

BAHAMAS SWIMMING FEDERATION
National Swimming Championships
HISTORY - LONG COURSE RECORDS

BOYS 15 & OVER

July, 2007

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	23.21	Allan Murray'72/SWIFT	Nassau	Jun.25, 2000	
100 FREE	51.97	Christopher Murray'79/FAC	Nassau	Jun.24, 2000	
	51.86	Christopher Murray'79/FAC	Nassau	Jun.24, 2000	
200 FREE	1:56.98	Jeremy Knowles'81/SWIFT	Nassau	Jun.23, 2000	
	1:56.92	Jeremy Knowles'81/UN	Nassau	Jun.29, 2001	
	1:56.60	Jeremy Knowles'81/SWIFT	Nassau	Jul.1, 2005	
	1:54.95	Jeremy Knowles'81/SWIFT	Nassau	May 11, 2007	
400 FREE	4:04.24	Jeremy Knowles'81/SWIFT	Nassau	Jun.23, 2000	
	4:04.08	Jeremy Knowles'81/UN	Nassau	Jun.29, 2001	
	3:59.01	Jeremy Knowles'81/UN	Nassau	Jul.11, 2003	
1500 FREE	16:11.20	Jeremy Knowles'81/SWIFT	Nassau	Jun.25, 2000	
50 BACK	28.24	Jeremy Knowles'81/SWIFT	Nassau	Jul.3, 2005	
	28.06	Jeremy Knowles'81/SWIFT	Nassau	May 13, 2007	
100 BACK	1:00.22	Nicholas Rees'82/SWIFT	Nassau	Jun.23, 2000	
	59.01	Christopher Vythoulkas'84/DSC	Nassau	Jun.23, 2000	
200 BACK	2:17.80	Christopher Vythoulkas'84/DSC	Nassau	Jun.25, 2000	
	2:10.57	Jeremy Knowles'81/UN	Nassau	Jun.27, 2004	
50 BREAST	31.35	Jeremy Knowles'81/SWIFT	Nassau	Jul.1, 2005	
	29.69	Jeremy Knowles'81/SWIFT	Nassau	Jul.1, 2005	
100 BREAST	1:10.40	Alaric Rolle'77/SBSC	Nassau	Jun.24, 2000	
	1:09.88	Travano McPhee'85/DSC	Nassau	Jul.13, 2002	
	1:09.50	Travano McPhee'85/DSC	Nassau	Jul.12, 2003	
	1:08.26	Travano McPhee'85/DSC	Nassau	Jun.26, 2004	
200 BREAST	2:32.35	Jeremy Knowles'81/SWIFT	Nassau	Jun.25, 2000	
50 FLY	26.07	Jeremy Knowles'81/SWIFT	Nassau	Jul.2, 2005	
	25.12	Jeremy Knowles'81/SWIFT	Nassau	Jul.2, 2005	
	24.63	Jeremy Knowles'81/SWIFT	Nassau	May 12, 2007	
100 FLY	56.88	Nicholas Rees'82/SWIFT	Nassau	Jun.23, 2000	
	56.45	Nicholas Rees'82/SWIFT	Nassau	Jun.23, 2000	
	55.08	Jeremy Knowles'81/UN	Nassau	Jul.11, 2003	
	54.03	Jeremy Knowles'81/SWIFT	Nassau	Jul.1, 2005	
200 FLY	2:12.96	Nicholas Rees'82/SWIFT	Nassau	Jun.24, 2000	
	2:02.05	Jeremy Knowles'81/UN	Nassau	Jul.12, 2003	
	2:00.87	Jeremy Knowles'81/UN	Nassau	Jun.26, 2004	
	1:59.40	Jeremy Knowles'81/SWIFT	Nassau	Jul.3, 2005	
200 I.M.	2:10.22	Jeremy Knowles'81/SWIFT	Nassau	Jun.24, 2000	
	2:08.67	Jeremy Knowles'81/UN	Nassau	Jun.30, 2001	
	2:06.33	Jeremy Knowles'81/UN	Nassau	Jul.12, 2003	
400 I.M.	4:35.40	Jeremy Knowles'81/SWIFT	Nassau	Jun.22, 2000	
	4:28.04	Jeremy Knowles'81/UN	Nassau	Jul.10, 2003	
RELAYS					
EVENT	RECORD	NAME	CITY	DATE	Certificate

200 FREE	1:37.38	Allan Muray;Nicholas Rees;	Nassau	Jun.25, 2000	
		Martin LaRoda;Jeremy Knowles/SWIFT			
400 FREE	3:42.57	Nicholas Rees;Jeremy Knowles;	Nassau	Jun.22, 2000	
		Martin LaRoda;Allan Murray/SWIFT			
200 MEDLEY	1:51.95	Jeremy Knowles;Allan Murray;	Nassau	Jun.23, 2000	Yes
		Nicholas Rees;Riccardo Davis/SWIFT			
400 MEDLEY	4:06.94	Nicholas Rees;Lazar Charlton;	Nassau	Jun.24, 2000	Yes
		Jeremy Knowles;Martin LaRoda/SWIFT			