

BAHAMAS SWIMMING FEDERATION
National Swimming Championships
HISTORY - LONG COURSE RECORDS

GIRLS 11 & 12

July, 2007

| EVENT | RECORD | NAME | CITY | DATE | Certificate |
|------------|-----------------|---|---------------|---------------------|-------------|
| 50 FREE | 30.28 | Alana Dillette'87/FAC | Nassau | Jun.25, 2000 | |
| | 30.03 | Jade Thompson'91/SBSC | Nassau | Jul.13, 2003 | |
| | 29.19 | Jade Thompson'91/UN | Nassau | Jun.27, 2004 | |
| | 28.88 | Ashley Butler'92/SBSC | Nassau | Jul.3, 2005 | |
| 100 FREE | 1:05.64 | Alana Dillette'87/FAC | Nassau | Jun.24, 2000 | |
| | 1:05.16 | Alana Dillette'87/FAC | Nassau | Jun.24, 2000 | |
| | 1:04.59 | Arianna Vanderpool-Wallace'90/TPAC | Nassau | Jul.12, 2003 | |
| | 1:04.08 | Jade Thompson'91/UN | Nassau | Jun.26, 2004 | |
| 200 FREE | 2:26.14 | Alana Dillette'87/FAC | Nassau | Jun.23, 2000 | |
| | 2:19.28 | Arianna Vanderpool-Wallace'90/TPAC | Nassau | Jul.11, 2003 | |
| 400 FREE | 5:26.29 | Carla Cargill'87/SBSC | Nassau | Jun.23, 2000 | |
| | 5:18.69 | Alicia Lightbourne'90/SBSC | Nassau | Jul.12, 2002 | |
| | 4:50.13 | Arianna Vanderpool-Wallace'90/TPAC | Nassau | Jul.11, 2003 | |
| 800 FREE | 11:54.57 | Franshon Francis'89/DSC | Nassau | Jul.14, 2002 | |
| | 11:21.28 | Jessica Greene'92/BSC | Nassau | Jun.27, 2004 | |
| | 10:08.69 | McKayla Lightbourn'92/SWIFT | Nassau | Jun.30, 2005 | |
| 50 BACK | 35.38 | Miaeda Hutchinson'92/SBSC | Nassau | Jul.3, 2005 | |
| | 34.42 | Ashley Butler'92/SBSC | Nassau | Jul.3, 2005 | |
| 100 BACK | 1:14.32 | Alana Dillette'87/FAC | Nassau | Jun.23, 2000 | |
| | 1:13.50 | Jade Thompson'91/UN | Nassau | Jun.25, 2004 | |
| 200 BACK | 2:58.47 | Carla Cargill'87/SBSC | Nassau | Jun.25, 2000 | |
| | 2:55.05 | Chanteia Musgrove'88/SBSC | Nassau | Jul.7, 2001 | |
| | 2:52.57 | Franshon Francis'89/DSC | Nassau | Jul.14, 2002 | |
| | 2:43.86 | Jade Thompson'91/UN | Nassau | Jun.27, 2004 | |
| | 2:41.57 | McKayla Lightbourn'92/SWIFT | Nassau | Jul.2, 2005 | |
| 50 BREAST | 37.94 | Shaunte Moss'93/SBSC | Nassau | Jul.1, 2005 | |
| | 37.26 | Adrienne Lightbourne'92/SBSC | Nassau | Jul.1, 2005 | |
| | 37.15 | Je'Nae Saunders'94/BSC | Nassau | May 11, 2007 | |
| | 37.13 | Je'Nae Saunders'94/BSC | Nassau | May 11, 2007 | |
| 100 BREAST | 1:23.15 | Victoria Millar'87/SWIFT | Nassau | Jun.24, 2000 | |
| | 1:22.97 | Anthaya Rolle'91/DSC | Nassau | Jun.26, 2004 | |
| | 1:22.02 | McKayla Lightbourn'92/SWIFT | Nassau | Jul.2, 2005 | |
| 200 BREAST | 2:54.84 | Alana Dillette'87/FAC | Nassau | Jun.25, 2000 | |
| 50 FLY | 33.31 | Kadesha Culmer'92/FAC | Nassau | Jul.2, 2005 | |
| | 32.48 | Kadesha Culmer'92/FAC | Nassau | Jul.2, 2005 | |
| | 32.48 | Maya Albury'94/WAVE | Nassau | May 12, 2007 | |
| | 31.67 | Maya Albury'94/WAVE | Nassau | May 12, 2007 | |
| 100 FLY | 1:22.49 | Ecarscha Smith'87/DSC | Nassau | Jun.23, 2000 | |
| | 1:19.26 | Ecarscha Smith'87/DSC | Nassau | Jun.23, 2000 | |
| | 1:13.17 | Arianna Vanderpool-Wallace'90/TPAC | Nassau | Jul.12, 2002 | |
| | 1:12.19 | Arianna Vanderpool-Wallace'90/TPAC | Nassau | Jul.11, 2003 | |
| 200 FLY | 3:02.36 | Ecarscha Smith'87/DSC | Nassau | Jun.24, 2000 | |
| | 3:00.76 | Franshon Francis'89/DSC | Nassau | Jul.13, 2002 | |
| | 2:48.65 | Arianna Vanderpool-Wallace'90/TPAC | Nassau | Jul.12, 2003 | |
| | 2:45.61 | Bria Deveaux'94/BSC | Nassau | May 13, 2007 | |

