

**BAHAMAS SWIMMING FEDERATION**  
**National Swimming Championships**  
HISTORY - LONG COURSE RECORDS

GIRLS 13 & 14

July, 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	
	28.54	Ariel Weech'91/SBSC	Nassau	Jun.30, 2005	
	28.43	Arianna Vanderpool-Wallace'90/UN	Nassau	Jul.3, 2005	
	<a href="#">27.51</a>	<a href="#">Ariel Weech'91/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.9, 2006</a>	
100 FREE	1:04.63	Aymara Albury'85/BSC	Nassau	Jun.24, 2000	
	1:04.10	Nikia Deveaux'85/BSC	Nassau	Jun.24, 2000	
	1:03.34	Alana Dillette'87/FAC	Nassau	Jun.31, 2001	
	1:01.28	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jun.26, 2004	
200 FREE	<a href="#">1:00.92</a>	<a href="#">Ariel Weech'91/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.8, 2006</a>	
	2:24.54	Nikia Deveaux'85/BSC	Nassau	Jun.23, 2000	
	2:15.89	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jun.25, 2004	
400 FREE	<a href="#">2:15.20</a>	<a href="#">Arianna Vanderpool-Wallace'90/UN</a>	<a href="#">Nassau</a>	<a href="#">Jul.1, 2005</a>	
	5:13.37	Nikia Deveaux'85/BSC	Nassau	Jun.23, 2000	
	4:58.22	Alana Dillette'87/FAC	Nassau	Jun.30, 2001	
800 FREE	<a href="#">4:48.51</a>	<a href="#">Arianna Vanderpool-Wallace'90/TPAC</a>	<a href="#">Nassau</a>	<a href="#">Jun.25, 2004</a>	
	11:02.27	Kerel Pinder'85/FAC	Nassau	Jun.25, 2000	
	<a href="#">10:00.65</a>	<a href="#">Arianna Vanderpool-Wallace'90/TPAC</a>	<a href="#">Nassau</a>	<a href="#">Jun.27, 2004</a>	
50 BACK	<a href="#">33.78</a>	<a href="#">Jade Thompson'91/BSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.3, 2005</a>	
100 BACK	1:15.84	Katherine Clowes'87/BSC	Nassau	Jun.23, 2000	
	<a href="#">1:11.57</a>	<a href="#">Alana Dillette'87/FAC</a>	<a href="#">Nassau</a>	<a href="#">Jun.29, 2001</a>	
200 BACK	2:49.00	Aymara Albury'85/BSC	Nassau	Jun.25, 2000	
	<a href="#">2:35.14</a>	<a href="#">Alana Dillette'87/FAC</a>	<a href="#">Nassau</a>	<a href="#">Jul.1, 2001</a>	
50 BREAST	36.51	Alicia Lightbourne'90/SBSC	Nassau	Jul.1, 2005	
	<a href="#">36.13</a>	<a href="#">Anthaya Rolle'91/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.7, 2006</a>	
100 BREAST	1:21.75	Aymara Albury'85/BSC	Nassau	Jun.24, 2000	
	1:21.43	Teisha Lightbourne'89/SBSC	Nassau	Jul.12, 2003	
	1:19.64	Teisha Lightbourne'89/SBSC	Nassau	Jun.26, 2004	
	<a href="#">1:18.84</a>	<a href="#">Alicia Lightbourne'90/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.2, 2005</a>	
200 BREAST	3:14.33	Aymara Albury'85/BSC	Nassau	Jun.25, 2000	
	2:58.17	Alana Dillette'87/FAC	Nassau	Jul.14, 2002	
	2:53.47	Teisha Lightbourne'89/SBSC	Nassau	Jun.27, 2004	
	2:52.67	Alicia Lightbourne'90/SBSC	Nassau	Jul.3, 2005	
50 FLY	30.60	Arianna Vanderpool-Wallace'90/UN	Nassau	Jul.2, 2005	
	<a href="#">30.33</a>	<a href="#">Ariel Weech'91/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.8, 2006</a>	
100 FLY	1:12.49	Nikia Deveaux'85/BSC	Nassau	Jun.23, 2000	
	1:07.84	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Jun.25, 2004	
	<a href="#">1:07.20</a>	<a href="#">Arianna Vanderpool-Wallace'90/UN</a>	<a href="#">Nassau</a>	<a href="#">Jul.1, 2005</a>	
200 FLY	2:53.07	Amanda McPhee'86/DSC	Nassau	Jun.24, 2000	
	<a href="#">2:44.15</a>	<a href="#">Arianna Vanderpool-Wallace'90/UN</a>	<a href="#">Nassau</a>	<a href="#">Jul.3, 2005</a>	
200 I.M.	2:50.31	Katherine Clowes'87/BSC	Nassau	Jun.24, 2000	
	2:39.91	Alana Dillette'87/FAC	Nassau	Jun.30, 2001	
	2:39.55	Alana Dillette'87/FAC	Nassau	Jul.11, 2002	
	<a href="#">2:33.49</a>	<a href="#">Arianna Vanderpool-Wallace'90/TPAC</a>	<a href="#">Nassau</a>	<a href="#">Jun.26, 2004</a>	

	<a href="#">2:30.78</a>	<a href="#">Alicia Lightbourne'90/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jun.30, 2005</a>	
400 I.M.	5:53.43	Nikia Deveaux'85/BSC	Nassau	Jun.22, 2000	
	5:35.06	Alana Dillette'87/FAC	Nassau	Jun.28, 2001	
	<a href="#">5:33.16</a>	<a href="#">Alana Dillette'87/FAC</a>	<a href="#">Nassau</a>	<a href="#">Jul.11, 2002</a>	
<b>RELAYS</b>					
200 FREE	2:01.95	Aymara Albury;Krizia Farrington; Katherine Clowes;Nikia Deveaux/BSC	Nassau	Jun.25, 2000	
	2:01.55	Ariel Weech;Courtney Culmer; Amber Weech;Alicia Lightbourne/SBSC	Nassau	Jun.30, 2005	
	<a href="#">1:59.14</a>	<a href="#">Ariel Weech; Anthaya Rolle</a> <a href="#">Amber Weech; Ashley Butler/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.6, 2006</a>	
400 FREE	4:33.41	Aymara Albury;Krizia Farrington; Nikia Deveaux;Katherine Clowes/BSC	Nassau	Jun.22, 2000	
	<a href="#">4:14.49</a>	<a href="#">Ashley Butler; Amber Weech</a> <a href="#">Anthaya Rolle; Ariel Weech/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.8, 2006</a>	
200 MEDLEY	2:17.92	Katherine Clowes;Krizia Farrington; Nikia Deveaux;Aymara Albury/BSC	Nassau	Jun.30, 2000	
	<a href="#">2:11.80</a>	<a href="#">Ariel Weech; Anthaya Rolle</a> <a href="#">Ashley Butler; Amber Weech/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.9, 2006</a>	
400 MEDLEY	5:10.33	Katherine Clowes;Krizia Farrington; Nikia Deveaux;Aymara Albury/BSC	Nassau	Jun.24, 2000	
	<a href="#">4:54.62</a>	<a href="#">Ariel Weech; Anthaya Rolle</a> <a href="#">Ashley Butler; Amber Weech/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.7, 2006</a>	