Lightbourne'90/SBSC	Bridgetown	Apr.8, 2006	Yes
	34.83	Alicia Lightbourne'90/SBSC	Salinas	Jun.29, 2006	Yes
	34.82	Alicia Lightbourne'90/SBSC	Kingston	Apr.9, 2007	Yes
	34.19	Alicia Lightbourne'90/SBSC	Kingston	Apr.9, 2007	Yes
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	
	1:19.53	April Knowles'84/UN	Nassau	Jul.12, 2003	Yes
	1:16.06	Alicia Lightbourne'90/SBSC	Bridgetown	Apr.9, 2006	Yes
	1:15.72	Alicia Lightbourne'90/SBSC	Kingston	Apr.10, 2007	Yes
	1:14.36	Alicia Lightbourne'90/SBSC	Rio de Janeiro	Jul.17, 2007	Yes
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
	2:53.69	Teisha Lightbourne'89/SBSC	Curacao	Mar.31, 2005	Yes
	2:50.59	Alicia Lightbourne'90/SBSC	Nassau	Feb.10, 2006	Yes
	2:46.51	Alicia Lightbourne'90/SBSC	Bridgetown	Apr.6, 2006	Yes
	2:46.50	Alicia Lightbourne'90/SBSC	Salinas	Jun.27, 2006	Yes
	2:45.22	Alicia Lightbourne'90/SBSC	Cartagena	Jul.17, 2006	Yes
	2:42.79	Alicia Lightbourne'90/SBSC	Kingston	Apr.7, 2007	Yes
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	
	29.70	Alana Dillette'87/SWIFT	Nassau	Jul.2, 2005	Yes
	29.48	Alana Dillette'87/SWIFT	Nassau	Dec.28, 2005	Yes
	29.46	Alana Dillette'87/SWIFT	Melbourne	Mar.16, 2006	Yes
	29.46	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.8, 2007	Yes
	29.07	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.8, 2007	Yes
	29.07	Alana Dillette'87/SWIFT	Charlotte	Jun.8, 2007	Yes
	28.50	Alana Dillette'87/SWIFT	Charlotte	Jun.8, 2007	Yes
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
	1:05.67	Alana Dillette'87/SWIFT	Curacao	Mar.31, 2005	Yes
	1:04.77	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.7, 2007	Yes
	1:02.93	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.7, 2007	Yes
	1:02.42	Alana Dillette'87/SWIFT	Charlotte	Jun.8, 2007	Yes
	1:01.63	Alana Dillette'87/SWIFT	Rio de Janeiro	Jul.16, 2007	Yes
	1:01.50	Alana Dillette'87/SWIFT	Rio de Janeiro	Jul.18, 2007	Yes
EVENT	RECORD	NAME	CITY	DATE	Certificate
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
	2:28.47	Alana Dillette'87/SWIFT	Nassau	Jul.3, 2005	Yes
	2:28.22	Alana Dillette'87/SWIFT	Nassau	Jun. 9, 2006	Yes
	2:25.62	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.9, 2007	Yes
	2:21.67	Arianna Vanderpool-Wallace'90/UN	Kingston	Apr.9, 2007	Yes
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
	2:26.12	Alana Dillette'87/SWIFT	Curacao	Apr.2, 2005	Yes
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
	5:12.30	Alana Dillette'87/UN	Kingston	Jul.2, 2004	Yes
RELAYS					
200 FREE	1:56.88	Acchia Albury;Patricia Thompson;	Kingston	Apr.6, 1999	
		Taneca Malcolm;Shanti Malcolm/BAH			
	1:53.05	Nikia Deveaux;Jodi Curtis;	Kingston	Apr.21, 2003	Yes
		Alana Dillette;Amanda McPhee/BAH			
	1:50.31	Ariel Weech; Anthaya Rolle;	Kingston	Apr.10, 2007	Yes
		Teisha Lightbourne;Arianna Vanderpool-Wallace/BAH			
400 FREE	4:25.82	Jane Saunders; Kimberly Knowles;	Curacao	Jul.6, 1990	
		Sharon Jones;Stacey Bradley/BAH			
	4:24.61	Shanti Malcolm;Olivia McKinney;	Kingston	Apr.4, 1999	