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| 200 I.M. | 2:41.19 | Alana Dillette'87/FAC | Nassau | Jun.22, 2000 | |
| | 2:40.84 | Arianna Vanderpool-Wallace'90/TPAC | Nassau | Jul.12, 2003 | |
| | 2:39.86 | Je'Nae Saunders'94/BSC | Nassau | May 10, 2007 | |
| 400 I.M. | 6:01.70 | Arianna Vanderpool-Wallace'90/TPAC | Nassau | Jul.11, 2002 | |
| | 5:51.79 | Alicia Lightbourne'90/SBSC | Nassau | Jul.10, 2003 | |
| | 5:44.01 | McKayla Lightbourn'92/SWIFT | Nassau | Jul.2, 2005 | |
| RELAYS | | | | | |
| 200 FREE | 2:14.54 | Lisa Rombough;Kara Culmer-Wilson; | Nassau | Jun.25, 2000 | |
| | | Julia Brown;Carla Cargill/SBSC | | | |
| | 2:11.79 | Camilla Miller;Brittany Smith; | Nassau | Jul.1, 2001 | |
| | | Melissa Ferguson;Franshon Francis/DSC | | | |
| | 2:06.87 | Franshon Francis;Melissa Ferguson; | Nassau | Jul.14, 2002 | |
| | | Krysti Bowe;Camilla Miller/DSC | | | |
| | 2:06.01 | Ravyn Deveaux;Kelly Bruney; | Nassau | Jun.27, 2004 | |
| | | Takara Lowe;Jessica Greene/BSC | | | |
| | 2:05.04 | Shaunte Moss;Adrienne Lightbourne; | Nassau | Jun.30, 2005 | |
| | | Miaeda Hutchinson;Ashley Butler/SBSC | | | |
| | 2:04.48 | Bria Deveaux;Brittney Watson | Nassau | May 10, 2007 | |
| | | Gabrielle Greene;Je'Nae Saunders/BSC | | | |
| 400 FREE | 5:09.74 | Lisa Rombough;Kara Culmer-Wilson; | Nassau | Jun.22, 2000 | |
| | | Julia Brown;Carla Cargill/SBSC | | | |
| | 4:53.46 | Brittany Smith;Franshon Francis; | Nassau | Jun.28, 2001 | |
| | | Melissa Ferguson;Camilla Miller/DSC | | | |
| | 4:48.32 | Melissa Ferguson;Franshon Francis; | Nassau | Jul.11, 2002 | |
| | | Camilla Miller;Krysti Bowe/DSC | | | |
| | 4:47.18 | Ravyn Deveaux;Kelly Bruney; | Nassau | Jun.24, 2004 | |
| | | Takara Lowe;Jessica Greene/BSC | | | |
| | 4:41.67 | Shaunte Moss;Adrienne Lightbourne; | Nassau | Jul. 2, 2005 | |
| | | Miaeda Hutchinson;Ashley Butler/SBSC | | | |
| 200 MEDLEY | 2:37.16 | Lisa Rombough;Kara Culmer-Wilson; | Nassau | Jun.23, 2000 | |
| | | Carla Cargill;Julia Brown/SBSC | | | |
| | 2:29.09 | Camilla Miller;Melissa Ferguson; | Nassau | Jun.29, 2001 | |
| | | Franshon Francis;Brittany Smith/DSC | | | |
| | 2:24.21 | Camilla Miller;Melissa Ferguson; | Nassau | Jul.12, 2002 | |
| | | Franshon Francis;Krysti Bowe/DSC | | | |
| | 2:20.63 | Miaeda Hutchinson;Adrienne Lightbourne; | Nassau | Jul.3, 2005 | |
| | | Shaunte Moss;Ashley Butler/SBSC | | | |
| 400 MEDLEY | 5:57.47 | Lisa Rombough;Kara Culmer-Wilson; | Nassau | Jun.24, 2000 | |
| | | Carla Cargill;Julia Brown/SBSC | | | |
| | 5:36.42 | Franshon Francis;Melissa Ferguson; | Nassau | Jun.30, 2001 | |
| | | Brittany Smith;Camilla Miller/DSC | | | |
| | 5:26.38 | Camilla Miller;Melissa Ferguson; | Nassau | Jul.13, 2002 | |
| | | Franshon Francis;Krysti Bowe/DSC | | | |
| | 5:22.81 | Miaeda Hutchinson;Shaunte Moss; | Nassau | Jul.1, 2005 | |
| | | Adrienne Lightbourne;Ashley Butler/SBSC | | | |