		Taneca Malcolm;Patricia Thompson/BAH			
	4:21.14	Patricia Thompson;Katie Roach	Bridgetown	Apr.30, 2000	
		April Knowles;Taneca Malcolm/BAH			
	4:10.09	Jodi Curtis;Nikia Deveaux;	Kingston	Apr.19, 2003	Yes
		Alana Dillette;Amanda McPhee/BAH			
	4:08.95	Arianna Vanderpool-Wallace;Alicia Lightbourne;	Bridgetown	Apr.6, 2006	Yes
		Teisha Lightbourne;Jenna Chaplin/BAH			
	4:08.84	Alicia Lightbourne;Teisha Lightbourne;	Salinas	Jun.26, 2006	Yes
		Jenna Chaplin;Arianna Vanderpool-Wallace/BAH			
	4:00.01	Teisha Lightbourne; Alicia Lightbourne;	Kingston	Apr.7, 2007	Yes
		Ariel Weech; Arianna Vanderpool-Wallace/BAH			
	3:54.99	Nikia Deveaux;Alana Dillette;	Rio de Janeiro	Jul.18, 2007	Yes
		Arianna Vanderpool-Wallace;Ariel Weech/BAH			
	3:53.91	Nikia Deveaux;Alana Dillette;	Rio de Janeiro	Jul.19, 2007	Yes
		Arianna Vanderpool-Wallace;Ariel Weech/BAH			
800 FREE	9:32.32	Teisha Lightbourne;Chanteia Musgrove;	Curacao	Apr.2, 2005	Yes
		Franshon Francis;Alana Dillette/BAH			
	9:26.78	Teisha Lightbourne;Chanteia Musgrove;	Curacao	Apr.2, 2005	Yes
		Franshon Francis;Alana Dillette/BAH			
	9:05.76	Jenna Chaplin;Alicia Lightbourne;	Bridgetown	Apr.8, 2006	Yes
		Teisha Lightbourne;Arianna Vanderpool-Wallace/BAH			
	9:00.59	Jenna Chaplin;Alicia Lightbourne;	Salinas	Jun.28, 2006	Yes
		Teisha Lightbourne;Arianna Vanderpool-Wallace/BAH			
200 MEDLEY	2:22.01	Krista Burrows;Nadia Lockhart;	Nassau	Jun.29, 2001	
		Laura Millar;Nikia Deveaux/BSC			
	2:12.84	Alana Dillette;Danielle Brown;	Nassau	Jun.25, 2004	Yes
		April Knowles;Chanteia Musgrove/UN			
400 MEDLEY	4:59.62	Jane Saunders;Sharon Jones;	Curacao	Jul.8, 1990	
		Kimberly Knowles;Stacey Bradley/BAH			
	4:47.40	Shanti Malcolm;Acchia Albury;	Kingston	Apr.5, 1999	
		Taneca Malcolm;Patricia Thompson/BAH			
	4:46.74	Alana Dillette;Amanda McPhee;	Kingston	Apr.20, 2003	Yes
		Nikia Deveaux;Jodi Curtis/BAH			
	4:41.93	Teisha Lightbourne;Alicia Lightbourne;	Bridgetown	Apr.7, 2006	Yes
		Jenna Chaplin;Arianna Vanderpool-Wallace/BAH			
	4:40.69	Teisha Lightbourne;Alicia Lightbourne;	Salinas	Jun.29, 2006	Yes
		Arianna Vanderpool-Wallace;Jenna Chaplin/BAH			
	4:26.26	Alana Dillette; Alicia Lightbourne	Cartagena	Jul.21, 2006	Yes
		Arianna Vanderpool-Wallace;Nikia Deveaux/BAH			
	4:23.70	Alana Dillette; Alicia Lightbourne	Rio de Janeiro	Jul.20, 2007	Yes
		Arianna Vanderpool-Wallace;Nikia Deveaux/BAH			
	4:18.97	Alana Dillette; Alicia Lightbourne	Rio de Janeiro	Jul.22, 2007	Yes
		Arianna Vanderpool-Wallace;Nikia Deveaux/BAH			

GIRLS 15 & OVER - OPEN

August 31, 2007

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	
	26.88	Nikia Deveaux'85/BSC	Nassau	Jun.26, 2004	Yes
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
	59.15	Nikia Deveaux'85/BSC	Nassau	Jun.26, 2004	Yes
	58.94	Alana Dillette'87/SWIFT	Nassau	May 12, 2007	Yes
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	
	2:09.18	Heather Roffey'86/CAY	Nassau	Apr.16, 2004	Yes
400 FREE	4:58.95	Kimberly Knowles'72/SWIFT	Nassau	Jun.23, 2000	
	4:42.54	Kaitlyn Elphinstone'87/CAY	Nassau	Apr.21, 2001	
	4:31.22	Heather Roffey'86/CAY	Nassau	Apr.15, 2004	Yes
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	
	9:06.01	Heather Roffey'86/CAY	Nassau	Apr.15, 2004	Yes
50 BACK	33.06	Alana Dillette'87/FAC	Nassau	Jul.14, 2001	Yes
	33.61	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005	Yes
	32.06	Alana Dillette'87/SWIFT	Nassau	Jul.3, 2005	Yes
	30.70	Alana Dillette'87/SWIFT	Nassau	Jul.9, 2006	Yes
EVENT	RECORD	NAME	CITY	DATE	Certificate
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
	1:09.20	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005	Yes
	1:07.71	Alana Dillette'87/SWIFT	Nassau	Jul.7, 2006	Yes
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	
	2:32.61	Alana Dillette'87/UN	Nassau	Apr.18, 2004	Yes
	2:30.49	Alana Dillette'87/SWIFT	Nassau	May 12, 2007	
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
	36.32	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005	Yes
	36.10	Alicia Lighbourne'90/SBSC	Nassau	Feb.11, 2006	Yes
	36.25	Alicia Lighbourne'90/SBSC	Nassau	Jul.7, 2006	Yes
	36.05	Alicia Lighbourne'90/SBSC	Nassau	Jul.7, 2006	Yes
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	
	1:17.25	Shannon Duval'88/TRI	Nassau	Apr.18, 2004	Yes
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	
	2:43.21	Shannon Duval'88/TRI	Nassau	Apr.16, 2004	Yes
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
	29.70	Alana Dillette'87/SWIFT	Nassau	Jul.2, 2005	Yes
	29.46	Alana Dillette'87/SWIFT	Nassau	Dec.28, 2005	Yes
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	
	1:05.65	Heather Roffey'86/CAY	Nassau	Apr.16, 2004	Yes
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	
	2:18.87	Heather Roffey'86/CAY	Nassau	Apr.17, 2004	Yes
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
	2:26.91	Alana Dillette'87/SWIFT	Nassau	Jun.30, 2005	Yes
	2:26.41	Alana Dillette'87/SWIFT	Nassau	May 10, 2007	Yes
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	
	5:15.76	Heather Roffey'86/CAY	Nassau	Apr.16, 2004	Yes
RELAYS					
200 FREE	2:03.14	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	Jun.25, 2000	
	1:52.65	Linda McEachrane;Sobenn George; Melanie Charles;Sharntelle McLean/TRI	Nassau	Apr.22, 2001	Yes
400 FREE	4:39.50	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	Jun.22, 2000	
	4:11.73	Linda McEachrane;Sobenna George; Melanie Charles;Sharntelle McLean	Nassau	Apr.20, 2001	Yes
200 MEDLEY	2:16.08	April Knowles;Jessica Johnston; Katie Roach;Kimberly Knowles/SWIFT	Nassau	Jun.23, 2000	
	2:12.84	Alana Dillette;Danielle Brown; April Knowles;Chanteia Musgrove/UN	Nassau	Jun.25, 2004	Yes
	2:11.40	Alana Dillette;Alexis De Rosa; Jenna Chaplin;Paige Waugh/SWIFT	Nassau	May 13, 2007	Yes
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; Sharntelle McLean;Melanie Charles/TRI	Nassau	Apr.21, 2001	
	4:45.69	Renee Pouchet;Shannon Duval; Ayeisha Collymore;Chantal Redon/TRI	Nassau	Apr.17, 2004	Yes